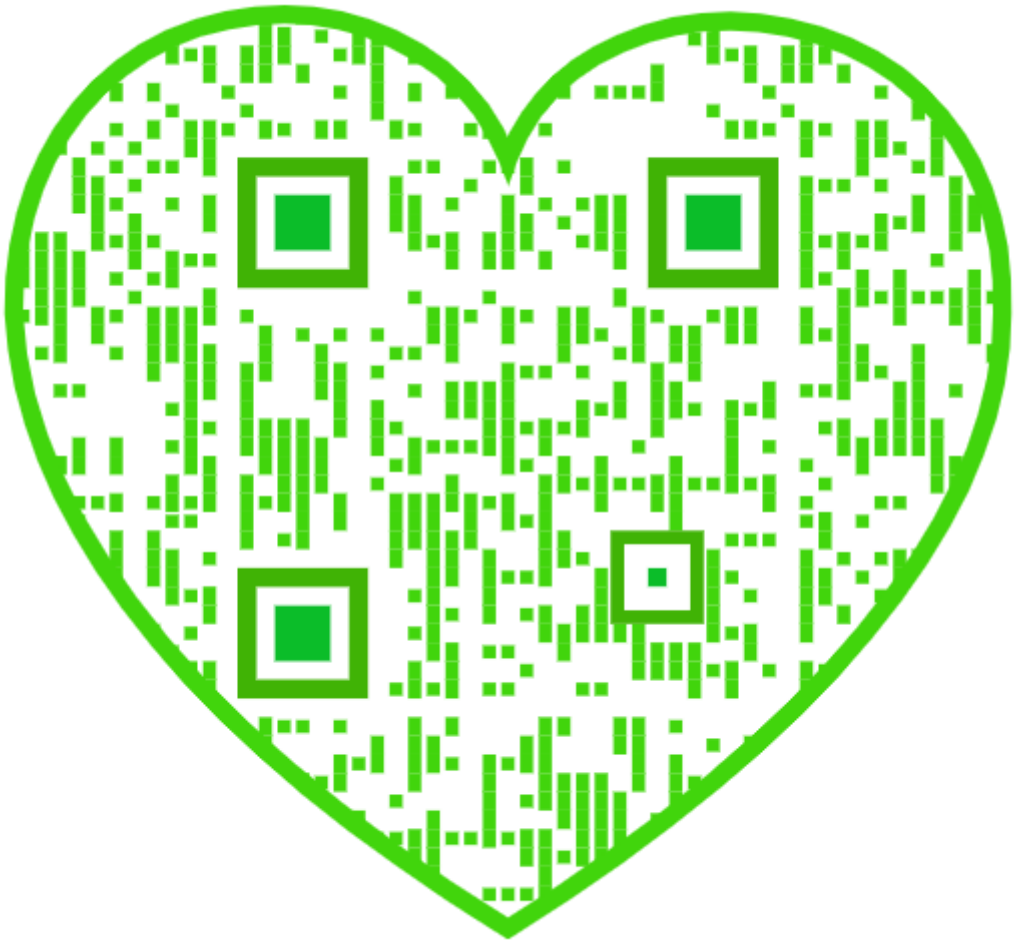

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THE NEW BUCKEYE

COOK BOOK

A REVISED AND ENLARGED EDITION OF

PRACTICAL HOUSEKEEPING.

A CAREFUL COMPILATION OF TRIED AND APPROVED RECIPES FOR ALL DEPARTMENTS OF THE HOUSEHOLD.

SOLD ONLY BY SUBSCRIPTION.

THE HOME PUBLISHING CO.,
DAYTON, OHIO, AND MINNEAPOLIS, MINN.
1890.

PUBLISHER'S NOTICE.

This book is a revised and enlarged edition of PRACTICAL HOUSEKEEPING; containing nearly twice as much matter as old edition, and at but slight advan- in price. Encouraged by the warm reception accorded former editions, we this before the people, confident that it is the best and most complete household management in existence, that it will enter and bless ve and be valued far beyond its price.

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Printed and Bound at the
United Brethren Publishing House,
Dayton, Ohio.

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818–851
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PREFACE.

Even the experienced housekeeper frequently feels the need of a trustworthy book of reference regarding household matters, to which she may confidently apply, to refresh her memory or to supply knowledge which her experience has not furnished. To the young wife, who enters upon the task of home-making with little experience, such a book is invaluable and almost indispensable. Experiments which fail are costly in material, as well as in courage, and no young housekeeper can afford to blunder into a knowledge of her duties, when with such simple and explicit instructions as any experienced house-wife could give, disastrous failures may be avoided. Many of the books which have resulted from attempts to give such instructions in print have been partial failures, either because the authors were too literary to be practical housekeepers, or, being good housekeepers, and familiar with the subjects treated, found it difficult to realize the complete ignorance of the young and untrained, and in consequence failed to express clearly and concisely the full processes in detail. In gathering the material for The Buckeye Cook-Book, the one aim has been to pack into it the greatest possible amount of information of real value to housekeepers of that large class who by choice or necessity look carefully after the management of their households, planning to get the best possible returns for the money expended. This is not a hap-hazard collection of recipes, clipped at random from doubtful sources, but has been made up, without sparing time, labor or expense, from the choicest bits of the best experience of hundreds who have long traveled the daily round of household duties, not reluctantly like drudges, but lovingly, with heart and hand fully enlisted in the work. Those housewives, especially, whose purses are not over-plethoric will, it is believed, find its pages full of timely and helpful suggestions in their

efforts to make the balance of the household ledger appear on the right side, without lessening the excellence of the table or robbing home of any comfort or attraction.

The arrangements of subjects treated, whenever practicable, has been made in the simple order of the alphabet, and for the sake of still more ready reference a very full alphabetical index has been added. Whenever a recipe is given within another, by an addition of ingredients, it is indexed and marked by *italics*; when one recipe which appears elsewhere in the book is referred to in another recipe, the former begins with a capital letter. The instructions which precede the recipes of each department have been carefully made up, and are entirely trustworthy, and the recipes themselves are mosty new to print and well indorsed. These instructions should be carefully read before any recipe, following them, is attempted. Several suggestive articles have also been introduced, which, though not belonging strictly to cookery, bear such close relations to it that the fitness of their appearance in the connection is evident.

There has been no attempt at display or effect, the only purpose being to express ideas as clearly and concisely as possible, and to make a thoroughly simple and practical work. In the effort to avoid the mistakes of others, greater errors may have been committed; but the book is submitted just as it is to the generous judgment of those who consult it, with the hope that it may lessen their perplexities, and stimulate that just pride without which work is drudgery and great excellence impossible.

BREAD-MAKING.

There is an old and true saying, that "she who has baked a good batch of bread has done a good day's work." Bread-making should stand at the head of domestic accomplishments, since the health and happiness of the family depends immeasurably upon good bread; and there is certain to come a time in the experience of every true, thoughtful woman when she is glad and proud of her ability to make nice, sweet loaves, free from soda, alum, and other injurious ingredients, or bitterly regrets that she neglected to learn, or was so unfortunate as not to have been taught, at least the first requisites of good bread-making.

Opinions as to what constitutes good bread differ, perhaps, as much as tastes and opinions concerning any thing else, but all will agree that bread, to be good, ought to be light, sweet—that is, free from any perceptible acid or yeasty taste—flaky, granular or not liable to become a doughy mass, and as white as the grade of flour used will allow. Persons with delicate digestive powers and children should not use new bread, and therefore must have such as will keep with little change of texture and none of quality or taste for several days. To obtain these qualities in bread, use the best flour, as in families where no bread is wasted the best is cheapest.

Housekeepers seldom select flour by examination. They usually take some tried brand, or select on the recommendation of their furnisher. No rule can be given by which an inexperienced person can determine the grade of flour with accuracy, but a few hints will

enable any one to know what not to buy. Good flour adheres to the hand, and, when pressed, shows the imprint of the lines of the skin. Its tint is cream white. Never buy that which has a blue-white tinge. Poor flour is not adhesive, may be blown about easily, and sometimes has a dingy look, as though mixed with ashes.

Flour should be bought in quantities corresponding to the number in the family, that it may not become damaged by long keeping. Old flour is said by professional bakers to be best for bread-making, *provided* it is kept perfectly pure and sweet, which is very difficult to do when surrounded, as is necessary in small households, by so many contaminating influences of odor, moisture, etc. For this reason it is better to buy in small quantities, depending upon the dealer to furnish that which is not newly ground. In a family of five, a barrel, or even a half-barrel sack of flour, excellent when first bought, will often become much deteriorated before being used up. Flour should be kept dry, cool and entirely beyond the reach of marauders, big or little, especially the latter, for the infinitesimal meal moth is far more to be dreaded than rats or mice. The three, six and ten-gallon cans (about six pounds to a gallon) with tight tin covers, made by the manufacturers of granite iron ware, are excellent for this purpose, and not expensive considering their durability. Every receptacle of flour should be thoroughly and frequently cleansed, to guard against animal as well as vegetable parasites. A single speck of mold, coming from old or damp flour in an obscure corner of the flour-box, will leaven the whole as rapidly and strongly as ten times its weight in yeast.

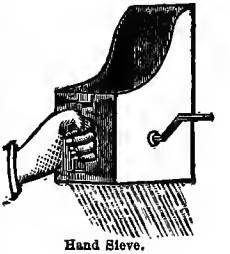
Flour Scoop.

Flour Can with Cover.

Bread-making seems a simple process enough, but it requires a delicate care and watchfulness, and a thorough knowledge of all the contingencies of the process, dependent on the different qualities of flour, and the varying kinds and conditions of yeast, and the change of seasons; the process which raises bread successfully in winter making it sour in summer. There are many little things in bread-making which require accurate observation, and, while valuable recipes and well-defined methods in detail are invaluable aids, nothing but experience will secure the name merited by so few, though earnestly coveted by every practical, sensible housekeeper—"an

excellent bread-maker." Three things are indispensable to success: good flour, good yeast, and watchful care. Never use flour without sifting; this is done with a plain sieve like that represented in the illustration or with some one of the many patent sieves which are more rapid but not always more satisfactory, and a large tin or wooden pail with a tight-fitting cover, kept full of sifted flour, will be found a great convenience. All kinds of flour and meal, except buckwheat and Graham — and Graham, too, when coarse — need sifting, and all, like wheat flour, should be bought in small quantities, as they become damp and musty by long standing.

Flour Sieve.



Hand Sieve.

THE YEAST.

After the flour, the yeast or leaven is the next essential element in bread. For regular fare most, especially women, prefer "yeast bread," but men who can not forget "how mother used to cook," have a liking for "salt-rising" bread, and the latter deserves the acquaintance of the housekeeper and a frequent welcome on the family table. The dry hop yeast, such as Twin Bros., Stratton's, National, Eagle, Gillett's and many others, also the compressed yeast, are all good, if fresh, and always available, for they are found in every grocery. Many housekeepers use baker's yeast, and buy for a penny or two what will serve each baking of bread. For those who prefer home-made or potato yeast excellent recipes are elsewhere given. Potato yeast has two advantages over other kinds; bread made from it keeps moist longer, and there is no danger that an excess of yeast will injure the flavor of the bread. Less of any kind of yeast should be used in hottest summer weather, and more in extreme cold weather.

THE SPONGE.

This is made from warm water or milk, yeast and flour (some add mashed potatoes, which should be mashed quickly while tender, hot and mealy, being careful to remove all lumps, or mash through a colander, then add a little flour with a spoon, and stir, then a little water, and stir, and so on, mixing the flour and water with the

potatoes gradually) mixed together in the proportion of one pint wetting (water or milk) to two pints of sifted flour. If milk is used it should be new, and must be first scalded, and then cooled to blood heat. The scalding tends to prevent souring. In using water bring it to blood heat. If the "wetting" is too hot, the bread will be coarse. When water is used a tablespoon* of lard or butter makes the bread more tender. Bread made from milk is, of course, more tender and nutritious, but it has not the sweet taste of the wheat, and will not keep as long as that made from water. When mixed with milk it requires less flour and less kneading. In summer, care must be taken not to set sponge too early, at least not before eight or nine o'clock in the evening. Sponge mixed with bran water, warm in winter and cold in summer, makes sweeter bread. Boil bran in the proportion of one pint to a quart of water and strain. In very hot weather, sponge may be made with cold water. In winter, mix the batter with water or milk at blood warmth, testing it with the finger, and making it as warm as can be borne; stir in the flour, which will cool it sufficiently for the yeast; cover closely and place in a warm and even temperature. A good plan is to fold a clean blanket several times, and cover with it, providing the sponge is set in a very large crock or jar, so that there is no danger of its running over. As a general rule, one small tea-cup of yeast and three pints of "wetting" will make sponge enough for four ordinary loaves. In all sponges add the yeast last, making sure that the sponge is not hot enough to scald it; when placed to rise, always cover closely. In cold weather the temperature runs down very quickly in many kitchens after the fire is out, and the bread should be set earlier in the evening and in a warmer place; a temperature of eighty to ninety degrees is right.

Colander.

When it rises well for the first two hours it will go on rising unless the temperature falls below the freezing point. It is an improvement to *beat the sponge thoroughly*, like batter for a cake, for fifteen minutes or longer. Never set sponge in tin, but always in stoneware, because a more steady and uniform heat can be main-

*Whenever, in this book, the words cupful, coffee-cupful, tea-cupful, table-spoonful, etc., occur, the termination "ful" is dropped, for the sake of brevity.

tained in a stone jar than in tin. Use a six-quart jar for the sponge, which when light enough to mix will have risen almost to top of jar and be covered with fine white bubbles. If left standing too long the sponge will sink in the middle, which is an indication that it is slightly sour, and soda must be used to sweeten before using, in the proportion of a half-teaspoon to a quart of wetting.

To make good bread—Always be

"Up in the morning early, just at the peep of day,"

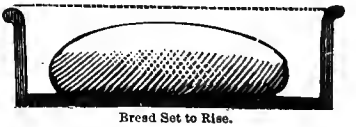
in summer time, to prevent the sponge becoming sour by too long standing, and in winter to be getting materials warmed and in readiness for use. A large, seamless, tin dish pan with handles and a tight-fitting cover, kept for this purpose alone, is better than a wooden bowl for bread. A fourteen-quart pan is a good size when three pints wetting is used. It should be thoroughly washed and scalded every time it is used. Measure and sift the flour. It is convenient to keep two quart cups, one for dry and the other for liquid measuring. In the winter always warm the flour (by placing it in a pan in a *warm* oven for a few minutes or by setting it overnight where it will be kept at the same temperature as the sponge), and also the sponge. Put the flour in a bread pan, make a large well in the center, into which pour the sponge, adding two level teaspoons of salt (this is the quantity for four loaves of bread); mix well, being careful not to get the dough too stiff; turn out on the bread-board, rub the pan clean, and add the "rubbings" to the bread. Knead for from forty-five minutes to one hour, or until the dough ceases to stick to either the board or hands. Do not stop kneading until done. Any pause in the process injures the bread. The process of kneading is very important; use just as little flour in kneading as will prevent sticking, and practice will enable one to make a little flour go a great way. Some good bread-makers knead with the palms of the hands until the dough is a flat cake, then fold once, repeating this operation until the dough is perfectly smooth and elastic; others close their hands and press hard and quickly into the dough with the fists, dipping them into the flour when the dough sticks; or after kneading, chop with the chopping knife and then knead again; others still knead with a potato masher, thinking it a great saving of strength. Another method, used by good bread-makers, is to raise

Bread Pan.

the whole mass and drop or dash it with considerable force upon the mixing-board or table for several minutes. No exact directions can be given in regard to kneading, but experience and practice will prove the best guides. There are one or two machines for kneading bread that save labor, and which may be purchased in any house-furnishing store in the larger cities. After the bread is thoroughly kneaded, form into a round mass or large loaf, sprinkle the bread-pan well with flour, and, having placed the loaf in it, sprinkle flour lightly on the top (some grease the top with salted lard or butter instead of sprinkling with flour), cover closely, and set to rise in a warm temperature, 70° to 80°; let it rise to twice its original size this time, or until it seams or cracks on top, say from one to two hours, differing in time with the season of the year. Have the baking pans already greased with fresh, sweet lard, or American Cooking Oil (as butter burns more easily), knead the dough down in the pan, cut into equal parts, place one at a time on the board, mold each into a smooth, oblong loaf (handling as little as possible), not too large, and put one after another into the prepared baking-pan; grease the tops of the loaves with salted lard or butter, greasing between them also, when several are baked in one pan, to insure easy and even separation, and set to rise. Or the loaves may be made by buttering the hands, and taking enough from the mass to form a loaf, molding it into shape *in the hands*, without using flour. This insures a nice, brown, tender crust. Loaves made in the French style, long and narrow, are about half crust, and more easily digested, the action of heat anticipating part of the digestive process. In molding do not leave any lumps or loose flour adhering to the outside, but mold until the loaves are perfectly smooth. No particular directions can be given in regard to the time bread should stand after it is molded and placed in the pans, because here is the point where observation and judgment are so indispensable. In hot weather, when the yeast is very good and the bread very light, it must not stand over fifteen minutes before placing to bake. If it is cold weather, and the yeast is less active, or the bread

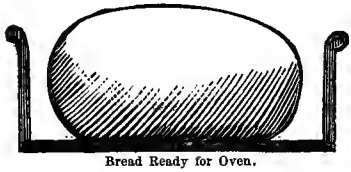
Bread Pan with Cover.

French Loaf.



Bread Set to Rise.

not perfectly raised, it may sometimes stand an hour in the pans without injury. When it is risen so as to seam or crack, it is ready for the oven; if it stands after this it becomes sour, and even if it does not sour it loses its freshness and sweetness, and the bread becomes dry sooner after baking. Bread should undergo but two fermentations; the saccharine or sweet fermentation, and the vinous, when it smells something like foaming beer. The housewife who would have good, sweet bread, must never let it pass this change, because the third or acetous fermentation then takes place. This last can be remedied by adding soda in the proportion of one teaspoon to each quart of wetting; or, which is the same thing, a teaspoon to two quarts of flour; but the bread will be much less nutritious and healthful, and some of the best elements of the flour will be lost. Always add salt to all breads as the dough will rise better, but *never* salt sponge. The best to use is an English salt, as it has less of the fishy taste than American salt and a much more delicate flavor. A small quantity of white sugar is an improvement to all bread dough and some add a little lard, but if any shortening is used the American Cooking Oil is much nicer for either bread, rolls or biscuits. Bread should always be mixed *as soft as it can be handled*, but in using the "new process" flour made from spring wheat, the dough requires to be much harder than is necessary when using that made from winter wheat.



Bread Ready for Oven.

Good bread-makers differ widely as to the number of times bread should rise, some insisting that the rule of our good grandmothers, who only allowed it to rise once, insures the sweetest and most nutritious bread, and that in all subsequent fermentations a decomposition takes place that is damaging to the wholesome qualities of the "staff of life."

In making the French loaf, an easy way is to bake it in Vienna Roll pan.

Vienna Roll Pan.

A new innovation in bread-making is the use of compressed yeast, tending much towards simplifying and shortening the process, and by many considered a most perfect method. The recipe given hereafter is a complete guide.

Every housekeeper should provide herself with what is called by bakers a "proof-box" for placing bread, biscuit, rolls, etc., (already in the bread-pan) in during the process of rising. This is nothing more nor less than an air-tight wooden box that can be made by anyone at all familiar with the use of tools, and its size should of course depend upon the size of the family, which in turn regulates the quantity of dough to be raised. Beside giving the dough this protection, the careful baker also folds a cloth or towel around it before putting on the close-fitting cover of the box. Kept thus excluded from the air the outside of the loaves or rolls is as fresh and tender when put in the oven as the inside. Set the box near the range where it will receive the necessary warmth, and be sure that it is kept perfectly sweet and clean, using it for no other purposes whatever. Air and dry the box thoroughly each time before using.

Round Cornered Bread Pan.

TO BAKE BREAD.

Here is the important point, for the bread may be perfect thus far and then be spoiled in baking. No definite rules can be given that apply equally well to every stove and range; but one general rule must be observed, which is, to have a steady, moderate heat, such as is more minutely described in the directions for baking large cakes. The oven must be just hot enough; if too hot, a firm crust is formed before the bread has expanded enough, and it will be heavy. To test the heat, place a teaspoon of flour on an old piece of crockery (to secure an even heat), and set in middle of the oven; if it browns in one minute the heat is right. An oven in which the bare hand and arm can not be held longer than to count twenty moderately is hot enough; or the "paper test" is to put half a sheet of writing paper in the oven; if it catches fire it is too hot; open the dampers and wait ten minutes, when put in another piece of paper; if it blackens it is still too hot. Ten minutes later put in a third piece; if it gets *dark brown* the oven is right for all small pastry, called "*dark brown paper heat.*" *Light brown paper heat* is suitable for *vol-au-vents* or fruit pies. *Dark yellow paper heat* for large pieces of pastry or meat pies, pound cake, bread, etc. *Light yellow paper heat* for sponge cake, meringues, etc. To obtain these various degrees of heat, try paper every ten minutes till heat required for the purpose

Bread and Biscuit Pans.

is attained. Remember that "light yellow" means paper only tinged; "dark yellow," paper the color of ordinary pine wood; "light brown" is only a shade darker, about the color of nice pie-crust, and dark brown a shade darker, by no means coffee color. The attention of stove-makers seems never to have been directed to the fact that there is no accurate means of testing the heat of ovens, but it is to be hoped that in the near future some simple device, or practical application of the thermometer, may be found which will render unnecessary such inaccurate and untrustworthy tests as must now be used, and thus reduce baking to a science; and even now busy brains are at work to secure this result, prompted by a suggestion in our first edition. The oven door should be closed immediately upon putting the bread in, and be sure that no part of the range is open during the baking; neither should the door be opened too soon nor too often to look at the bread. About ten minutes after putting in the loaves it is best to look into the oven to see how the bread is doing, and once or twice again during the baking, as the loaves may require changing, opening and closing the door as quickly as possible. If the loaves begin to brown too quickly cover with a piece of thick brown paper; if they begin to brown quickly at one end and not at the other change their position, or if the loaf at the back of the oven bakes faster than those at the front change them about. To test whether the bread is done, break the loaves apart and press gently with the finger; if elastic, it is done, but if clammy not done, and must be returned to the oven; or, if the loaves are single, test with a straw plucked from a broom. Break off the branches and thurst the larger end into the loaf; if it is sticky when withdrawn, the bread is not done, but if free from dough it is ready to be removed from the oven. The little projections on the straw, where the branches have been broken off, catch and bring out the dough, when not thoroughly baked. Another test is to knock on the loaf with the closed hand; if it sounds hollow, the bread is done, but under-done or heavy bread will give forth a dull sound.

Oval Bread Pan.

As a quantity of dough to begin with somewhat reduces the temperature of the oven at first, one loaf will not require so hot an oven as four or five. The time required for baking is not less than three-quarters of an hour, and bread baked a full hour is more wholesome and is generally considered more palatable. If bread is

baked in the French roll pan it does not require so long a time, as the "rolls" are only about two and a half to three inches deep and same width, being rounded at the bottom. They are very nice for slicing, making pretty sized pieces. The pans come in different lengths, eight, twelve, sixteen and twenty inches. All loaves of bread of whatever shape, and biscuit, rolls, etc., are much nicer if when almost baked they are carefully moved out on oven shelf and brushed, using the pastry brush, with the *Roll Glaze*, which is two yolks beaten with twice their bulk in water and half teaspoon sugar, and then returned to oven till done. When removed from the oven, take the loaves out of the pan, grease the entire outer crust with melted butter, and tilt them on edge, so as to secure a free circulation of air. It is better not to cover bread while warm, unless with a light cloth to keep off flies. Thoroughly exposed to the air *the surface cools first*, insuring a crisp crust and the retention of the moisture in the loaf. There are those, however, who follow successfully the plan of wrapping bread, as soon as it is removed from the oven, in a coarse towel or bread-cloth. Never put warm bread next to wood, as the part in contact will have a bad taste. Spread a cloth over the table before placing the bread on it; or have an oaken board for the purpose, covered with heavy white flannel, and over this spread a fresh linen bread-cloth, and lay the bread on it right side up, with a thin covering to keep off flies, placing it at once in the fresh air to cool; but the "bread cooler" illustrated on page 20 is better than either of the above ways. The best pan for bread, and many prefer it for cake, is made of Russia iron (which is but little more costly than tin and will last many times as long), about four by ten inches on the bottom, flaring to the top, and about four and one-half inches deep. The pan should be greased very lightly.

French Roll Pan.

Pastry Brush.

Russia Iron Pan.

If by accident or neglect the bread is baked too hard, rub the loaf over with butter, wet a towel and wrap it in it, and cover with another dry towel. In winter, bread dough may be kept sweet several days by placing it where it will be cold without freezing, or by putting it so deep into the flour barrel as to exclude it entirely from the air. When wanted for use, make into bread, or, by adding the proper ingredients, into cake, rusk, biscuit, apple dumplings, chicken pie, etc.

Bread & Cake Box.

When *the bread is cold*, place in a stone jar or tin box, which must be thoroughly washed, scalded and dried each baking day. Another good receptacle for bread is a tin wash-boiler with a close cover, kept for this purpose alone, but a still better one is the tin box with shelves as illustrated. When small single loaf pans are used, the bread may be removed to cool, the pans washed and dried, and the loaves afterwards replaced each in its pan, and then set away in a box or boiler. The pan helps to keep the bread moist and palatable for several days.

There are three critical points in the process of bread-making: the condition of the yeast, which must never be used if sour; the temperature where the bread is set to rise, which must not be so hot as to scald; and the temperature of the oven, which must be uniform, neither too hot nor too cold.

Bread Knife.

In cutting warm bread for the table, heat the knife, and whether hot or cold, cut only as much as will be eaten. It is better to replenish the bread-plate once or even twice *during a meal* than to have slices left over to dry up and waste.

When using coal, put into the fire-box enough to finish the baking; adding more during the process is apt to render the oven-heat irregular. When wood is used, make a good *hot* fire, see that the stove has a good, free draft, and *let it cool* to an even, steady heat before putting the bread in the oven. The finest bread may be completely spoiled in baking, and a *freshly-made* fire can not be easily regulated.

Attention to neatness, important in all cookery, is doubly important in bread-making. Be sure that the hair is neatly combed and put up (which ought to be done before the dress is put on in the morning), and that the hands, arms and finger-nails are scrupulously clean. A neat calico apron with bib, using safety pins in fastening, and sleeves of dress well-tucked up and fastened so that they will not come down, add much to the comfort in this the most important task of the kitchen queen.

A great advance has been made in milling during the past few years, the flour made by the "New Pr ess," as it is called, being much

more nutritious than the old-fashioned white flour, which contained very little of the gluten of the wheat. The "New Process" flour made at the great Minneapolis mills from the hard spring wheat grown in the Northwest, brings the highest price of any flour in the market and is the strongest and best. Another flour known as the Whole Wheat Flour is excellent for bread-making and is reduced as is claimed by a secret process. It is made into bread by the same recipes as white flour. Many preparations of wheat and grain are sold by grocers which are prepared by some special process, and are excellent in their way, though more expensive than the plain flour. Among these are the Health Food. Granula and various preparations of the kind. Graham is often made from the poorest wheat, but some mills, like Readshaw's at Dansville, New York, make a specialty of Graham, cracked wheat, and rye flour, and corn meal from selected grain, and furnish a choice article which is much more wholesome and just as cheap as the inferior article. Cerealine, a new preparation, is a flaky substance, the product of white Indian corn, readily soluble, easily digested, and containing a large proportion of nitrogenous matter. A valuable peculiarity of this product is that it can not be prepared from unsound grain. It is certainly the highest and most scientific product of corn that has been introduced for public consideration, and is sometimes called Shredded Maize. It somewhat resembles cocoanut, only it is in small flakes, but when sprinkled on cake has quite the appearance of cocoanut. Griddle cakes, muffins, bread, breakfast rolls and sweet puddings are delicious made of it, and in fact it can enter into the preparing of any recipe where flour is used, using generally half cerealine and half flour.

There is also a brown-bread preparation, recently introduced, which saves much of the difficult details necessary to make this excellent Boston dish; and when two boiled potatoes are rubbed through a sieve, thinned with nearly a pint of water and then the meals added, or the directions with package as above followed, the bread is simply perfect. For fuller directions in regard to flours, etc., see *Marketing*.

GRAHAM AND CORN BREAD.

It is very desirable that every family should have a constant supply of bread made of unbolted flour, or rye and Indian corn. Most persons find it palatable, and it promotes

health. For these coarse breads always add a little brown sugar or molasses, and the amount given in the recipes may be increased according to taste. They rise quicker and in a less warm atmosphere than without sweetening. A little lard or butter improves bread or cakes made of Graham or Indian meal, rendering them light and tender. Graham rises rather more quickly than fine flour (as the whole wheat flour contains a larger proportion of gluten, and fermentation is more rapid), and should not be allowed to rise quite as light. The pans should be greased more thoroughly for Graham and corn bread than for that made from fine flour. The fire should be steady and sufficient to complete the baking, and the oven hot when the bread is put in. A fresh blaze will burn the crust, while a steady fire will sweeten it. Graham bread bakes more slowly than fine-flour bread, and corn bread requires more time and a hotter oven than either. Use either yellow or white corn, ground coarse, for mush, and white, ground fine, for bread, etc. In cutting the latter while warm, heat the knife, and hold it perpendicularly. Rye is said to absorb more moisture from the air than any other grain; hence, all bread from this meal needs a longer application of heat, and keeps moister after being baked than that made from other grain. Rye meal is much better than rye flour for making all kinds of bread and muffins, but the meal, like the old fashioned corn or Indian meal, grows musty in a short time in hot weather, so that but a small quantity should be bought at a time.

In most families there is a large amount of corn or Indian meal used, but the quantity purchased at a time depends upon the kind of meal selected. The common kind, which is made by grinding between two mill-stones, retains a great deal of moisture, and, in hot weather, will soon grow musty; but the granulated meal will keep for any length of time. The corn for this meal is first dried; and it takes about two years for this. Then the outer husks are removed, and the corn is ground by a process that produces grains like granulated sugar. After once using this meal one will not willingly go back to the old kind. Indian meal is made from two kinds of corn, Northern and Southern. The former gives the yellow meal, and is much richer than the Southern, of which white meal is made. All steamed brown breads are better when put to steam over cold water which is then brought to boiling point and kept constantly boiling until the bread is done. Sweet milk may be used in place of

sour, and *vice versa*, remembering that the proportions are one level teaspoon soda to one pint sour milk, and with sweet milk two heaping teaspoons baking powder, or two teaspoons cream tartar and one of soda, to one quart flour.

Sponge for Winter Use.—Peel and boil four or five medium sized potatoes in two quarts water (which will boil down to one quart by the time the potatoes are cooked); when done, take out and press through a colander, or mash very fine in the crock in which the sponge is to be made; make a well in the center, into which put one cup flour, and pour over it the boiling water from the potatoes; stir thoroughly, and when cool add a pint of tepid water, flour enough to make a *thin* batter, and one cup yeast. This sponge makes very moist bread.

Bread Sponge and Bread.—Six potatoes boiled and mashed while hot, two tablespoons each white sugar and butter, one quart tepid water; into this stir three cups flour; beat to a smooth batter, add six tablespoons yeast; set overnight, and in the morning knead in sufficient flour to make a stiff, spongy dough; knead vigorously for fifteen minutes, set away to rise, and when light knead for ten minutes; mold out into moderate-sized loaves, and let rise until they are like delicate or sponge-cake.

Bread Sponge and Bread.—Five pints warm water, five quarts sifted flour, one coffee-cup yeast; mix in a two-gallon stone jar, cover closely, and set in a large tin pan, so that if the sponge rises over the top of the jar the drippings may fall into the pan. Set to rise the evening before baking. In the winter be careful to set in a warm place. In the morning sift six quarts flour into a pail, pour the sponge into a bread-pan or bowl, add two tablespoons salt, then the flour gradually; mix and knead well, using up nearly all the flour. This first kneading is the most important, and should occupy at least twenty minutes. Make the bread in one large loaf, set away in a warm place, and cover with a cloth. It ought to rise in half an hour, when it should be kneaded thoroughly again for ten minutes. Then take enough dough for three good-sized loaves (a quart bowl of dough to each), give five minutes' kneading to each loaf, and place to rise in a dripping-pan well greased with lard. The loaves will be light in five or ten minutes, and will bake in a properly heated oven in half an hour. Make a well in the center of the remaining dough, and into it put a half tea-cup of white sugar, one tea-cup of lard, and two eggs, which mix thoroughly with

Cooler for Bread after Baking.

the dough, knead into one large loaf, set in a warm place about fifteen minutes to rise, and, when light, knead five minutes and let rise again for about ten minutes, when it should be light. Take out of pan and knead on bread-board, roll about an inch in thickness, cut out with a biscuit-cutter, and place in dripping-pan; let rise five minutes and bake twenty minutes. In winter more time must be allowed for rising. This makes three loaves and ninety biscuit.

Bread.—Set sponge at nine o'clock in the evening in summer, and keep it in a cool place; or at noon and make it up in the evening. Do not keep in the cellar or it will sour. In the winter set it at six o'clock at night and place where it will keep warm. For the sponge use one yeast cake soaked in lukewarm water, three potatoes boiled and mashed fine and one pint flour. Scald with the boiling potato water, adding the yeast after the mixture has become cool, and mixing to a smooth paste. Add a teaspoon salt and beat fifteen minutes. When the sponge foams it is risen sufficiently; then add a pint warm water and flour to make a smooth dough that will not stick to the fingers, set in a warm place, and when full of cells work in all the flour possible. Let it rise and knead until the *gas stops cracking*. Make into loaves, let rise, and increase the heat of the oven after the first twenty minutes of baking.

Apple Bread.—To make bread from apples or other fruits, pare them, put them over the fire and stew them tender, adding a little sugar if they are very sour; then pulp them through a sieve. Use this pulp as the basis of bread; mix one pound of fruit pulp with two pounds flour, teaspoon salt, one gill liquid yeast, and water enough to make a soft dough; knead, make into loaves, let rise and bake as ordinary bread. Pears and other fruits may also be used, the fact being remembered that the juice of fruit must not be extracted, but must be allowed to replace water or milk in making the bread. Fruit breads should be eaten with some precaution, as their action may be laxative; in this connection it may be well to give a good recipe for a harmless vegetable bread of the same nature.

Bean Bread.—The use of potatoes in bread is well known, but not so the fact that beans, parsnips, carrots, turnips, beets and sweet potatoes may be employed either for purposes of variety or economy; any of these vegetables may be used after being boiled and reduced to a *puree*, or pulp, according to the directions given above, care being taken to extract their moisture by rolling the *puree* lengthwise in a strong towel, and then squeezing it as dry as possible by having the ends of the towel twisted tight by two persons.

Bread with Buttermilk.—The evening before baking, bring to the boiling point two quarts buttermilk (or boil sour milk and take the same quantity of the whey), and pour into a crock in which

a scant tea-cup sifted flour has been placed. Let stand till sufficiently cool, then add half a cup of yeast, and flour to make a thick batter; the better and longer the sponge is stirred the whiter will be the bread. In the morning sift the flour into the bread-pan, pour the sponge in the center, stir in some of the flour, and let stand until after breakfast; then mix, kneading for about half an hour, the longer the better; when light, mold into loaves, this time kneading as little as possible. The secret of good bread is having good yeast, and not baking too hard. This makes four loaves and forty biscuit.

Hop-Yeast Bread.—One tea-cup yeast, three pints warm water; make a thin sponge at tea time, cover and let it remain two hours or until very light. By adding the water to the flour first and having the sponge quite warm, it is never necessary to put the sponge over hot water or in an oven to make it rise. Knead into a loaf before going to bed; in the morning mold into three loaves, spreading a little lard between as they are put in the pan. When light, bake one hour, having oven quite hot when the bread is put in, and very moderate when it is done. (Bread made in this way is never sour or heavy.) To have fine, light biscuit, add shortening at night, and in the morning make into biscuit and bake for breakfast. By this recipe bread is baked before the stove is cold from breakfast, and out of the way for other baking.

Bread with Potato Sponge.—Pare and boil four or five potatoes, mash fine, and add one pint flour; pour on the mixture first boiling water enough to moisten well, then about one quart cold water, after which add flour enough to make stiff batter. When cooled to "scarcely milk-warm," put in one-half pint (or more will do no harm) of yeast, and let it stand in a warm place overnight; in the morning add to this sponge one cup lard, stir in flour, and knead well. The more kneading the finer and whiter the bread will be; pounding also with a potato-masher improves the bread greatly, and is rather easier than so much kneading. When quite stiff and well worked and pounded, let it rise again, and when light make into loaves or biscuit, adding no more flour except to flour the hands and board—merely enough to prevent the bread from sticking. Let it rise again, then bake; and immediately after taking from the oven wrap in a wet towel until partly cold, in order to soften the crust. If *yeast* and *flour* are good (*essentials* in all cases), the above process will make good bread.

Poor-Man's Bread.—One pint buttermilk or sour milk, one level teaspoon soda, a pinch of salt, and flour enough to make as stiff as soda-biscuit dough; cut into three pieces, handle as little as possible, roll an inch thick, place in dripping-pan, bake twenty or thirty minutes in a hot oven, and when done wrap in a bread cloth. Eat while warm, breaking open like a biscuit. Each cake will be about the size of a pie.

Bread with Potatoes.—To one quart blood-warm water or milk (if milk is used, it must first be scalded and then cooled to blood heat), take two quarts sifted flour and one tea-cup fresh potato yeast. Put the milk or water into a one-gallon stone crock and stir the flour gradually into it, then add the yeast, beating it vigorously for fifteen minutes; set to rise in a warm place, putting the crock in a pan (to catch the drippings if it should run over). If in winter, mix it as early as six or seven o'clock in the evening. Cover very closely with a clean white cloth, with a blanket over it, kept purposely for this (the cloths for bread should not be used for any thing else). In the morning, sift three quarts of flour into the bread-pan, setting it in the oven for a few minutes to bring it to the same temperature as the sponge. Pare six medium-sized potatoes, and boil them in three pints water; when thoroughly cooked, remove the potatoes and pour the boiling hot water (which will now be about one quart) over the flour, stirring it with a spoon. Mash the potatoes very fine, and beat them as if for the table; mix them in the flour, and when cooled to blood heat pour in the sponge, and mix well. Add more wetting or flour if needed, rub off all that adheres to the sides of the pan, and mix with the dough, kneading it from forty-five minutes to one hour; then place the pan to rise, cover closely with the cloth and blanket, setting it where there is no draft (this is imperative). When it has risen to twice its size, knead down in the pan, take one quart of dough for each loaf, knead each five minutes with quick, elastic movements, grease the sides of the loaves with sweet, melted butter if two or more are placed in the same pan; or the loaves may be greased all over lightly before placing in the pan, a process which adds much to the sweetness of the crust. The pan should be thoroughly but lightly greased. Let rise until as large again as when molded, then bake. Have your oven moderately heated at first, with a fire in the stove that will keep it of a uniform temperature. (For manner of testing oven, see general instructions for bread-making). Bake from three-quarters of an hour to one hour and a quarter, according to the size of the loaves, during which time the bread should be carefully watched to see that the proper degree of heat is steadily kept up. Before browning they will have risen to double their size when placed in the oven. The heat of the oven is all important, for if too hot the loaves will not rise sufficiently; if too cold they will rise too much, and the bread will be coarse and porous. When done, place on side, and cool without covering. Never use flour without sifting, as sifting enlivens and ærates the floor, and makes both mixing and rising easier and quicker. Quick rising makes whiter bread, and it is very necessary that in all its different risings bread should be mixed as soon as ready.

Bread Raised Once.—No other yeast is made with so little trouble as potato yeast. Bread made from it keeps moist longer, and

there is no danger of injuring the flavor of the bread by using too much. When plentifully used, a beautiful, light, sweet, fine-grained bread is produced by only one rising, thus saving not only time and trouble, but also, what is more important, the sweet flavor and nutritious qualities which greatly suffer by the second fermentation, almost universally practiced. When this fact is thoroughly understood, every one will appreciate the importance of checking excessive fermentation, during which decomposition actually takes place, and the delicate, foamy loaves, "yeasted to death," which so many families now use and call the "staff of life," will give place to the sweet, substantial, home-made loaves, such as our good mothers and grandmothers kneaded with their own skilled hands.

Take care that the yeast is good and "lively," for, without this, failure is certain. To make three loaves of bread, warm and lightly grease the baking-pans, sift three quarts or more of flour into the bread-pan, press down the middle, and into it put two small tablespoons of fine salt; pour in slowly one quart of milk-warm water, constantly stirring with one hand in the flour, until a thin batter is formed; add a pint or more of potato yeast or one tea-cup of hop yeast, or one yeast cake dissolved in warm water, or a piece of compressed yeast as large as a walnut, dissolved in the same manner. Mix thoroughly, adding more and more flour, until a stiff dough is formed; place on the bread-board, knead vigorously for twenty minutes or more, flouring the board frequently to prevent the dough from sticking to it, divide into loaves of a size to suit pans, mold into a comely shape, place in pans, rub over the top a light coating of sweet, drawn butter, set in a warm, not too hot place to rise, cover lightly to keep off dust and air, watch and occasionally turn the pans around when necessary, to make the loaves rise evenly; when risen to about double the original size, draw across the top of each lengthwise with a sharp knife, making a slit half an inch deep, place them in a moderately heated oven, and bake one hour, watching carefully from time to time to make certain that a proper degree of heat is kept up. Before browning they will rise to double the size of loaf which was placed in the oven, and pans must be provided deep enough to retain them in shape. Bake until well done and nicely browned. Nothing adds more to the sweetness and digestibility of wheaten bread than thorough baking. When done, remove from pans immediately, to prevent the sweating and softening of the crust.

Bread Raised Twice.—Measure out four quarts sifted flour, take out a pint in a cup, and place remainder in a bread-pan. Make a well in the middle, into which turn one tablespoon sugar, one of salt, and one cup yeast; then mix in one pint milk which has been made blood-warm by adding one pint boiling water; beat well with a strong spoon, add one tablespoon lard, knead for twenty to thirty minutes, and let rise overnight; in the morning knead

again — slashing the dough with a sharp knife adds to its lightness and texture — make into loaves, let them rise one hour, and bake fifty minutes. Water may be used instead of the pint of milk, in which case use twice as much lard.

Bread Raised Three Times.—Begin at about 5 P. M., plan for six loaves, somewhat larger than bakers' loaves; take two little cakes of yeast, put them into a pint of tepid water, and when soft beat in thoroughly enough flour to make a thick batter, and put in a warm place. If the excellent "Farmer's Yeast," the recipe for which is given hereafter, is used, take half a tea-cup and stir into the batter. A good dish for this purpose is a large bowl, a broad, open pitcher, or a bright, three-quart tin pail, which should be clean in the strictest sense. This should rise in about two hours, and when nearly light, take six or eight medium-sized potatoes, pare neatly, rinse clean, and boil in three pints of water till well done, mash very fine in the water while hot. Have ready a bread-pan of sifted flour, into which put a teaspoon of salt, half a cup of white sugar and a bit of lard as large as an egg; then riddle the potato mash, hot as it is, through a sieve or fine colander into the flour, and stir with a kitchen spoon into a stiff dough. This scalds about half the flour used in the batch of bread. This mass must cool till it *will not scald the yeast*, which may now be mixed in and put in a warm, not hot, place for second rising, which will be accomplished by morning, when the kneading may be done. Kneading is the finest point of bread-making, and contains more of the art than any other; it requires skill, time, patience and hard work. Work in flour no faster than is required to allow thorough kneading, which can not be done in less than forty-five minutes, but should not be worked much over an hour; one hour is a good uniform rule. The mechanical bakers use sets of rollers driven by steam power, between which the dough is passed, coming out a sheet an inch thick; it is folded together several times and rolled again and again. This process should be imitated somewhat by the hands in the family kitchen. The working of the dough gives grain and flakiness to the bread. The dough when kneaded should be soft, but not sticky—stiff enough to retain its roundness on the board. Put back into the pan for the third rising, which will require but little time, and when light cut off enough for each loaf by itself. Knead but little, and put into the baking-pans. If the first kneading has been well done, no more flour will be needed in molding into loaves. These must remain in the baking pans till nearly as large as the loaves ought to be, when they may be put into a well heated oven. If the oven is a trifle too hot, or if it tends to bake hard on the top, a piece of brown paper may be put over the loaves (save some clean grocer's paper for this purpose), and from forty to sixty minutes will bake it thoroughly. After the loaves are put into the baking-pans, avoid jarring them, as it will make portions of them heavy.

If the yeast is "set" at 5 P. M. the bread will be ready for dinner next day; if in the morning, the baking will be done early in the evening, or twelve hours after, with fair temperature and good yeast. Bread made in this way will be good for a week, and with fair weather and careful keeping, even two weeks. When dry, a slice toasted will be as crisp, sweet and granular as Yankee ginger-bread.

Bread Making Made Easy.—This quantity is for eight loaves but may be varied at pleasure. Three quarts warm water, in which melt a lump of butter the size of a hen's egg. Stir in flour sufficient to make a smooth, thick batter. Then add a bowlful of yeast which must be well stirred in. Now with the hands knead in more flour until the dough is firm, smooth and elastic, and will not adhere to the hands. Cover closely and set in a warm place overnight. You cannot be too careful in keeping the cold air from it, for if once chilled the bread will not be so light and sweet. Next morning the dough will be as light as a foam, and before it begins to subside take out on bread-board and chop with a chopping knife for five minutes or even less will do. It will scarcely be necessary to add any more flour. Mold into loaves and when light, bake. It will be seen that this requires but two risings, thereby retaining much of the sweetness of the flour which passes off in fermentation. Set the sponge at 8 o'clock in the evening, and chop and mold into loaves before breakfast next morning, and by the time breakfast is over it is light enough for the oven.

Bread in Summer or Winter.—In summer take three pints of cold or tepid water, four tablespoons yeast, one teaspoon salt; stir in flour enough to make a thick sponge (rather thicker than griddle-cakes). Let stand until morning, then add more flour, mix stiff and knead ten minutes; place in a pan, let rise until light, knead for another ten minutes; mold into four loaves and set to rise, but do not let it get too light; bake in a moderate oven one hour. If bread is mixed at six o'clock in the morning the baking ought to be done by ten o'clock.

In winter take one pint of buttermilk or clabbered milk, let it scald (not boil); make a well in the center of the flour, into it turn the hot milk, add one teaspoon salt, enough flour and water to make sufficient sponge, and one tea-cup of yeast; let stand until morning and then prepare the bread as in summer. This is more convenient to make in winter, since a hot fire is needed to heat the milk.

Bread with Compressed Yeast.—When it is possible to obtain fresh compressed yeast, also called German yeast, an excellent bread can be made in about two hours and a half; the rapidity of the leavening or "raising" the dough is advantageous, because less of the nutritive elements of the flour are lost than by following the long process; for two loaves of bread use three pounds of flour,

about a quart of water, two teaspoons salt, and an ounce of fresh compressed yeast; dissolve the yeast in a pint of lukewarm water; stir in sufficient flour to make a thick batter or sponge, cover with a folded towel, and set it in a warm place to rise; if properly covered and heated it will rise to a light foam in about half an hour; then stir into it the salt, dissolved in a little warm water; add the rest of the flour and sufficient lukewarm water to make a dough stiff enough to knead; knead it five minutes; divide it into two loaves, put them into buttered baking-pans, cover them with a folded towel, and set them in a warm place to rise twice their height; then bake them as directed in the preceding recipe for raised bread. In raising the sponge be sure that the heat is not sufficient to "scald" or harden it, as that will prevent fermentation; therefore do not place it where the hand can not be held with comfort; keep it covered from draughts. If, when it is light, it has become at all soured, as it sometimes will in summer, stir into it before adding the balance of the flour a salt-spoon baking-soda, dissolved in a very little luke-warm water.

The dough made for home-made bread can be baked as raised biscuit; and it can be made a little sweeter by kneading in with it a tablespoon each of sugar and melted butter; or it can be boiled in soups and stews as raised dumplings.

To test the heat of the oven follow this method: The "moderate oven" temperature is that degree of heat which will turn ordinary writing-paper dark yellow or buff, that is the color of kindling-wood; put a sheet of paper in the oven and close the door; if the paper blazes the oven is too hot; arrange the dampers to lower the heat for ten minutes; then again test it with more paper; it may be necessary to try the temperature several times, but the time thus used is well spent. Another simple way of testing the heat of the oven is to hold the hand in it after it has been closed for some time; if the hand can be held there without burning for quarter of a minute the heat is good.

Quick Bread.—Peel ten potatoes, boil, drain, saving water, and mash thoroughly; add three tablespoons each sugar and salt, three of flour scalded in half pint water; mix and add a quart of the boiling potato-water, also five quarts tepid water and a cup of soft yeast. Put in a warm place till it foams nicely, then put away to cool. When thoroughly *cold*, seal or cork tightly and put in a cool place. To make the bread, sift flour in pan for number of loaves required and wet it with some of the above prepared rising, *warmed*, (very important) and *nothing else*; when well mixed mold into loaves and put in a warm place to rise; if directions are strictly followed, bread will be light in two hours. Bake an hour, and thus in three hours perfect bread can be made and baked. By adding to part of the dough when mixed for the loaves, half teacup lard or butter, one egg and three tablespoons sugar, let rise and then make into biscuit, let rise again and bake, taking for all an hour and a half more—this

gives biscuits or rolls in less than four hours, as soon as with compressed yeast, with the advantage of the rising being home-made. This comes strongly endorsed by an experienced bread baker.

Salt-Rising Bread.—The leaven for this bread is prepared thus: Take a pint of warm water—about 90°—(if a little too hot defeat is certain) in a perfectly clean bowl and stir up a thick batter, adding only a teaspoon of salt: a thorough beating of the batter is important. Set in a pan of warm water to secure uniformity of temperature, and in two to four hours it will begin to rise. The rising is much more sure if coarse flour or "shorts" is used instead of fine flour.

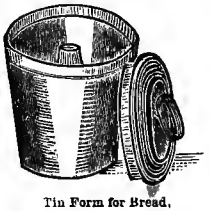
When the "rising" is nearly light enough, take a pint of milk and a pint of boiling water, (a tablespoon of lime water added is good and often prevents souring) mix the sponge in the bread-pan, and when cooled to about milk-warm, stir in the rising. The sponge thus made will be light in two to four hours, with good warmth. The dough requires less kneading than yeast-raised dough. The bread is simpler, but not so certain of rising, and you leave out all the ingredients save the flour, water (milk is not essential), and a pinch of salt. It should be made more frequently as it dries faster than bread containing potatoes.

Another Salt-Rising Bread.—In summer take at night one (scant) pint of new milk, half as much hot water, which will make the whole lukewarm, a teaspoon salt, one of sugar and a *very little* soda. Mix all in a nice, sweet pitcher (it must be perfectly clean and sweet), stir in one tablespoon of corn meal and add flour enough to make a medium batter; or, use the "lightning yeast" given hereafter, or stir the rising as recommended above with "middlings" or shorts, leaving out the soda and sugar; stir well, place the pitcher in an iron kettle with quite warm water, using so much water that the pitcher will barely rest on the bottom of the kettle; cover closely and leave all night (on the stove if the fire is nearly out) where it will be kept warm, not hot, for an hour or two. A quart pitcher should be full in the morning; if not, add a spoon of flour, stir well, warm the water in the kettle, replace the pitcher, cover, and keep it *warm* until light. Have ready two quarts of sifted flour in a pan, make a hole in the center, put in an even teaspoon of salt, a tea-cup of nearly boiling water; add one pint of new milk, and stir a batter there in the center of the flour, add the "emptyings" from the pitcher and stir well (there will be a good deal of flour all round the batter, and the top should be well sprinkled with flour); cover with another pan, keep warm until light—it will rise in an hour or even less, the batter showing through cracks in the flour —when it should be *well and quickly kneaded*, and made directly into loaves, which place in the baking-pans, keep well covered and *warm* until light, when it is ready to bake. If left standing too long

an unpleasant odor rises. The secret of success is to keep it *warm* but not at all *hot*. This bread is good if no milk is used; indeed, some prefer it made with water alone instead of milk and water. In cold weather, if kitchen is cold at night, do not set "emptyings" over night, but make early in the morning.

Sweet Potato Bread.—Boil three large sweet potatoes, peel and mash them through a colander with a potato-masher, adding teaspoon salt and tablespoon butter; after they have been mashed, mix with them one cup and a half corn meal, a scant cup milk, and one egg beaten smooth; pour batter into a buttered baking-pan, and bake in a moderate oven twenty minutes. Use the bread hot with plenty of butter.

Boston Brown Bread.—One heaping coffee-cup each of corn, rye and Graham meal. The rye meal should be as fine as the Graham, or rye flour may be used. Sift the three kinds together as closely as possible, and beat together thoroughly with two cups New Orleans or Porto Rico molasses, two cups sweet milk, one cup sour milk, one dessert-spoon soda, one teaspoon salt; pour into a tin form, place in a kettle of *cold* water, put on and boil four hours. Put on to cook as soon as mixed. It may appear to be too thin, but it is not, as this recipe has never been known to fail. Serve warm, with baked beans or Thanksgiving turkey. The bread should not quite fill the form (or a tin pail with cover will answer), as it must have room to swell. See that the water does not boil up to the top of the form; also take care it does not boil entirely away or stop boiling. To serve it, remove the lid and set it a few moments into the open oven to dry the top, and it will then turn out in perfect shape. This bread can be used as a pudding, and served with a sauce made of thick *sour* cream, well sweetened and seasoned with nutmeg; or it is good toasted the next day.



Tin Form for Bread.

Boston Brown Bread.—Boil and mash fine six potatoes and make into a sponge with one cup yeast, three cups flour and one quart warm water, adding two tablespoons each of lard and brown sugar. When light, sift into the bread tray two quarts Indian meal, one quart rye or wheat flour and one tablespoon each of soda and salt. Pour the risen sponge into this and mix, adding warm water if needed, and work in gradually a half cup molasses. Knead well and let rise six or seven hours, knead again, make into loaves, let rise one hour and bake in moderate oven.

Eastern Brown Bread.—One pint each of rye or Graham and Indian meal, one cup molasses, three-fourths cup sour milk, one and one-half teaspoons soda, one and one-half pints cold water. Put on stove over *cold* water, steam four hours and brown over in the oven.

Brown Bread.—Two and one-half cups sour milk, and one-half cup molasses; into these put one heaping teaspoon soda, two cups corn meal, one cup Graham flour and one teaspoon salt Use coffee cups. Steam three hours, and afterwards brown in oven

Brown Bread with Baking Powder.—One and a fourth cups sweet milk, one cup each corn meal and Graham, one-half cup molasses, two heaping teaspoons baking powder, or use sour milk and soda. Measure in coffee-cups. Steam three or four hours. Can be made on Saturday and re-steamed for Sunday morning breakfast.

Brown Bread with Mush.—Pour two quarts hot corn meal mush, made as for eating, over two quarts Graham flour (wheat may be used); when cool add three pints sponge, one coffee-cup molasses, teaspoon salt, half teaspoon soda; mix well together with a spoon or the hands, add one quart flour, to make it a *stiff* batter, and place in small bread pans (such as are described in the preceding preface on baking bread), filling them a little more than half full and smoothing over with a spoon dipped in water. Let rise till there is a seam or crack in the loaf, then bake in a moderate oven; when done, rub over with butter, place on the side, wrap in a cloth, and when cold put in a jar or box.

Boston Corn Bread.—One cup sweet milk, two cups sour milk, two-thirds cup molasses, one cup flour, four cups corn meal, two teaspoons soda; steam three hours, and brown a few minutes in the oven.

Boiled Corn Bread.—One and one-fourth pints each of sweet milk and buttermilk or sour cream, half a pint molasses, one teaspoon soda, three teaspoons cream tartar, one even tablespoon salt, one and a fourth pints each of corn meal and flour; sift the soda and cream tartar in the flour; mix all the ingredients thoroughly together and put in a buttered tin pail; cover closely, place in a kettle two-thirds full of boiling water: cover, and boil steadily for three hours, replenishing when needful with boiling water. To be eaten hot with butter.

Corn Bread.—One pint corn meal sifted, one pint flour, one pint sour milk, two eggs beaten light, one-half cup sugar, piece of butter size of an egg; add, the last thing, one teaspoon soda in a little milk; add to the beaten egg the milk and meal alternately, then the butter and sugar. If sweet milk is used, add one teaspoon cream tartar; bake twenty minutes in a hot oven.

Steamed Corn Bread.—Two and one-half cups sour milk, (butter-milk if you have it), two cups corn meal, one cup flour, two tablespoons sugar, one teaspoon soda, one tablespoon salt, two eggs, put in a cake pan with stem in center, place in a steamer, and steam three hours, or longer, keep closely covered, put in stove

fifteen minutes to brown before sending to table; set in a pan of cold water a few minutes and it will turn out nicely.

Corn Bread.—Take one quart buttermilk and one heaping pint corn meal, one teaspoon soda, one of salt, one tablespoon sugar and three eggs; have the stove very hot, and do not bake in too deep a pan. The batter seems too thin, but bakes very nicely.

The Bread of Our Forefathers.—Put in a pan two quarts of meal, a half-pint of flour, stir up well; pour in the center a pint of boiling water, stir up enough of the meal to make a thin batter; when cool, put in a cup of yeast, a teaspoon of salt and enough warm water to make a thick batter; let rise, then place in a deep, well-greased pan, cover with another pan, and place in a moderate oven. When nearly done, remove the cover, and bake slowly until done. Excellent when cold.

All baking-pans for bread should be made with covers, made of the same material, and high enough to permit the bread to rise to its full size. If pan is deep enough to permit the bread to rise without touching it, a flat piece of tin or sheet-iron will answer for the cover, or a cover may be made of paper, or another pan may be inverted over the bread. The office of the cover is to prevent the crust from browning hard before the expansion of the gases has made the bread light and porous.

Plain Corn Bread.—One well-heaped pint corn meal, one pint sour or buttermilk, one egg, one teaspoon soda, one of salt; bake in dripping or gem pans. If preferred, one heaping tablespoon of sugar may be added.

Steamed Corn Bread.—Two cups each of corn meal, Graham flour and sour milk, two-thirds cup molasses, one teaspoon soda; steam two hours and a half.

Graham Bread.—Take a little over a quart of warm water, one-half cup brown sugar or molasses, one-fourth cup hop yeast, and one and one-half teaspoons salt; thicken the water with unbolted flour to a thin batter; add sugar, salt and yeast, and stir in more flour until quite stiff. In the morning add a small teaspoon soda, and flour enough to make the batter stiff as can be stirred with a spoon; put it into pans and let rise again; then bake in even oven, not too hot at first; *keep warm while rising;* smooth over the loaves with a spoon or knife dipped in water.

Graham Bread.—To one and a half pints of tepid water add one heaping teaspoon of salt and one-half cup of sugar; stir in one-half pint or more of the sponge made of white flour, as in recipe for "Bread with Potato Yeast;" add Graham flour until almost *too stiff to stir*; put in the baking-pan and let rise well, which will

take about two hours, bake in a moderate oven, and when done, wrap in a wet towel until cool. Some prefer to add one egg and a tablespoon lard or butter.

Graham Bread.—Mix smooth two quarts Graham flour and quart warm water; add half a cake compressed yeast dissolved in warm water, put into a deep sheet iron bread pan and when light bake one hour. The dough should be as stiff as can be stirred with a spoon.

Graham Bread with Baking Powder.—Three cups Graham flour, one teaspoon salt, two teaspoons baking powder, half cup sugar and two and one-half cups sweet milk, or use half milk and half water. Sift the flour and baking powder together and add milk, salt and sugar quickly. Bake in rather hot oven for forty or fifty minutes, protecting with thick brown paper the first fifteen minutes.

Graham Bread with Soda.—Mix one cup warm water with two tablespoons syrup, one-half teaspoon soda and one cup white flour. Stir in Graham flour with a spoon until stiff. Set in a warm place one-half hour to rise and bake one and one-fourth hours.

Pan for Steaming Bread.

Graham Bread, Steamed.—Two cups Graham, two cups Indian meal, two cups sweet milk, one cup sour milk, one cup molasses, one teaspoon soda, a little salt. Steam two hours and dry a few minutes in hot oven.

Quick Graham Bread.—One and a half pints sour milk, half cup New Orleans molasses, a little salt, two teaspoons soda dissolved in a little hot water, and as much Graham flour as can be stirred in with a spoon; pour in well-greased pan, put in oven as soon as mixed and bake two hours.

Rye Bread with Soda.—Two and one-half cups sour milk, two-thirds cup molasses, one teaspoon soda, one-half teaspoon salt, two cups sifted wheat flour and three and one-half cups rye meal—or if preferred all rye may be used. Bake in a loaf or gem pans.

Rye and Indian Bread.—One quart of rye meal or rye flour, two quarts of Indian meal, scalded (by placing in a pan and pouring just enough *boiling* water over it, stirring constantly with a spoon, to merely wet it, but not enough to make it into a batter), one-half teacup molasses, two teaspoons salt, one of soda, one teacup yeast; make as stiff as can be stirred with a spoon, mixing with warm water, and let rise all night; then put in a large pan, smooth the top with the hand dipped in cold water, let it stand a short time and bake five or six hours. If put in the oven late in the day, let it remain all night. Graham may be used instead of rye and baked as above. In the olden time it was placed in kettle, allowed to rise, then placed on the hearth before the fire, with coals on top of lid, and baked.

Rye Bread.—Make a sponge of one quart warm water, one teacup yeast, thickened with rye flour; put in warm place to rise over night; scald one pint corn meal; when cool add it to sponge, and add rye flour till thick enough to knead, *knead but little*, let rise, mold into loaves, place in deep pie-tins or small pudding-pans, let rise and bake; or, thicken the sponge with rye flour, and proceed as above. Wheat sponge may be used instead of rye.

Rye Bread.— Make sponge as for wheat bread, let rise overnight, then mix it up with the rye flour *as stiff as can be kneaded*, add to the quantity for three loaves of bread, two cups molasses and a very little grated orange peel. Let rise, mold into loaves and when risen, bake.

Vienna Bread.—In some bakeries a peculiar gloss is given to the surface of Vienna bread by the introduction of a jet of steam into the oven while the bread is baking; but if when the bread made at home is half baked it is brushed over with a soft sponge wet in milk the loaf will present a glossy crust. No particular kind of oven is required, but it is necessary that the bread should be baked at a temperature of 500 degrees Fahrenheit. In the bakeries the dough is mixed in zinc-lined wooden troughs, but an ordinary earthen bread bowl may be used. The temperature of the room in which the bread is made should be about 80 degrees Fahrenheit, and the milk and water used for making the bread should be of the same degree of heat; only the best bread flour should be used. The length of time required to complete the process is about three hours and a half.

The proportions of an ordinary family baking are four pounds of flour, three pints of milk and water, half an ounce of salt, and one and three-quarter ounces of very fresh compressed yeast. The process of making is as follows: Place the flour in the bread bowl, and in it put the milk, water, and salt; mix with the liquid enough of the flour to make a very thin batter; next rub the yeast to powder between the hands, and mix it into the batter; cover the bowl closely, and let it stand for three-quarters of an hour. At the end of that time mix in the rest of the flour smoothly, and let the dough thus made stand again closely covered for two hours and a half, until it is light and elastic; then cut it into pound pieces, and each pound into twelve equal parts; flatten these small pieces of dough in squares three-quarters of an inch thick, fold their corners to the center, pinch them down to hold them, and turn the little rolls thus made over on board covered with cloth; let them stand for about ten minutes, turn them up again on a baking-sheet, and put them into a hot oven to bake quickly, for about fifteen minutes; when half done brush them with milk, return them to the oven and finish baking them. This process seems to imply a little trouble to the bread-maker, but the delicious quality of the bread thus produced well repays the extra pains taken in making it; and a little practice will enable any person to accomplish the result successfully always.

BREAKFAST AND TEA CAKES.

To make biscuit, take a part of the dough left from bread-making when it is ready to mold into loaves, work in the lard and any other ingredients desired, such as butter, eggs, sugar, spice, etc., also using a little more flour; let rise once, then mix down and let rise again, turn out on the bread-board, knead a few minutes, roll, and cut out with a biscuit-cutter or mold with the hand. Place in a well-greased dripping-pan, and when light bake in a quick oven from fifteen to twenty minutes. To make them a nice color, wet the top with warm water just before placing in the oven. To glaze, brush lightly as soon as removed from the oven with milk and sugar, or the well beaten yolk of an egg sweetened, and a little milk added, or simply the beaten white

Biscuit may be baked in eight minutes by making the oven as hot as can be without burning, and allowing it to cool off gradually as they bake; this makes them very light, but one has to watch closely to keep them from being scorched. Any kind of bread or pastry mixed with water requires a hotter fire than that mixed with milk.

Biscuit and rolls should be allowed to rise one-half longer than bread loaves, because the loaves of the former, being smaller, are penetrated sooner by the heat, and, of course, the fermentation is stopped sooner, and the rolls do not rise so much in the oven.

Biscuit for tea at six must be molded two hours before, which will give ample time for rising and baking. Parker House rolls for

breakfast at eight must be made ready at five. Many think it unnecessary to knead down either bread or biscuit as often as here directed; but if attention is given to the dough at the right time, and it is not suffered to become *too light* it will be much nicer, whiter, and of a finer texture if these directions are followed.

The almost universal custom is to set the sponge at night, but many excellent bread-makers differ widely from this in practice and their objections deserve candid consideration in this nineteenth century, when so much is written of dyspepsia and its causes. Some medical authorities assert that cancer in the stomach has its origin in dyspepsia, which, in the beginning, is caused by the use of indigestible yeast bread, in which the process of fermentation has been allowed to go so far that a certain amount of actual decomposition has taken place. This is not the fault of such recipes as are given in this book, but from failure to mix the bread at each successive rising *at the proper time.* The objection to setting sponge at night is that it stands too long. Bread, to be white, sweet and digestible, must be mixed immediately after the sponge has risen to the proper point, *which may be known by its puffy appearance, usually rising higher in the middle than at the sides of the crock; if it sinks in the center, it has stood too long.*

Soda and baking powder biscuit must be handled as little and made as rapidly as possible; mix soda and cream tartar or baking-powder in the flour (with sweet milk use baking-powder, or soda and cream tartar, with sour milk soda alone), so that the effervesence takes place in the mixture. One teaspoon soda and two of cream tartar, or two teaspoons baking-powder, to one quart flour, is about the right proportion. Bake in a quick oven as soon as made, and they rise more quickly if put into hot pans. Gems of all kinds require a hot oven, but the fire should be built some time before they are put into the oven, and allowed to go down by the time they are light, as the heat necessary to raise them will burn them in baking if kept up.

All biscuit and bread, except brown and Graham bread, should be pricked with a fork before putting in the oven.

Soda and raised biscuit and bread or cake, when stale, can be made almost as nice as fresh by plunging for an instant into cold water, and then placing in a pan in the oven ten or fifteen minutes; thus treated they should be used immediately.

Waffle-irons should be heated, then buttered or greased with lard, and one side filled with batter, closed and laid on the fire or placed on the stove, and after a few minutes turned on the other side. They take about twice as long to bake as griddle-cakes, and are delicious with a dressing of ground cinnamon. Muffins are baked in muffin-rings. In eating them, do not cut but break them open.

Waffle-Iron.

The success of these recipes, and all others in this book in which soda and cream tartar are used, will depend on the purity of these ingredients. Always buy the *pure* English bicarbonate of soda, and the *pure* cream tartar. They are higher-priced, but cheaper in the end, and are free from injurious substances. When not found at the grocer's, they may generally be had at the druggist's.

Baking Powder.—Sixteen ounces corn starch, eight of bicarbonate of soda, five of tartaric acid, mix thoroughly; or eight ounces flour, eight of English bicarbonate of soda, seven of tartaric acid; mix thoroughly by passing several times through a sieve.

Bannocks.—Cream one pound butter with one and one-fourth pounds brown sugar, add six eggs whipped to a cream, one tea-spoon ginger, one and one-fourth pounds white Indian meal and same of flour. Bake in small cakes in cups or gem pans and leave in them until cold.

Gem Pans.

Bannocks.—Wet one pint Indian meal with boiling water or milk. Let stand a few minutes and add one egg, a little sweet cream or a tablespoon melted butter, and salt. Make into balls and fry in hot lard.

Biscuit.—Dissolve one rounded tablespoon of butter in a pint of hot milk; when lukewarm stir in one quart of flour, add one beaten egg, a little salt, and a cup of yeast; work into dough until smooth. If winter, set in a warm place; if summer, in a cool one to rise. In the morning work softly and roll out one-half inch thick, cut into biscuit and set to rise for thirty minutes, when they will be ready to bake. These are delicious.

Biscuit.—Take one quart sifted flour (loosely put in), three heaping teaspoons of Horsford's Bread Preparation, or baking powder, one teaspoon salt, three gills of water; shape with a spoon and the floured hand.

Buttermilk Biscuit.—One quart flour, one teaspoon soda, butter or lard size of an egg, a little salt and buttermilk to make a soft dough. Roll out quickly and bake in hot oven.

The following way of baking makes a pleasing novelty: Roll the dough thinner than ordinarily, spread well with butter previously softened, dust over thickly with white sugar and roll it up; cut slices off from the end the thickness of ordinary biscuit, put in buttered pans and bake.

Cream Biscuit.—Put three heaping tablespoons of sour cream into a bowl or pan holding a quart, and fill two-thirds full of sweet milk; add two teaspoons cream tartar, one teaspoon soda and a little salt, with flour enough to mix soft, and bake in quick oven.

Fairy Biscuit.—Beat well together two ounces butter and a half pound of flour, adding the white of one egg, one teaspoon milk, four ounces sugar, two ounces sweet, well pounded almonds, and work well into paste. Pinch off pieces the size of a half dollar and bake on buttered paper.

Hard Tea Biscuit.—Two pounds of flour, one-fourth pound butter, one salt-spoon salt, three gills milk; cut up the butter and rub it in the flour, add the salt and milk, knead dough for half an hour, cut cakes about as large as a small tea-cup and half an inch thick, prick with a fork, and bake in a moderate oven until they are a delicate brown.

High Biscuit.—On baking days reserve one small loaf and mix a rounded tablespoon butter, a level tablespoon sugar and one egg into it by pulling it to pieces with the hands; knead into a loaf, let it rise, then by rolling between the hands make into balls the size of a small hen's egg, place in rows in very well greased dripping-pan; when half full raise the end that is empty almost perpendicular, and shake gently until the balls slide compactly together, then add more and continue doing so until the pan is *full;* rub over the top with melted butter, let rise until very light, and bake.

Maple Biscuit.—To the well-beaten yolks of twelve eggs, add half pound of powdered or granulated sugar and half a cup of sweet milk; mix one teaspoon baking powder in a (scant) half pound of sifted flour, then sift the flour gently into the batter and add flavoring, bake in biscuit pans, spreading the batter one and a half to two inches thick in the pan. If rightly made it will be very light. Do not bake too fast and have the oven about as for sponge cake. When cold, cut into slices three inches long and one inch wide. Ice the sides, ends and top with white, pink and chocolate icing. Dry in oven, and then, if desired, the bottom may be iced. Build in square blocks and place on table. Serve a plate of the white, one of the pink, and one of the brown, or they may be mixed in building.

Potato Biscuit.—One cup each butter, sugar, milk, hot mashed potatoes (free from lumps), one cup yeast and two eggs. Mix with enough flour to make a good batter, let rise, and add as much flour as can be stirred in with a spoon. Let rise again, roll out to half an inch thick, cut in small round cakes, put two together and when light bake.

Biscuit Pans.

Rye Biscuit.—Two cups rye meal, one and a half cups flour, one egg, two cups sour milk, one-third cup molasses, salt and two teaspoons soda. Mix lightly, roll out and bake.

South Carolina Biscuit.—One quart sweet cream or milk, one and a half cups butter or fresh lard, two tablespoons white sugar, one good teaspoon salt; add flour sufficient to make a stiff dough, knead *well* and mold into neat, small biscuits with the hands, as our grandmothers used to do; add one good teaspoon cream tartar if preferred; bake well, and you have good sweet biscuits that will keep for weeks in a dry place, and are very nice for traveling lunch. They are such as used to be sent to the army, and the "boys" relished them "hugely."

Soda Biscuit.—Put one quart of flour, before sifting, into sieve with one teaspoon soda and two of cream tartar (or three of baking powder), one of salt, and one tablespoon white sugar; mix all thoroughly with the flour, run through sieve, rub in one level tablespoon of lard or butter (or half and half), wet with half pint sweet milk, roll on board about an inch thick, cut with biscuit cutter, and bake in a quick oven fifteen minutes. If you have not milk, use a little more butter, and wet with water. Handle as little and make as rapidly as possible.

Biscuit and Fancy Cake Cutters.

Spoon Biscuit.—One quart sour milk or buttermilk, one teaspoon soda, a little salt, two tablespoons melted lard, and flour enough for a stiff batter; drop in a hot gem-pan and bake in a quick oven.

Tea Biscuits.—Cook until mealy and tender three good sized potatoes, mash through colander, and add them to one quart flour in which two tablespoons of baking powder have been sifted, butter size of egg rubbed well through the flour, one well-beaten egg, one cup cream and milk enough to make a good firm dough. Roll out to one-half inch in thickness, cut into small cakes and bake in hot oven fifteen minutes.

Unleavened Biscuit.—Five cups Graham flour, one cup warm (not hot) water, white of one egg well-beaten. Bake in gem pans.

Coffee Bread.—One egg, one-half cup sugar, one cup milk, one-half cup yeast and flour to sponge. When light add one-half cup butter, worked in with the hands (not kneaded) and flour enough to make it soft so that it may be patted down into a greased pan to bake. Let rise again, put little specks of butter over the top, press them in and sprinkle with sugar and cinnamon. Bake about twenty minutes, and cut in strips an inch wide for breakfast or lunch.

Easter Bread.—One yeast cake, two cups each flour and water; mix and set to rise overnight; in the morning take six cups flour, two cups milk, one and one-half cups currants, one and one-half cups raisins, one-half cup sugar, butter the size of a large hen's egg rubbed in cold, one teaspoon salt; mix and let rise until light, then mold and put in pans until light, then wet top with melted butter, and bake one hour.

Buns.—Break one egg into a cup and fill with sweet milk; mix with it half cup yeast, half cup butter, one cup sugar, enough flour to make a soft dough; flavor with nutmeg. Let rise till very light, then mold into biscuit with a few currants. Let rise a second time in pan; bake and, when nearly done, glaze with a little molasses in milk. Use the same cup, no matter about the size, for each measure.

Currant Buns.—Four pounds light bread dough, eight ounces each of currants, sugar and softened butter. Roll the dough out, strew the currants over it and knead them in. Roll out again, then spread on the butter and sugar, cut in bands as wide as the hand and roll them up. Brush them over with melted butter so that they will not stick together in the pans and cut off pieces an inch thick. Put in a buttered pan just touching each other, let them rise nearly an hour and bake. Brush over with sugar and water and dredge with sugar and cinnamon.

Hot Cross Buns.—Set a sponge overnight with three cups sweet milk, one cup yeast and flour enough to make a stiff batter. In the morning add one-half cup melted butter, one cup sugar, half a nutmeg, salt-spoon salt and flour enough to roll out. Knead well and set to rise five hours. Roll half an inch thick, cut into round cakes, and when they have risen half an hour make a cross on each one with a knife and bake.

Apple Cake.—Make like cinnamon cake, placing raw apples cut in eighths over the top, with the butter, cinnamon and sugar. Let rise and bake.

Breakfast Cake.—Two tablespoons sugar, two of butter, two eggs, one cup milk, one (scant) quart flour, one teaspoon soda, two of cream tartar; bake twenty minutes in a quick oven.

Cinnamon Cake.—When yeast bread is ready to knead from the sponge, knead and roll out three-fourths of an inch thick, put thin slices of butter on the top, sprinkle with cinnamon, and then with sugar; let rise well and bake.

Tea Cake.—One quart flour, one cup sour milk, one teaspoon soda, one-half pound lard, one-half pound chopped raisins or currants; roll two inches thick and bake in a quick oven; split open, butter and eat while hot.

Egg Crackers.—Six eggs, twelve tablespoons sweet milk, six tablespoons butter, half teaspoon soda; mold with flour half an hour, and roll thin.

French Crackers.—One and a half pounds each flour and sugar, three-fourths pound butter, whites of five eggs; before cooking wash over with egg and dip in sugar.

Cracknels.—To one pint of rich milk put two ounces butter and spoon of yeast. Make it warm, and mix enough fine flour to make a light dough; roll thin and cut in long pieces, two inches broad. Prick well, and bake in slow oven.

Cream Cracknels.—One pound flour, ten ounces butter, two tablespoons sugar, one-half teaspoon salt, nine tablespoons sour cream; add salt and sugar to the flour, rub in the butter, and knead into a soft dough with the cream; flour the board, turn out the dough, and break off small pieces, which roll with the hand about nine inches long, and shape into cracknels; rub over with beaten eggs, and sprinkle plentifully with sugar and cinnamon mixed; bake on tins in a moderate oven.

English Crumpets.—One quart warm milk, one teaspoon salt, half cup yeast, flour enough for a not very stiff batter. When light add half a cup melted butter, let stand twenty minutes, and bake in muffin rings or cups.

Cream Crisps.—Put two and a half cups good rich cream, either sweet or sour, in a crock and add gradually four cups unsifted *best* Graham flour, and half a cup sugar, then take out on board and knead well with one more cup Graham. The dough wants to be very stiff and kneaded thoroughly. Roll out as thin as for thin cookies, cut with biscuit cutter, prick well and place in pans slightly buttered for first panfull, not greasing afterwards, in a rather hot oven, and bake immediately, putting them in bottom of oven first, and then in the upper oven to brown. If wanted "extra nice," sift the flour (using about one-eighth more flour.) The quantity of sugar can be increased or diminished, but for health's sake this is sufficient, or even less. Properly made, they will be crisp and delicious.

Cream Crisps.

Hominy Crumpets.—One cup boiled hominy, two cups milk, one tablespoon sugar, two tablespoons melted butter, four tablespoons yeast, four cups flour, or enough to make a good batter, and a little salt well beaten together. Let rise six hours or until very light. Then add one-fourth teaspoon soda dissolved in a little hot water, put into muffin tins, let stand fifteen minutes and then bake quickly. To be eaten hot. For rice crumpets substitute one cup rice for the hominy.

Royal Crumpets.—Knead four tablespoons melted butter, three eggs and one cup sugar into three cups raised dough. Bake twenty minutes in buttered tins and serve with sugar.

Corn Dodgers.—To one quart corn meal add a little salt and a small tablespoon lard; scald with boiling water and beat hard for a few minutes; drop a large spoonful in a well-greased pan. The batter should be thick enough to just flatten on the bottom, leaving them quite high in the center. Bake in a hot oven.

Gems.—One tablespoon each sugar and butter, one egg, one cup milk, two teaspoons baking-powder, flour to stiffen; beat sugar and butter to a cream and add the rest. This recipe makes one dozen gems.

Corn Gem Pans.

Corn Gems.—Two cups each corn meal, flour and sweet milk, two eggs, three heaping teaspoons baking-powder, one-half cup each butter and sugar, and a little salt. Put into hot gem pans.

Good Graham Gems.—Three cups sour milk, one teaspoon soda, one of salt, one tablespoon brown sugar, one of melted lard, one beaten egg; to the egg add the milk, then the sugar and salt, then the Graham flour (with the soda mixed in), together with the lard; make a stiff batter, so that it will drop, not pour, from the spoon. Have gem-pans very hot, grease, fill and bake fifteen minutes in a hot oven.

Sweet Milk Gems.—Beat one egg well, add a pint new milk, a little salt and Graham flour until it will drop off the spoon nicely; heat and butter the gem-pans before dropping in the dough; bake in a hot oven twenty minutes.

Oat Meal Gems.—One cup cooked oat meal, or soaked overnight, in one cup water. Add one cup sour milk, one teaspoon soda, one cup flour, a little salt, and bake in gem-pans. Try one first and if too moist or sticky add more flour,

Wheaten Gems.—Mix one teaspoon baking-powder and a little salt into one pint flour; add to the beaten yolks of two eggs one teacup sweet milk or cream, a piece of butter (melted) half the size of an egg, the flour with baking-powder and salt mixed, and the well

beaten whites of the two eggs. Beat well, bake immediately in gem-pans in a hot oven, and take out and send to the table immediately.

Alabama Johnny-Cake.—Cook a pint of rice till tender, add a tablespoon butter; when cold add two beaten eggs and one pint meal, and when mixed spread on an oaken board and bake by tipping the board up before the fire-place. When done on one side turn over. The dough should be spread half an inch thick.

Johnny-Cake.—Two eggs, one cup sugar, one and one-half of corn meal, two-thirds cup melted butter, or lard, two cups each sour milk and flour, two teaspoons each saleratus and salt.

Johnny-Cake.—Two-thirds teaspoon soda, three tablespoons sugar, one teaspoon cream tartar, one egg, one cup sweet milk, six tablespoons Indian meal, three tablespoons flour, and a little salt. This makes a thin batter.

Corn Muffins.—One quart sifted Indian meal, a heaping teaspoon butter, one quart milk, a salt-spoon salt, a third cup yeast, a tablespoon of molasses; let it rise four or five hours, and bake in muffin-rings.

Corn Muffins.—Two cups corn meal, one-half cup flour, one-fourth cup sugar, two eggs, butter size of a walnut, one teaspoon salt, two tea-spoons baking powder and enough sweet milk to make quite thin. Bake in gem pans.

Cream Muffins.—Beat the yolks of three eggs with one teaspoon salt and stir in a half-pint sweet cream adding a half-pint of flour and lastly the whites of the eggs beaten to a stiff froth. Bake in buttered gem pans in quick oven from ten to fifteen minutes.

Graham Muffins.— One egg, heaping tablespoon butter, one and a half cups milk, little salt, one teaspoon baking powder, Graham flour to stiffen. Put in slightly heated gem tins and bake.

Graham Muffins.—Two cups sour milk, two tablespoons brown sugar, a little salt, one teaspoon soda, sufficient Graham flour to make moderately stiff. If not convenient to use sour milk, use sweet, adding cream of tartar.

Indian Muffins.—Two cups Indian meal scalded with as little water as possible, one cup flour, one cup sweet milk, one tablespoon butter, half cup sugar, one small cup yeast. Let rise overnight and bake in rings for breakfeast.

Heart Pan. Leaf Cake Pan. Scallop Pan.

Rice Muffins.—One cup cold boiled rice, two eggs, one quart milk, one tablespoon butter, one teaspoon salt, one pint flour and a teaspoon baking powder.

Rice Flour Muffins.—One and one-half cups rice flour, two cups wheat flour, three teaspoons baking powder, one pint sweet milk, one egg, a little salt and small piece of butter.

Rye Muffins.—One and one-half cups rye flour, same of wheat flour, one egg, one scant teaspoon cream tartar, one-half teaspoon soda, made into a batter with sweet milk.

Sour Milk Muffins.—Stir one egg into one pint sour milk without boiling. Melt a teaspoon of butter and a teaspoon saleratus in a tablespoon of hot water. Salt and make a thick batter with wheat flour, beat well, drop in moderately hot muffin tins, filling them half full.

Wheat Muffins.—Mix one pint milk, two eggs, three tablespoons yeast, and salt-spoon of salt, with flour enough to make a stiff batter; let rise four or five hours or mix at night for breakfast and bake in muffin-rings in a hot oven, for about ten minutes. This recipe may be made with Graham flour, by adding two tablespoons of molasses, and is excellent.

Pocket-Books.—Warm one quart new milk, add one cup butter or lard, four tablespoons sugar, and two well-beaten eggs; stir in flour enough to make a moderately stiff sponge, add a small cup of yeast, and set in a warm place to rise, which will take three or four hours; then mix in flour enough to make a soft dough and let rise again. When well risen, dissolve a lump of soda size of a bean in a spoon of milk, work it into the dough and roll into sheets one-half inch in thickness; spread with thin layer of butter, cut into squares and fold over, pocket-book shape; put on tins or in pans to rise for a little while, when they will be fit for the oven. In summer the sponge can be made up in the morning, and rise in time to make for tea. In cool weather it is best to set it overnight.

Corn Pones.—Scald one pint corn meal with a quart of milk, stir in six eggs beaten separately, one tablespoon flour, two tablespoons baking powder, and a little salt. Bake in buttered cups, in which send to table that they may be turned out and eaten hot with butter and syrup.

Corn Pop-overs.—Stir into one pint scalded sweet milk one large cup corn meal, a piece of butter half the size of an egg, and a little salt. Add three well beaten eggs the last thing; no soda.

Pop-overs.—Four well beaten eggs, four cups each of sweet milk and flour, butter size of a walnut, pinch of salt; beat thoroughly together and bake in hot gem pans. A tablespoon sugar may be added if liked, but very nice without.

Breakfast Puffs.—If the wheat bread is light enough for the

oven at breakfast time, have ready some hot lard in a deep kettle; with the thumb and two fingers pull up some of the dough quite thin, and cut it in two or three inches in length; as these pieces are cut, drop them in the lard and fry like doughnuts. At table they are eaten like biscuit; they may also be served in a vegetable dish with a dressing of hot cream, seasoned with pepper and salt.

Nun's Puffs (for tea).—Rinse a saucepan in water to lessen risk of burning and heat one pint of new milk with a quarter pound of butter to boiling, stir in smoothly a half pound of flour and when cool beat in the yolks of nine eggs, adding the whites beaten to a stiff froth last. Bake in gem pans or cups, half filled, twenty minutes in hot oven.

Puff Pans.

Breakfast Rolls.—Mix the dough in the evening, according to directions in the recipe for "Bread Raised Once;" add a table-spoon of butter, and set where it will be a little warm until morning; cut off pieces, and carefully shape them into rolls of the desired size by rolling them between the hands, but do not knead them; dip the sides of each into drawn butter when they are shaped, and place them in the baking pan (the butter prevents their sticking together when baked, and they will be smooth and perfect when separated). Rub them over the top with drawn butter, and dust a *little* fine salt over the top; set in a warm place, and they will quickly rise ready for baking. These are delicious.

Cinnamon Rolls.—Take a piece of raised biscuit dough, add a little sugar, roll out to one-fourth an inch thick, spread with butter, sugar and cinnamon, roll up as you would jelly cake and cut off pieces about half an inch thick, put on buttered tins to rise and when light put a little butter, sugar and cinnamon on the top of each and bake.

Coffee Rolls.—Work into a quart of bread dough a rounded tablespoon of butter, and a half tea-cup of white sugar; add some dried currants (well washed and dried in the oven), sift some flour and sugar over them, work into the other ingredients, make into small rolls, dip into melted butter, place in tins, let rise a short time and bake.

Corn Rolls.— One pint of corn meal, two tablespoons sugar one teaspoon salt, one pint boiling milk; stir all together and let stand till cool. Add three eggs well beaten, and bake in gem-pans,

Dinner Rolls.—Make dough as directed in recipe for "Finger Rolls," make into balls as large as a medium-sized hen's egg, place on a well-floured board, flour a small rolling-pin (three-quarters of an inch in diameter), press down so as nearly to divide

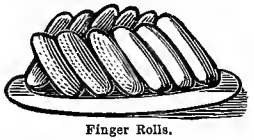
each ball of dough in the center, place in baking-pans so they will not touch each other, grease the space made by the rolling pin with melted butter, let them rise until light, and bake. These rolls are so small and bake so quickly, that they have the delicious sweet taste of the wheat. Some grease the hands with butter while making the rolls. Bread dough, by adding the other ingredients, may be used for these rolls.

Egg Rolls.—To three well beaten eggs add one cup each of sugar, yeast and lard or butter, and a pint of sweet milk. Sponge at night, mix in the morning, adding a little soda; roll them as pie crust, spread with lard, roll up and bake.

Every-Day Rolls.—Take a piece of bread dough on baking day, when molded out the last time, about enough for a small loaf, spread out a little, add one egg, two tablespoons sugar and three-fourths cup lard; add a little flour and a small teaspoon soda if the least bit sour; mix well, let rise, mold into rolls or biscuits, set to rise again, and they will be ready for the oven in twenty or thirty minutes.

Every-Day Rolls.

Finger Rolls.—Three and one-half cups sweet milk, one cup butter and lard mixed in equal proportions, one cup potato yeast, flour enough to make into dough. Let rise overnight; in the morning add one beaten egg, half cup sugar; knead well and let rise. With the hands make into balls as large as a small hen's egg, then roll between the hands, or on a floured board, into long rolls, about four inches long and three-quarters of an inch in diameter, or size of the second finger; place in even rows in the pans, not too close together, or in roll pan. Let rise until light, bake delicately, and glaze by brushing lightly with the white of an egg. Or, to bread dough add half cup sugar, an egg, and cup butter, let rise and roll as above.


Finger Rolls.

French Rolls.—Peel six medium-sized mealy potatoes, boil in two quarts of water, press and drain both potatoes and water through a colander; when cool enough so as not to scald, add flour to make a thick batter, beat well, and when lukewarm add one-half cup potato yeast. Make this sponge early in the morning, and when light turn into a bread pan, add a teaspoon salt, half cup lard, and flour enough for a soft dough; mix up and set in a warm, even temperature; when risen, knead down and place again to rise, repeating this process five or six times; cut in small pieces and mold on the bread-board in rolls about one inch thick by five long; roll in melted butter or sweet lard and place in well-greased baking pans (nine inches long by five wide

French Roll Pan.

and two and a half in depth, makes a convenient sized pan, which holds fifteen of these rolls; or, if twice the width, put in two rows); press the rolls closely together so that they will only be about half an inch in width. Let rise a short time and bake twenty minutes in a hot oven; if the top browns too rapidly, cover with paper. These rolls, if properly made, are very white, light and tender.

Or, make rolls larger, and just before putting them in the oven, cut deeply across each one with a sharp knife. This will make the cleft roll, so famous among French cooks.

French Rolls.—For about sixty split rolls, three large cups water or milk; one large cup yeast; heaping tablespoon salt; two ounces each sugar and lard or butter; four pounds flour. Set sponge at eight in the morning with half the flour, adding sugar and butter, then beat it again about one, add the salt and make up stiff dough with the rest of the flour. Knead the dough on the table, alternately drawing it up in round shape and pressing the pulled-over edges into the middle and then pressing it out to a flat sheet, folding over and pressing out again.

Brush the clean pan over with the least touch of melted lard or butter—which prevents sticking and waste of dough—place the dough in and brush that over, too. Where economy reigns the strictest, a little warm water in a cup and teaspoon lard melted in it will do for this brushing over and insures the truest saving and smoothest bread. Let the dough rise till four, then spread dough on table by pressing out with the knuckles till it is a thin uneven sheet. Double it over on itself and press the two edges together all around first. This imprisons air in the knuckle holes in large masses. Then pound and press the dough with the fists till it has become a thin sheet again, with the inclosed air distributed in bubbles all through it. Fold over and repeat this process several times, then roll it up; it will be like an air cushion. Let it stand a few minutes before making into plain rolls, cleft rolls, or loaves. Persons in practice find it quickest to pull off pieces of dough of right size and mold them up instantly. Others cut off strips of dough, roll them in lengths and cut these up in roll sizes; mold them up round with no flour on the board and only a dust on the hands, and place them in regular rows on the table—the smoothest side down; take a little rolling pin—it looks like a piece of new broom handle—and roll a depression across the middle of each; brush these over with the least possible melted lard or butter, using a tin-bound varnish brush for the purpose; double the rolls, the two buttered sides together as seen in the cut above, and place them in the pans diagonally, with plenty of room so they will not touch; brush over the tops of the rolls in the pans with the least

French Rolls.

possible melted lard again, and set them to rise about an hour—less or more according to temperature. Bake in a hot oven, about ten minutes; brush over with clear water when done.

Graham Rolls.—Mix thoroughly with a spoon one quart each of Graham and white flour, one and a half pints lukewarm water, one gill each of molasses and yeast, two ounces drippings or butter, two teaspoons salt. Let rise, drop in buttered roll pans and bake. For breakfast mix at night.

Italian Rolls.—A pound of bread dough, quarter-pound softened butter; work the butter well into the dough, and roll out about half an inch thick; cut into strips nearly an inch wide and seven or eight inches long; sift over them fine corn meal, place them apart on a buttered pan, and when light bake in a quick oven.

Italian Roll Pan.

Oatmeal Rolls.—To one cup oatmeal mush add half cup sweet milk, thicken with white flour till stiff enough to roll, roll out one inch thick, cut out with a cutter four inches long by one and a half inches wide. Sprinkle a pan with corn meal, place in rolls and bake at once in a hot oven from half to three quarters of an hour.

Parker House Rolls.—Rub one-half tablespoon of butter, and one-half tablespoon of lard into two quarts of sifted flour; into a well in the middle pour one pint of cold boiled milk, and add one-half cup of yeast, one-half cup sugar, and a little salt. If wanted for tea, rub the flour and butter, and boil the milk, and cool it the night before; add sugar, yeast and salt, and turn all into the flour, but do not stir. Let stand overnight; in the morning stir up, knead and let rise till near tea time; mold and let rise again, and bake quickly. To mold, cut with cake-cutter; put a little melted butter on one-half and lap nearly over on the other half. Place them in the pan about three-quarters of an inch apart.

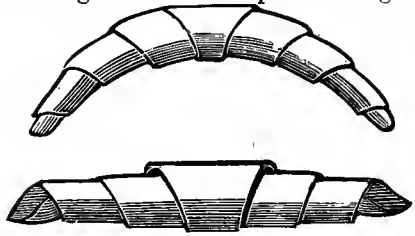
Ring Rolls.—Make dough as for Finger Rolls, roll to the same thickness in strips eight or nine inches in length and pinch together in a ring with about three inches space in the center. Be careful not to have the rolls of dough too large, as they will rise.

Snowflake Rolls.—Make like pie crust, roll pretty nearly as thin, cut into narrow strips, roll and twist them in the hands, pinch the ends together and bake in hot oven ten minutes. Eat with honey.

Vienna Rolls.—Have ready in a bowl a tablespoon of butter or lard, made soft by warming a little, and stirring with a spoon. Add to one quart of unsifted flour two heaping teaspoons baking powder; mix and sift thoroughly together, and place in a bowl with

butter. Take more or less sweet milk as may be necessary to form a dough of usual stiffness, according to the flour (about three-fourths of a pint), put into the milk half a teaspoon of salt, and then stir it into the flour, etc., with a spoon, forming the dough, which turn out on a board and knead sufficiently to make smooth. Roll out half an inch thick, and cut with a large round cutter; fold each one over to form a half round, wetting a little between the folds to make them stick together; place on buttered pans, so as not to touch, wash over on top with milk to give them a gloss, and bake immediately in a hot oven about twenty minutes. It will do them no harm to stand half an hour before baking, if it is desired.

Vienna Rolls.—Two pounds flour; two cups milk; one-half cake compressed yeast, or one-half cup potato yeast; two teaspoons each sugar and salt. Make the milk lukewarm and dissolve the yeast in it. Set sponge at nine in the morning, at noon add the salt and sugar and make up stiff dough. Let rise till about four. Then work the dough well on the table by pressing out and folding over. Roll out the dough in one large sheet as thin as you can, which will be about the thinness of a dinner plate edge; then, measuring with hand, cut the dough into strips or bands as wide across as hand is long. Cut these again into triangular pieces for rolls, not equal sided but long and narrow triangles. Roll these triangular pieces up, beginning at the broad bottom end, and the point will come up in the middle, and there will be a spiral mark around from end to end. Give each roll a few turns under the hands to smooth it and place it on the baking-pan in the form of a crescent —just the shape and size of the new moon. Brush over with water or melted lard. Let rise in the pans about half an hour and bake about ten minutes.



Vienna Rolls.

Wedding Sandwich Rolls.—Late in the evening make a rather stiff potato sponge (see directions under "Bread-Making"), and in the morning mix in as much flour as will make a soft dough, knead well, and place to rise; when sufficiently light, knead down again, repeating the operation two or three times, remembering not to let the dough become sour by rising too light; mold into common-sized loaves, place in your dripping-pan to rise, and bake very carefully, so as to secure the very slightest brown crust possible. On taking out of the oven, roll in a cloth tightly wrung out of water, with a large bread-blanket folded and wrapped around all. Let cool three or four hours, cut lengthwise of the loaf (not using the outside piece), first spreading lightly with good sweet butter, then cutting in slices

not more than a quarter of an inch, or just as thin as possible, using for this purpose a very thin, sharp knife; lay on cold boiled ham cut in very thin shavings (no matter if in small pieces), roll up very slowly and carefully, and place where it will not unroll. Treat each sandwich in the same manner, always spreading the bread with butter before cutting. If by chance the bread is baked with too hard a crust, cut off a thin shaving of the brownest part very smoothly before making into sandwiches. These sandwiches are truly delicious if properly made, but they require great care, experience, and good judgment. Served on an oblong platter, piled in pyramid style, row upon row, they will resemble nicely rolled dinner napkins. They must be made and served the same day. The best bread for use for these rolls is a sort of steamed bread made as follows: When bread has raised in a single loaf pan, invert it into an ordinary dripping-pan, leaving the other pan still over the loaf. Bake in this way. This makes a tougher bread than ordinary, which can be rolled at any time.

Wedding Rolls.

Winter Rolls.—Put three quarts flour into a large crock or jar, scald one quart buttermilk, add one cup lard, and pour all over the flour, beating it up well; then add one quart cold water, stir and add one-half cup potato yeast, or one cup brewer's; beat in well and set in a warm place to rise overnight. In the morning add salt and flour enough to make a moderately stiff dough; set in a warm place to rise, and when risen, knead down and set to rise again. This time knead down and place in a large stone crock or bowl, covered tightly with a tin pan to prevent the surface from drying, and set away in a cool place. When needed, turn out on a bread-board, cut off a piece as large as you wish to use, roll out to the thickness of ordinary soda biscuit, cut, and put in the oven to bake immediately. Set away the rest of the dough as before, and it will keep a week in winter, and is very convenient for hot breakfast-rolls.

Roll Glaze.—Take yolks of two eggs and twice their bulk in water; put on with brush when rolls or bread are half baked, return to oven and finish baking.

Rusk.—One pint milk, three eggs, one tea-cup each of butter and sugar, and one coffee-cup potato yeast; thicken with flour, and sponge overnight; in the morning stir down, let rise, and stir down again; when it rises make into a loaf, and let rise again; then roll out like soda biscuit, cut and put in pans, and, when light, bake carefully. Or when baking take four cups dough, one-half cup butter, one cup sugar, three eggs; mix thoroughly, adding enough flour to mold easily; let rise, make into rather high and narrow biscuit, let rise again, rub the tops with a little sugar and water, then sprinkle over them dry sugar. Bake twenty minutes.

Baking Powder Rusk.—Mix the beaten yolks of three eggs with a half cup butter and one cup sugar. Make a dough of the consistency of bread dough of a quart of sifted flour wet with water, in which two heaping teaspoons of baking powder and one of salt has been well mixed. Then add the eggs, butter and sugar, form into little cakes, rub the tops with sugar and water, sprinkle dry sugar over them and bake immediately.

Fancy Rusk.—Break an egg into a cup, beat light and fill up with milk, add half cup sponge, three-fourths cup sugar, one-fourth cup butter, enough flour for soft dough and a little cinnamon. Knead well, let rise, knead again, form into small rolls with buttered fingers and place in deep pan. Let them get very light before baking.

Lebanon Rusk.—One cup mashed potatoes, one of sugar, one of home-made yeast, three eggs; mix together; when raised light, add half cup butter or lard, and flour to make a soft dough, and, when quite light, mold into small cakes, and let them rise again before baking. If wanted for tea, set about nine A. M.

Marblehead Rusk.—Warm six ounces butter, two of sugar and half cup milk, or cream, with one pound dough, mix well, beat in yolks of ten eggs, two at a time, and add gradually one and one-fourth pounds flour. Knead, set to rise, in three hours knead again, let rise, knead yet again, and finish as French Rolls, page 46. The dough may be flavored with vanilla, vanilla and rose mixed, orange, nutmeg, or lemon rind and little juice. Add raisins, currants and citron if liked.

Southern Egg Bread.—Two cups white Indian meal, one cup cold boiled rice, three well beaten eggs, one tablespoon melted butter, two and a half cups milk, or enough for a soft batter, one teaspoon salt and a pinch soda. Stir the beaten eggs into the milk, then the meal, salt and butter, and lastly of all the rice. Beat up well from the bottom two or three minutes, and bake quickly in a round shallow pan.

Scones.—Rub one-fourth pound butter and enough sweet milk to make a smooth paste into one quart sifted flour and two heaping teaspoons baking powder. Roll out to one-fourth inch thickness, cut into triangular cakes each side about four inches long, lay on buttered tin, and bake in hot oven. When half done brush over with sweet milk.

Sally Lunn.—Sift into a pan a pound and a half flour, put in two ounces butter warmed in a pint new milk, one saltspoon salt, three eggs well beaten, and two tablespoons good yeast. Mix well together, and put the whole into a tin pan well greased, and set to rise all night. Bake a little brown in a quick oven. Warm the milk and butter over water until the butter is melted; beat the eggs in a

two-quart tin pail, and if the milk is not *hot* pour it over them. Stir in half the flour, then add the yeast, stirring thoroughly with the rest of the flour. Let rise overnight. Some add two tablespoons sugar and use a teaspoon soda and two of cream tartar instead of the yeast.

Trifles.—Three-quarters cup cream (milk may be used with a teaspoon butter), three eggs beaten separately, scant teaspoon baking powder, pinch each salt and cinnamon; flour to roll out; roll as thin as can be, cut into two-inch squares, drop in hot lard prepared as described in doughnut preface; place on brown paper to drain and sprinkle with pulverized sugar; or add more milk, making batter a little thicker than for pancakes, press through a meringue bag as described in confectionery preface into the hot lard in rings or any shapes wished. When done drain and sprinkle as above.

Corn Meal Waffles.—To the beaten yolks of three eggs, add one quart of sour milk or butter-milk, corn meal to make a batter a little thicker than for pancakes, one teaspoon salt, one of soda dissolved in a little warm water, then the well beaten whites. For dressing put on the stove a half cup cream, a tablespoon butter, and two of sugar; when hot, put two tablespoons on each waffle when placed in the dish to serve. Nice also for buckwheat cakes.

Waffle Iron.

Quick Waffles.—Two pints sweet milk, one cup butter (melted), sifted flour to make a soft batter; add the well-beaten yolks of six eggs, then the beaten whites, and lastly (just before baking) four teaspoons baking powder, beating very hard and fast for a few minutes. These are very good with four or five eggs, but much better with more.

Raised Waffles.—One quart flour, one pint sweet, lukewarm milk, two eggs, a tablespoon melted butter, teaspoon salt, half teacup good yeast.

Rice Waffles.—Boil half a pint rice and let it get cold, mix with it one-fourth pound butter and a little salt. Sift in it one and a half pints flour, beat five eggs separately, stir the yolks together with one quart milk, add whites beaten to a stiff froth, beat hard, and bake at once in waffle irons

Waffles.—Mix thoroughly three-fourths quarts sifted flour, pint sweet milk, yolk of an egg and pinch salt, then add heaping teaspoon baking powder sifted with a little flour, beaten white of egg and bake at once; makes eight waffles. Two eggs may be used, also tablespoon melted butter, and sour milk and level teaspoon soda, instead of sweet milk and baking powder.

Waffles, (Without Yeast or Soda).—Melt two teaspoons butter in pint milk, and when cooled stir in half teaspoon salt and

scant pint and a half flour. Beat whites and yolks of three eggs separately, stirring in the yolks and then the whites very lightly.

Wafers.—One pint sifted flour, saltspoon salt, one ounce lard or butter, white of one egg, and sweet milk enough to make dough to roll out. Beat with a rolling pin for twenty minutes or longer. Every stroke adds sweetness to the wafers. Form dough into balls size of pigeon's egg and roll to size of a saucer, or *as thin as can be.* Sprinkle flour over tins and bake with care.

Sweet Wafers.—One pint flour, one cup sugar, three eggs, one tablespoon butter, flavor with lemon, mix into batter same as for cake, and bake in wafer irons.

Walnuts.—Sift one quart of flour, take one-fourth of it, and add rather more than half a cake compressed yeast, dissolved in half a gill warm water, make into sponge with a *very little* more water, put it in a warm place; when it is double its size make a hole in the center of the rest of the flour, and put in it a teaspoon each salt and sugar, two tablespoons tepid water, three-quarters pound butter and four eggs; beat well, then add another egg, beat again, and add another, and so on until seven have been used; the paste must be soft, but not spread; if too firm, add another egg. Now mix this paste thoroughly with the sponge, beating until the paste leaves the sides of the bowl, then put it in a crock and cover; let stand four hours in a warm place, turn it out on a board, *spread it and double it four times*, return it to the crock, and let it rise again two hours; repeat the former process of doubling and spreading, and put it in a very cold place for two hours, or until wanted for use. Mold in any form liked, but a preferred way is to make two pieces, one as large again as the other; form the large one into a ball, make a deep depression in the center, on which place the smaller ball, pressing it gently in; cut two or three gashes round it with a sharp knife, and bake a beautiful golden brown. These Walnuts are the same as the renowned *French Brioche.*

Weimarlies.—Take one quart bread dough, or make a sponge with a pint flour and a yeast-cake soaked in half a pint warm water or milk, then add another pint flour; when light add four tablespoons butter, a *little* sugar, and two eggs; work well. If bread dough is used, dredge in a little more flour on account of eggs, but not *very much*; let rise, and when lighter than for bread, proceed as in making rolls by pushing it down with fist till not larger than when put in pan; let rise and again push down but not so much as before; let rise, and push down again; then turn dough on molding board lightly floured, roll as pie-crust into pieces six inches square, and quarter of an inch thick, make two sharp, quick cuts across from corner to corner, and there will be from each square, four three-cornered pieces of paste; spread each *thinly* with soft butter, flour lightly, and roll up, as in Vienna Rolls, (page 48) very lightly from the wide side, taking care

that it is not squeezed together in any way; lay them on a tin with the side on which the point comes uppermost, and bend round in the form of a horseshoe; these will take some time to rise; when they have swollen much and look light, brush over with white of egg (not beaten) or milk and butter, and bake in a good oven. *Kringles* are made as above only add another egg and two tablespoons sugar (powdered), and instead of rolling as pie-crust, break off pieces, roll between the hands until thick as fingers, and form into figure eights, rings, fingers, or make twists as in cut; or take three strips, flour and roll them as thick as the finger, tapering at each end; lay them on the board, fasten the three together at one end, and then lay one over the other in a plait, fasten the other end, and set to rise; bake, and when done, brush over with sugar dissolved in milk, and sprinkle with sugar.

Twist Rolls.

Yeast.

The best is potato yeast, with or without hops, because bread made with it is moister; without hops there is no danger of injuring the flavor of the bread by an excess of yeast, but there is a preserving quality in hops that prevents the yeast from becoming sour as soon as simple potato yeast, which is only "good for one day." The proportion of hop yeast given in any of our recipes will not cause a bitter taste. Dry yeast should be made in May or June for summer use, and in October for winter use. In hot and damp weather dry yeast sometimes loses its vitality; however, many use it on account of its convenience, since there is no danger of its souring in summer or freezing in winter. Soft hop or potato yeast will keep in a cool place one or two weeks in warm weather, and in cold weather five or six weeks, care being taken that it does not freeze, but it makes more wholesome bread to make fresh every week or two the year round. Never add soda to yeast; if it becomes sour it will do to start fresh yeast, but will *never* make good bread. Boil the hops (*without tying in a cloth*, as that keeps the pollen, an important rising property, out of the yeast) in a new coffee-pot and make the yeast in a bright tin pan kept for these purposes alone. When boiled thick like starch put in a large jar, cover, set in a pan in a warm (not hot) place, and stir down as it ferments, adding yeast as given in recipe, when milk warm. When it is risen sufficiently, which will be in about a day, a thick white scum rises to the top; then place in a stone or glass jar with a close fitting cover, or in a jug, on the cel-

lar bottom, in the refrigerator, or some other cool place. The jar or jug should be filled to the brim, and the cork should be loose for first twelve hours, then tightened perfectly. Always shake the jug before taking out yeast for use. Extreme heat or freezing kills the plant, which grows while fermentation goes on. The jar or jug, when emptied, should be washed first in cold water, then in soap and water, and afterward in hot water, which may be allowed to stand a half hour, when pour out. Let jar cool and it is ready for use. The cork or cover needs the same careful attention. Many times the yeast is spoiled by want of care and neatness in washing the yeast jar. Use dried or pressed, never fresh hops. Dried hops keep good a year, but pressed retain their strength longer, and either should be kept in a paper sack in a cool, dry place. Select hops showing the pollen dust, and *always* boil them without sack, as suggested above. One pint potato yeast, one tea-cup hop yeast, a piece compressed yeast size of a walnut, and one yeast cake, or two-thirds tea-cup yeast crumbs are equal in strength. Well made yeast cakes will keep good if put in a tin box in a dry place from two to three months. When yeast cakes that have been put to soak are quite soft mash them entirely and stir them thoroughly with the sponge. Their odor and taste is sometimes thought to be given to the bread, rendering their use objectionable; but if properly used one cannot perceive any difference between bread made with them and with soft yeast. A difference of opinion exists in regard to the use of cooked and raw potatoes for yeast. Individually we prefer the grated potatoes, but others use them boiled with good success. Boiled potatoes should be mashed fine and put through a colander before using for yeast, and raw ones must be peeled and grated into a crock containing sufficient water to cover them, which prevents their darkening and so discoloring the yeast and bread. Some grate the potatoes with a quantity of water, letting stand until they settle to the bottom and then pouring off the water.

Dry Yeast.—Boil two large potatoes and a handful hops (the latter in a bag) in three pints water; when done, take out potatoes, mash well, add one pint flour, and pour the boiling hop water over all; beat well together, adding one tablespoon salt, one of ginger, and one-half cup sugar; when lukewarm add one cup good yeast and let stand two days (or only one day if very warm weather), stirring

down frequently; add good white corn meal until thick enough to make into cakes about half an inch in thickness; place to dry in the shade (never expose to the sun or to stove heat) where the air will pass freely, so as to dry them as soon as possible, as the fermentation goes on as long as there is any moisture; turn the cakes frequently, breaking them up somewhat, or even crumbling, so they will dry out evenly and quickly; when thoroughly dried put in a paper sack and keep in a dry place. A small cake will make a sponge sufficient to bake five or six ordinary loaves.

Yeast.—Pare and boil four ordinary sized potatoes in two quarts of water, boiling at the same time in a separate vessel a good handful hops. When potatoes are done, mash fine, pass through a colander, and add, after straining, the water in which the hops were boiled; put into this one cup white sugar and one-half cup salt, and add sufficient water to make one gallon; when cold add one cup good yeast, let stand in a warm place for a few hours, until it will "sing" on being stirred, when it is ready for use. Keep covered in a cellar or cool place.

Farmers' Yeast.—A yeast which is especially good for the use of farmers, and others who use a great deal of bread and bake frequently, is made as follows: Take a handful unpressed or two ounces pressed hops (those showing the pollen dust are best), put them in one quart water with four ordinary potatoes, and boil till the potatoes are well cooked; mash all together, and strain through a linen strainer, add flour enough to make a thick batter, a teaspoon salt, a tablespoon pulverized ginger and half a cup sugar; set it back on the fire and let it come to a boil, stirring constantly, and set by to cool; when only milk-warm add a cup old yeast, or two cakes grocers' dry hop yeast, or half a cup bakers'. This will be light in two or three hours. The yeast may be made perpetual, by saving a cup when started, but it must be kept from freezing in winter and in a cool place in summer. This is a good mode, and acceptable to all who prefer yeast bread.

Hop Yeast.—Place a handful hops in two quarts cold water, boil slowly for a half hour, strain boiling hot on one pint flour and one tablespoon salt (gradually at first in order to mix smoothly); when lukewarm add a half pint yeast, and set in a warm place to rise. When light, cover and keep in a cool place.

Lightning Yeast.—To a half-cup warm water add a pinch each salt and sugar and stir in corn meal until quite thick. Put in a warm place overnight, or stirred in the morning and kept warm it will be light in a few hours. Put about two tablespoons of this lightning into your rising and it will be up in an hour. The yeast will not look very light but will be very porous.

Potato Yeast.—Boil one cup hops in two quarts water fifteen

minutes. While hops are boiling grate five good-sized Irish potatoes as directed in yeast preface, add one cup white sugar and one tablespoon each salt and ginger. Pour this mixture into the bright tin yeast pan and strain the hop water upon it. Cook from five to ten minutes, stirring occasionally, when it will boil up thick like starch; some do not boil the mixture, simply turn the boiling hop water over it; turn into a jar, and when just tepid in summer, or quite warm in winter, add one-half pint good yeast (always save some to start with); set jar in a large tin pan, and as often as it rises stir down until fermentation ceases, when it will be quite thin. Cover closely, set away in a cool place, and it will keep two weeks. When yeast smells sour but does not taste sour it is still good; if it has no smell it is dead. One cup will make six good-sized loaves.

Potato-Ball Yeast.—Boil and mash four or five medium-sized potatoes, or enough to make about a pint, add scant tablespoon each salt, white sugar and when cool a half package compressed yeast, or if you cannot get the compressed, take half cake dry yeast, soak in as little water as possible and add; mold into a ball, lay away where it will not freeze; after a day prepare potatoes in same way except that instead of adding yeast when cool, add first ball, work together thoroughly and mold into two balls of same size. These are ready for use any time after twelve hours, and one will be sufficient to raise four ordinary loaves. Set sponge overnight, dissolving the potato ball in about a quart lukewarm water, which will be sufficient wetting. A supply of this yeast can be kept on hand by preparing potatoes and making a new ball as above directed the day before baking.

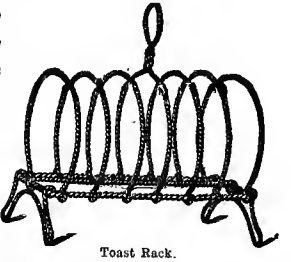
Potato Yeast Without Hops.—Four good-sized potatoes peeled, boiled and mashed, four tablespoons white sugar, one of ginger, one of salt, two cups flour; pour over this a pint boiling water, and beat till all the lumps disappear. After it has cooled, add to it one cup good yeast, and set away to rise, when risen put in glass or stone jar, cover and set away in a cool place.

Yeast without Yeast.—This requires no yeast to raise it, and has been called the "best yeast in the world." Monday morning, boil one pint hops in two gallons water for half an hour, strain into a crock and let the liquid become lukewarm, add two even teaspoons salt and half a pint best brown sugar; mix half a pint flour smooth with some of the liquor and stir all well together. On Wednesday, add three pounds potatoes boiled and mashed, stir well and let stand till Thursday, then strain and put in stone jugs, but for the first day or two leave the corks quite loose. Stir the yeast occasionally while making, and keep near the fire. It should be made two weeks before using, and will keep any length of time, improving with age. Keep it in a cool place and shake the jug before pouring from it, but with the cork out, holding the palm of the hand over the mouth to prevent the escape of the yeast.

Yahoo Yeast.—Mix one quart flour, one teacup sugar, two teaspoons alum with warm water to a creamy consistency, and add one teacup yeast. When well risen it can be made into cakes with meal and dried; or for *Saltless Yeast,* wash, pare and boil six potatoes; when done, pour potatoes and water upon half quart flour in pan, mash to a smooth paste, add more boiling water if needed, one tablespoon sugar and thin with ice water till like thick cream. When tepid, add half pint yeast and finish as directed in general directions. Some claim that grated raw potato yeast can in winter be frozen solid and kept so, thawing as wanted and then refreezing. This might be well worth trying.

Toast.

Although toast is commonly used, few know how to prepare it nicely. Take bread not too fresh, cut thin and evenly, trim off the crust-edges for the crumb-jar; first warm each side of the bread, then present the first side again to the fire until it takes on a rich, even brown color; treat the other side in the same way. The coals should be bright and hot. Toast properly made is very digestible, because all the moisture is extracted, and the bread has become pure farina of wheat; but when it is exposed to a hot fire and the outside charred, the inside remains as moist as ever, and butter applied to it while warm does not penetrate, but floats on the surface in the form of rancid oil. Vegetable and meat toasts are improved by dipping the slices in a shallow dish of hot water, slightly salted, in which a piece of butter has been melted. This should be done always when toast is *hastily* prepared and served. Dry toast made after the recipe given is an excellent foundation for the various dishes under this heading, as it may be prepared in a quantity and kept a long time, and is thus always at hand.



Toast Rack.

Anchovy Toast.—Slice bread the day after baking, and toast it evenly and quickly; remove the crust, spread with a little butter, and then with anchovy butter made as follows: Scrape the skin from a dozen fine anchovies, take the flesh from the bones, pound it smooth in a mortar; rub through a hair-sieve, put the anchovies

into the mortar with three-fourths pound fresh butter, a small quantity cayenne, and a saltspoon each of grated nutmeg and mace; heat together until thoroughly blended.

Asparagus Toast.—Wash the asparagus clean, cut off the white part except a mere end, put into slightly salted boiling water, boil five minutes, pour off water, add more boiling hot; boil ten to fifteen minutes, then put in a lump of butter, salt and pepper (some stir in a thickening made of one teaspoon flour mixed up with cold water); cut and toast thin slices of bread, spread with butter and put in a dish, and over them turn asparagus and gravy. The water must be boiled down until just enough for the gravy, which is made as above.

Breakfast Toast.—Chop cold steak or tongue very fine, cook in a little water, put in cream or milk, thicken, season with butter, salt and pepper, and pour it over slices of toast. Cold boiled beef or fried liver may be used instead of steak. Prepare boiled ham in the same way, adding the yolk of an egg.

Buttered Toast.—Toast slices of bread as directed in preface, butter well and serve immediately; or, beat one cup butter and three tablespoons flour to a *cream*, pour over this one and a half pints *boiling* water; place over a kettle of *boiling* water for ten minutes, dip into it the toast, and serve hot; or, dip each slice of toast in boiling hot water (slightly salted), spread with butter, cover and keep hot.

Cheese and Egg Toast.—Melt a cup cheese crumbs in a half pint rich milk seasoned with salt, pepper and butter to taste, and stir in two well beaten eggs. Cook a few minutes, stirring constantly. Spread over toasted bread and serve on hot platter.

Cream Toast.—Scald but do not boil one quart milk, salted, and thicken with two tablespoons flour or one of corn starch; add two tablespoons butter and the whipped whites of three eggs or a gill of cream. Boil up once and pour over the toast, lifting each lower slice so that the mixture may penetrate them. The slices of toast should first be dipped into a shallow dish of hot water into which a tablespoon of butter has been melted. Excellent without the egg or cream.

Chicken Toast.—Prepare the meat as for beefsteak toast, using with or instead of cream or milk the gravy from the chicken when you have it. Delicious.

Codfish Toast.—Make a codfish cream as given in "Fish Recipes" and pour over slices of nicely buttered toast. Chipped dried beef may be served in same way.

Dry Toast.—After bread dough has been prepared for biscuits by adding egg, butter and sugar, make into long, narrow loaves, place in pan, let rise and bake. Day after baking slice thin, put in large baking pan and brown in oven, turning and browning other side. A quantity can be browned, or brown as needed each day. Serve with soup, or very nice broken in milk, tea or coffee.

Egg Toast.—Break eggs in sufficient boiling hot (but not really boiling) water to cover them, slightly salted. Simmer gently until the eggs are delicately cooked, or until the yolks are covered with a white film. Take them up with a skimmer, and lay each on a slice of buttered toast, previously dipped in salted hot water. Butter and pepper may be added at table, and eat with Worcestershire sauce. This is an unexcelled breakfast dish.

Excellent Toast.—Cut slices of a uniform thickness of half an inch; move around over a brisk fire, to have all parts toasted alike; keep only so near the coals that the pieces will be heated through when both sides are well browned. If the slightest point is blackened or charred, scrape it off or it will spoil the flavor of the whole. If covered with an earthen bowl, it will keep both warm and moist. A clean towel or napkin will answer if it is to go at once to the table. Stale bread may be used for milk-toast; sour bread may be improved by toasting it through, but sweet, light bread, only a day old or less, makes the best toast.

French Toast.—Add to one-half pint sweet milk two tablespoons sugar, a little salt and a well-beaten egg; dip in this slices of bread (if dry, let it soak a minute), fry on a buttered griddle until it is a light brown on each side; sprinkle with sugar and serve. This is a good way to use dry bread.

Lemon Toast.—Into three cups sweet milk stir the well-beaten yolks of six eggs. Dip slices of bread into the mixture and fry in butter to a delicate brown; froth the whites of the eggs, add a large cup white sugar, two cups boiling water, and the juice and a little of the grated rind of two lemons. Pour this juice over the toast and you have a delicious supper dish.

Mennonite Toast.—Beat up three eggs well, add a pint sweet milk and a pinch salt; cut slices an inch thick from a loaf baker's bread, remove crust, dip slices into the eggs and milk, fry like doughnuts in *very hot lard* or drippings, till a delicate brown, butter and sprinkle with powdered sugar, and serve hot.

Oyster Toast.—Prepare an oyster stew with plenty of milk, lightly seasoned with butter or cream if you have it, pepper, salt, etc., and pour over slices of toast previously dipped in hot water. Place oysters carefully on the slices and serve on hot platter.

Sausage Toast.—Is made by scalding the sausages in boiling water, frying to light brown, chop fine, and spread on bits of toast.

Tomato Toast.—Run a quart of stewed ripe tomatoes through a colander, place in a porcelain stew-pan, season with butter, pepper and salt and sugar to taste; cut slices of bread thin, brown on both sides, butter and lay on a platter, and just as the bell rings for tea add a pint of good sweet cream to the stewed tomatoes, and pour them over toast.

Marrow-Bone Toast.—Cover two beef shinbones, five to seven inches long, with dough and wrap in muslin; cover with hot water and boil an hour and a half. Remove cloth and dough, shake or draw out the marrow with a fork upon slices of hot toast; season with salt, a bit of cayenne and a little chopped celery.

Oyster Toast.—Take one and a half dozen nice oysters, chop fine, put in saucepan with some of their liquor, add pepper and a small pinch of nutmeg; cook a minute or two, stir in the beaten yolks of two eggs and a gill of cream; let boil up once, add salt and pour over slices of buttered bread; serve *hot.*

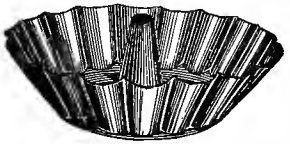
Salmon Toast.—Mince some canned salmon fine, put in saucepan with a little milk or cream, let heat, season and serve on toast. Poaching egg and placing on center of each slice of toast, putting the salmon around the egg, is a more elaborate manner of serving, and is very delicious

Tongue Toast.—Put finely chopped cold tongue in saucepan with a little water; when heated add a small lump butter, salt and pepper, then stir in two beaten eggs and pour mixture on each slice of toast; or add with the seasoning milk to make quite a gravy; stir in a little thickening of flour and water, let boil a few moments, and pour over the toast without adding eggs. The latter way is good for any bits of meat, fowl or game, and requires less than without the milk.

Water Toast.—Cut either white or Graham bread into slices a quarter of an inch thick, trim off crusts and brown in a moderate oven, as in *Dry Toast* recipe. This is the way to prepare all toasts, as all the moisture is thus evaporated, while holding before the fire only warms the moisture, making inside of bread doughy and indigestible. For *dry toast,* butter slightly and serve in a folded napkin if wished hot, as racks allow heat to escape; dip edges into hot water quickly, and butter at once. In making milk toast, wet the utensil to be used in cold water, as this will prevent burning.

CAKE MAKING.

"Let all things be done decently and in order," and the first to put in order when you are going to bake is yourself. Secure the hair in a net or other covering, to prevent any from falling, and brush the shoulders and back to be sure none are lodged there that might blow off; make the hands and finger nails clean, roll the sleeves up above the elbows, and put on a large, clean apron. Clean the kitchen table of utensils and every thing not needed, and provide every thing that will be needed until the cake is baked, not forgetting even the broom-splints previously picked off the new broom and laid away carefully in a little box. (A knitting or trussing-needle may be kept for testing cake instead of splints). If it is warm weather, place the eggs in cold water, and let stand a few minutes, as they will then make finer froth; and be sure they are fresh, as they will not make a stiff froth after any amount of beating if old. To beat eggs quickly, add a pinch of salt, which cools and freshens them. Break the eggs one at a time into a saucer so that if there be a bad one it will not spoil the others, and carefully remove all specks before beating. The cake-tins should be prepared before the cake, when baking powder is used, as it effervesces but once, and there should be no delay in baking, as the mixture should be made firm by the heat while the effervescing process is going on. Grease the pans with fresh lard, or American Cooking Oil, either of which is much better than butter; line the bottom with paper, using six or eight thicknesses if the cake is large, and greas-



Fluted Cake Pan.

ing the top one well. (In some ovens, however, fewer thicknesses of paper would be needed on the bottom, and in some the sides also should be lined with one or two thicknesses.) Never bake cakes or confectionery that contain no shortening on buttered paper or tin. Use fine, clean manilla paper, obtained for the purpose, instead. *Sift flour* and sugar (if not pulverized), and measure or weigh. Firkin or very salt butter should be cut in bits and washed to freshen a little; if very hard, warm carefully, but in no case allow any of it to melt. Good butter must be used, as the heat develops any latent bad qualities. Use pulverized sugar for all delicate cakes; for rich cakes coffee-crushed, powdered and sifted; for dark cakes, the best brown sugars are best; for jelly-cakes, light fruit cakes, etc., fine granulated and coffee "A" are best and most economical. In ordering granulated sugar always specify the *fine* which is cheaper and much better for all uses than the coarse. Beat the yolks of eggs thoroughly, or until they assume a light, froth appearance (this is as important as to whip the whites,) and strain; set the whites away in a cool place until the cake is ready for them, then beat them vigorously in a cool room till they will remain in the dish when turned upside down. Rinse the cup or bowl used for yolks with part of the milk; remember this in all cooking where yolks and milk are used. Sift a part of the measured flour with the baking powder or soda and cream tartar through a hand-sieve (which should be among the utensils of every housekeeper), and mix thoroughly with the rest of the flour. In using new flour for either bread or cake-making, it can be "ripened" for use by placing the quantity intended for baking in the hot sun for a few hours, or before the kitchen fire. In using milk, note this: that sour milk makes a spongy, light cake; sweet milk, one that cuts like pound cake; remembering that with sour milk soda alone is used, while with sweet milk baking powder or soda and cream tartar are to be added.

Sieve.

Having thus gathered the material, cut butter (in cold weather) into small pieces, and warm, *not melt;* beat the butter to a cream, then add the sugar and beat again to a cream, add the milk in small quantities (never use fresh and stale milk in same cake), next the yolks of eggs, then a part of the flour, then a part of the whites, and

so on until the whole is used; lastly, add the flavoring. Many good cake-makers first stir the milk and flavoring into the creamed butter and sugar, then the yolks, next the whites, and lastly the flour, first taking about two-thirds of it and thoroughly mixing the baking powder through it; the remainder of the flour is then left to be used at discretion. A little more or less flour may be needed, according to the climate, or to the kind of flour used, as the "New Process" flour requires one-eighth less than other brands. There is great "knack" in beating cake; don't *stir*, but *beat* thoroughly, bringing the batter up from the bottom of the dish at every stroke; in this way the air is driven into the cells of the batter, instead of out of them—but the cells will be finer if beaten more slowly at the last, remembering that the motion should always be upward and the spoon always come up full. In winter it is easier to beat with the hand, but in summer a wooden or silver spoon is better, and a wooden paddle is best, though some prefer the peculiar form of spoon given in our illustration, the spaces through the bowl of which double the amount of work done by it in beating cakes, eggs, etc. An iron spoon turns the mixture dark. Never beat a cake in tin, but use earthen or stoneware. Unskillful mixing, too rapid or unequal baking, or a sudden decrease in heat before it is quite done, will cause streaks in the cake. Always bake a small cake first; fill a patty pan, or cover to a baking-powder can, one-third full, and bake; then add more or less flour as required. If the cake is hard and solid, it needs a few teaspoons of milk; if more flour is needed it will fall in the middle and be spongy and crumbly. Powdered sugar may be sifted on the top of any cake while it is a little warm; if it dissolves add more when it is cold; keep some for that purpose in a spice box with a perforated top. The white portion of orange or lemon-peel should never be used; grate only the yellow. When recipes call for soda and cream of tartar, baking powder may be used by taking a quantity equal to both. "Milk" always means *sweet* milk. "A cup" always means a *tea*-cup, not a coffee-cup. But in making any recipe if the same size cup is used in measuring the ingredients, the result will be the same. The regulation tea-cup means two gills, and as tea and coffee-cups vary so in size now, a set of regular measures, quarts,

Plain Cake Pan.

Beating Spoon.

Cake Paddle.

pints, gills, etc., would be advisable, two sets being really necessary, so as to have one of each size for measuring dry articles, flour, sugar, etc. In using recipes given by weight, if scales are not at hand, the table of weights and measures given in back part of book will be found a reliable guide. Sour milk may always be used instead of sweet, by using soda only. The proportions of raising powder to one quart of flour are two heaping teaspoons baking powder, or one teaspoon soda and two teaspoons cream tartar, or one pint sour milk and one level teaspoon soda. Owing to the alarming adulterations in cooking materials, a chemist advises using tartaric acid instead of cream of tartar. It costs about twice as much, but only half the quantity is needed.

In blanching almonds, do not put them into the water until it comes to a boil; let boil a few minutes after nuts are put in, then throw them into cold water, slip off the skins and dry them in the open air. Do not dry them in the oven, which takes away the oil. Prepare the day before wanted.

Fruit, wedding and black cake keep well in waxed paper, but better and longer if wrapped in tin foil, or wrap in clean towel or napkin wet in alcohol or whisky, re-wetting occasionally, say once a week, and set in a cool place.

Chocolate loaf and white sponge or delicate cake can be made to advantage at the same time, using yolks of eggs for former and whites for latter. Cut into squares and heaped together in the cake basket they present an agreeable appearance.

To make an economical marble cake, any ordinary cake recipe will do, using whites of eggs and white sugar with lemon flavoring for the light part, and the yolks, brown sugar and spices, or grated chocolate, for the dark, taking for each part half the quantity given in the recipe. Layer cakes may be varied in the same way, alternating dark and light layers when putting together; or, stir fruit into one or two layers. Clarified butter is much better than either lard or butter for greasing cake pans, and is prepared by putting butter over the fire in a porcelain bowl or farina boiler until the white cheesy grains have formed in it. Then set to one side, skim off all that rises to the top, settle and strain and bottle for future use. It will keep for years, and should be always at hand, as beside its superiority for the purpose named above, it is especially prized for fry-

ing oysters, croquettes, fritters, etc. If the butter is stale or rancid, after skimming it put in one or more slices of toasted bread, which will absorb the offensive taste or odor in a few minutes.

FRUIT CAKE.

Most ladies think fruit cake quite incomplete without wine or brandy, but it can be made equally good on strictly temperance principles, by substituting one-third cup molasses for a wineglass of brandy. The objection to the use of brandy in sauces does not, however, hold good against that used in cake making, as the alcohol is converted to vapor by the heat and passes off with the other gases. There are many, however, who object to the use of liquors in any way and to keeping them in the house, and such will find the above an excellent and cheap substitute.

Fluted Cake Pan.

Raisins should never be washed, as it is difficult to dry out the moisture absorbed by them, and every particle of moisture retained tends to make the cake heavy. To remove the stems and extraneous matter, place the raisins in a coarse towel and rub them in this until as clean as rubbing will make them; then pick over carefully, removing any stems or other defects which may be left. The raisins should be prepared before the cake, sprinkled with flour, and added the last thing before putting it in oven, as being heavy, they sink to the bottom if allowed to stand. To seed, clip with the scissors or cut with a sharp knife. Do not chop too fine; if for light fruit cake seeding is all that is necessary. Slice the citron thin, and do not have the pieces too large, or they will cause the cake to break apart in cutting. Currants should be kept prepared for use as follows: Wash in warm water, rubbing well, pour off water, and repeat until the water is clear; drain them in a sieve spread on a cloth and rub dry; pick out bad ones, dry carefully in a cool oven or in the "heater" (or in the sun and wind, with a thin gauze over them to keep off flies, insects and dust), and set away for use. When the fruit is all mixed, cream the butter and sugar—this is very important in all cakes—add the spices, molasses, or liquors, then the milk (if any used), next the eggs well beaten, adding whites with the flour as previously directed. Always beat whites and yolks separately. Next add the flour (which, in making black fruit cake, may be browned), prepared with baking powder or soda and cream tartar,

then the flavoring (lemon and vanilla, in equal parts, make the best flavoring), and lastly the fruit dredged with a *very little* flour. Some prefer to *mix* the fruit with all the flour. When but little fruit is used it may be dropped into the dough after it is in the pan, and pushed just beneath the surface, which prevents it from settling to the bottom. The batter for fruit cake should be quite stiff.

In making very large cakes that require three or four hours to bake, an excellent way for lining the pan is the following: Fit three papers carefully, grease thoroughly, make a paste of equal parts Graham and fine flour, wet with water just stiff enough to spread easily with a spoon, place the first paper in the pan with the greased side down, and spread the paste evenly over the paper about as thick as pie-crust. In covering the sides of the pan, use a little paste to stick a portion of the paper to the top of the pan to keep it from slipping out of place, press the second paper carefully into its place, with the greased side up, and next put in the third paper as you would into any baking pan, and pour in the cake. Earthen pans are used by some, as they do not heat so quickly and are less liable to burn the cake.

When using a milk-pan, or pans without stems, a glass bottle filled with shot to give it weight, well greased, may be placed in the center of the pan, or a stem may be made of paste-board, rolled up, but the latter is more troublesome to keep in place. The cake is apt to burn around the edges before it is done unless there is a tube in the center.

This handled strainer is made in several sizes and is not only a convenience in cake making for straining yolks, etc., but is also very useful for straining drinks for nursery and sick room, yeast, blanc mange, gravies, custards, syrups, jellies, and for sifting sugar upon fruit, cakes and pies, and sifting salt into butter, excluding all lumps. The strainer may be placed over a tumbler or bowl, resting on the knob on one side and handle on the other.

Handled Strainer.

All except layer cakes should be covered with a paper cap, (or a sheet of brown paper, which the careful housewife will save from her grocers' packages), when first put into the oven. Take a square of brown paper large enough to cover well the cake pan, cut off the corners and lay a plait on four sides, fastening each with a pin so as to

fit nicely over the pan. This will throw it up in the center, so that the cover will not touch the cake. Save the cap, as it can be used several times.

Before commencing, clean out the stove, take off the lids and brush inside, rake it out underneath, get all the ashes out of the corners, have the best of fuel at hand. Don't build a baking fire before it is needed, have it only moderate, and add the extra fuel in time to get it nicely burning.

THE OVEN.

Too much care cannot be given to the preparation of the oven, which is oftener too hot than too cool; however, an oven too cold at first will ruin any cake. But fruit cake requires a very moderate oven—not hot enough to thoroughly brown a piece of common white note-paper in less than an hour—and a loaf of ordinary size requires from three to four hours to bake. Cake should rise and begin to bake before browning much, large cakes requiring a good, steady, solid heat, about such as for baking bread; layer cakes, a brisk, hot fire, as they must be baked quickly. A good plan is to fill the stove with hard wood (ash is the best for baking), let it burn until there is a good body of heat, and then turn damper so as to throw the heat to the bottom of the oven for fully ten minutes before the cake is put in. In this way a steady heat to start with is secured. Generally it is better to close the hearth when the cake is put in, as this stops the draft and makes a more regular heat. Keep adding wood in small quantities, for if the heat becomes slack the cake will be heavy. Great care must be taken, for some stoves need to have the dampers changed every now and then, but as a rule more heat is needed at the bottom of the oven than at the top. Many test their ovens in this way: if the hand can be held in from twenty to thirty-five seconds (or while counting twenty or thirty-five), it is a "quick" oven, from thirty-five to forty-five seconds is "moderate," and from forty-five to sixty seconds is "slow." Sixty seconds is a good oven to begin with for large fruit cakes. All systematic housekeepers will hail the day when some enterprising person shall invent a stove or range with a thermometer attached to the oven, so that the heat may be regulated accurately and intelligently. A good test for baking sponge cake is to place a piece of white paper in the oven and let it brown. If it browns, not chars, in ten minutes the

oven is right for the cake. If necessary to move the cake while baking, do it very gently. Do not open the oven door until the cake has had time to form, and do not open it oftener than necessary, then be careful to close it quickly and gently, so as not to jar the cake. Be sure the outside door of the kitchen is closed so that no cold air may strike it. If the oven bakes too hard on the bottom, place the grate under the pan; if too hot on top, set a pie-pan of water on the top grate. If one side bakes faster than the other, turn *very* gently. Be careful not to remove from the oven until done; test *thoroughly* before removing, for if the cooler air strikes it before it is done it is certain to fall. Allow about thirty minutes for each inch of thickness in a quick oven, and more time in a slow one. Test with a broom-splint or knitting-needle, and if the dough does not adhere, it is done. Settling away from the pan a little, and stopping its "singing," are other indications that the cake is ready to leave the oven. When removed, set the cake, while in the pan, on an inverted sieve to cool; this secures a free circulation of air all around it, and cools it evenly. It should remain in the pan at least fifteen minutes after taking from the oven, and it is better to leave the "cap" on until the cake is carefully removed from the pan and set away, *always* right side up. A tin chest or stone jar is best to keep it in. Coffee cake should be put away before it is cold, and so closely wrapped in a large napkin that the aroma will not be lost.

Patent Pan.

The patent pan with perforated cover, illustrated, is highly recommended for baking cakes. Cakes in fancy forms are baked in molds, the Turkish-head mold being most commonly used. When baking in a brick oven the mold is used with a cover, but in a stove oven the cover is removed and a stem placed inside, but can be used without stem. If mold when inverted has not sufficient base (most molds are more or less conical) to stand in oven, make a pasteboard box which will support it, as heat sufficient to bake any delicate or fruit cake will not burn the pasteboard. Many persons frost the bottom of cake instead of the top, as it presents a smooth surface.

SPONGE AND WHITE CAKES.

The good quality of all delicate cake, especially of sponge-cake,

depends very much upon its being made with fresh eggs. It can never be perfect unless pulverized sugar is used. It must be quickly put together, beaten with rapidity, and baked in a rather quick oven. It is made "sticky" and less light by being stirred long. There is no other cake so dependent upon care and good judgment in baking as sponge-cake. In making white cake, if not convenient to use the yolks that are left, they will keep for several days if *thoroughly* beaten and set in a cool place. The whites of eggs, when not used, must not be beaten, but will keep for several days if set in a cool place. The white or yolk of a medium-sized egg weighs one ounce, a fact that it is convenient to know, as sometimes the white or yolk of one or more eggs is wanted from several that have been put away together. Whenever it is necessary to cut a cake while warm, do it with a warm knife. To prepare cocoa-nut, cut a hole through the meat at one of the holes in the end, draw off the milk, pound the nut well on all sides to loosen the meat, crack, take out meat, and set the pieces in the heater or in a cool, open oven overnight, or for a few hours, to dry, then grate; if all is not used, sprinkle with sugar (after grating) and spread out in a cool, dry place, and it will keep for weeks. If dessicated is used moisten with milk before using.

Wire Whisk.

Dover Egg Beater.

Almond, Hickory-nut or Cocoa-nut Cake.— One pound flour, half teaspoon salt, fourth pound butter, pound sugar, tea-cup sour cream, four eggs, lemon flavor to taste, and a teaspoon soda dissolved in two teaspoons hot water; mix all thoroughly, grate in the white part of a cocoa nut, or stir in a pint chopped hickory-nuts, or a pint blanched almonds pounded.

Almond Cake.— Blanch and pound to a paste three ounces sweet and one ounce bitter almonds, shelled. To three-fourths pound sugar gradually add yolks of twenty-four eggs and stir until light, then add the almond pulp, the juice and grated rind one lemon, a pinch mace, and beat until it thickens. Beat whites six eggs to a firm froth, adding by pinches a tablespoon powdered sugar and stir it in, one-third at a time, with the above mixture. Lastly add

four ounces flour well sifted with one ounce corn starch. Mix well, pour into round pans two inches thick, if it is to be iced, or into square pans one inch thick if intended for slicing, bake in moderate oven and turn out at once.

Angel Cake.—Whites twelve eggs, one and one-half tumblers sifted powdered sugar, one tumbler sifted flour, one teaspoon each vanilla and cream tartar. The tumblers for measuring should hold two and one-fourth gills. Beat eggs in a bowl to as fine a froth as possible and add one-half tumbler sifted sugar, gradually beating in two tablespoons at a time, and stir into this mixture the teaspoon vanilla; sift the cream tartar with the flour, then sift flour and remaining tumbler sugar together four times, and put with the first mixture with as little stirring as will mix and combine them thoroughly and smoothly. The dough should be very light and feathery. Test the oven by laying in it a piece of white paper, which should brown, not char, in ten minutes. A pan made expressly for this purpose should be used, and can be ordered of any tinner. It should be about eight inches in diameter, three inches deep, with a funnel in the center two inches in diameter at the bottom tapering to an inch and a half at top, and be provided with legs half an inch high. May be smooth or fluted edges as preferred. Do not grease the pan, but line it with clean manilla paper kept for the purpose. Bake forty minutes and do not open the oven for the first fifteen. It should rise to the top of the pan but may shrink a little. When done turn the pan upside down and let stand one hour, when if it does not drop out readily the edges may be carefully loosened with a knife. Ice the *bottom* with transparent glaze made as follows: Take one and one-half cups sifted powdered sugar, whites two eggs that have not been beaten, and as much cold water as eggs; stir very hard with a whisk or egg beater until perfectly smooth; now add three-fourths cup of confectioner's sugar known as "XXX," and enough water to bring it to a smooth paste free from lumps, adding the sugar a little at a time and stirring constantly. Ice cake smoothly with this and set in a real hot oven for a second or two to harden. If preferred use boiled icing. Any cake pan *may* be used, but it should be placed on a pie tin while baking. It is well to cover with the paper cap, heretofore described, while baking.

Angel Cake Pan.

Apple Cake.—Soak two cups dried apples over night, in the morning drain and chop fine in chopping bowl; add one cup molasses and let it boil slowly on back of stove three or four hours; let it cool and add one and a half cups brown sugar, one cup butter, half cup sour milk, one teaspoon each cloves, allspice and cinnamon, one teaspoon soda, three eggs, three and one-half cups flour; bake in two square tins, or one five-quart basin; if baked in latter, bake slowly two hours. Very nice and will keep six months.

Black Cake.—One pound powdered white sugar, three-quarters pound butter, pound sifted flour (brown or not as preferred), twelve eggs beaten separately, two pounds raisins stoned and part of them chopped, two of currants carefully cleaned, half pound citron cut in strips, quarter ounce each cinnamon, nutmeg and cloves mixed, wine-glass wine and one of brandy; rub butter and sugar together, add yolks of eggs, part of flour, the spice, and whites of eggs well beaten; then add remainder of flour, and wine and brandy; mix all thoroughly together; cover bottom and sides of a four-quart milk-pan with buttered white paper, put in a layer of the mixture, then a layer of the fruit (first dredging the fruit with flour) until pan is filled up three or four inches. A small cup of Orleans molasses makes the cake blacker and more moist, but for this it is not necessary to add more flour. Bake three and one-half or four hours in a slow oven. This is excellent.

Black Cake.—Two cups brown sugar, one and one-half cups butter, six eggs beaten separately, three cups flour (brown the flour), two tablespoons molasses, one of cinnamon, one teaspoon each mace and cloves, two cups sweet milk, two pounds each raisins and currants, a half pound citron, one teaspoon soda, two of cream tartar. Bake three hours.

Bread Cake.—Three coffee-cups yeast dough, light enough to bake for bread, two and two-thirds cups sugar, one cup butter, three eggs, one nutmeg; put all together, and work with the hands until smooth as pound-cake. It is very important that all should be mixed very thoroughly with the light dough. Add raisins and as much fruit as desired, and let rise half an hour in the pans in which you bake. The oven should be about right for bread. This is easily made, and is quite as nice as common loaf-cake. Leave out fruit and add from a half to a whole tablespoon caraway, coriander, cardamon, or fennel seeds, or a mixture of all, and this recipe makes a nice *Seed Cake.*

Bread Cake.—Two cups light bread dough, one and one-half cups sugar, half cup butter, three tablespoons sour milk in which has been dissolved half teaspoon soda, half a grated nutmeg, teaspoon cinnamon, cup raisins chopped a little and floured; stir all well together, adding fruit last; let rise half an hour and bake in a moderate oven.

Bride's Cake.—Whites twelve eggs, three cups sugar, small cup butter, cup sweet milk, four small cups flour, half cup corn starch, two teaspoons baking powder, lemon to taste. A perfect cake. Adding a cup citron sliced thin and dusted with flour makes a beautiful *Citron Cake.*

Bride Cake.—One pound each butter and sugar, one gill double cream, one-half pint brandy, one pound two ounces flour, two pounds

zante currants, washed and picked, two pounds raisins, seeded and chopped, two pounds sultanas, washed, picked and dried, one and one-half pounds citron, cut into long, thin strips, two tablespoons cinnamon, two grated nutmegs, one teaspoon mace, one tablespoon each powdered cloves, powdered allspice and orange flower water. Rub butter and sugar together until smooth; whip whites sixteen eggs to stiff froth and stir them into the cream, one-third at a time, working until smooth; mix flour with fruits and spices until all are evenly diffused and stir all together, adding the orange flower last. Beat the whole very lively, pour into long, square pans lined with buttered paper, smooth over with wet knife blade, and bake in moderate oven three hours. If too hot at bottom put several folds of paper under pans, or cover with paper if too hot at top. Do not turn out until cold. Rub with flour, wipe with cloth, ice with white of egg icing and finish with chocolate icing. Will keep for a year or more. If to be eaten within a week or two no brandy is needed. When properly and carefully made, one of the richest and best.

Bride Cake Pan.

Buckeye Cake.—One cup butter, two of white sugar, four of sifted flour, five eggs beaten separately, one cup sour milk, teaspoon soda, pound seeded raisins chopped a little; beat the butter and sugar to a cream, add the yolks and milk, and stir in the flour with soda well mixed through it; then add the whites of eggs beaten to a stiff froth, and lastly the raisins dredged with a little flour; (one-fourth pound sliced citron is a nice addition); bake one and one-half hours. Use coffee-cups to measure. This makes a cake for a six-quart pan, or two large loaves, and is a very economical yet delicious fruit cake. In making half the recipe use three yolks and two whites for the cake, reserving the extra white for frosting.

Caramel Cake.—One cup butter, two of sugar, a scant cup milk, one and a half cups flour, cup cornstarch, whites seven eggs, three teaspoons baking powder in the flour; bake in a long pan. Take half pound brown sugar, scant quarter pound chocolate, half cup milk, butter size of an egg, two teaspoons vanilla; mix thoroughly and cook as syrup until stiff enough to spread; spread on cake and set in the oven to dry.

Carolina Cake (Without eggs).—Rub two large tablespoons butter into one coffee-cup powdered sugar, add one-half cup sweet cream, one-half teaspoon soda, one and one-half cups flour; bake quickly in small tins or gem-pans, and send to table warm.

Charlotte Cachee Cake.—Cut a thick loaf of sponge or other plain cake into five or six slices horizontally of uniform width. Spread each slice with jelly, using first tart and then sweet jelly if you have both, fit them together again in the loaf and ice all over with the whipped whites of five eggs and enough powdered sugar to make a

stiff icing, adding the juice of one lemon. Set in slow oven for a few minutes to harden. A quick and easy way to prepare a fancy cake for tea when company appears unexpectedly.

Small Cake Tins.

Cheap Cake.—Beat two eggs in a cup and fill up with thick sour cream; add one cup sugar, one and one-half cups flour, one even teaspoon soda. Flavor to taste and bake in small pans. May be iced and marked in gold, as in directions for icing.

Chocolate Cake.—One cup butter, three of brown sugar, one of sweet milk, four of flour, yolks seven eggs, nine tablespoons grated Baker's chocolate, three teaspoons baking powder. This may be baked as a layer cake, making a white cake of whites of eggs, baking in layers and putting them together with frosting, alternating the layers.

Chocolate Marble Cake.—Make a batter as for white cake, take out one cup, add to it five tablespoons grated chocolate, moisten with milk and flavor with vanilla; pour a layer of the white batter into the baking-pan, then drop the chocolate batter with a spoon in spots, and spread the remainder of the white batter over it.

Cincinnati Cake.—Pour over one pound fat salt pork, chopped fine and free from lean and rind, one pint boiling water; let stand until nearly cold; add two cups brown sugar, one of molasses, one tablespoon each cloves and nutmeg, and two of cinnamon, two pounds raisins, fourth pound citron, half glass brandy, three teaspoons baking powder, and seven cups sifted flour. Bake slowly two and a half hours. This is excellent, and requires neither butter nor eggs.

Citron Cake.—One cup butter, two of sugar, three of flour, four eggs, one cup milk, one teaspoon soda, two of cream tartar, and pinch salt. After the above has been put in the pan, cut the citron thin and put into the cake endways, pushing down until the batter covers it. This will prevent the citron falling to the bottom.

Cocoa-nut Cake.—One cup butter, three of sugar, one sweet milk, four and a half flour, four eggs with whites beaten to a stiff froth, a teaspoon soda, two of cream tartar, one grated cocoa-nut or one-fourth pound prepared cocoanut.

Corn-Starch Cake.—Two coffee-cups pulverized sugar, three-fourths cup butter, cup corn starch dissolved in cup sweet milk, two cups flour, whites seven eggs, two teaspoons cream tartar teaspoon soda, or two teaspoons baking powder mixed thoroughly with flour; cream butter and sugar, add starch and milk, then add whites and flour gradually until all is used. Flavor with lemon or rose.

Coffee Cake.—Two cups brown sugar, one of butter, one of mo-

lasses, one of strong coffee as prepared for the table, four eggs, one teaspoon saleratus, two each cinnamon and cloves, one of grated nutmeg, pound each raisins and currants, four cups flour.

Coffee Cake.—One cup brown sugar, cup molasses, half cup butter, cup strong coffee, one egg or yolks of two, four even cups flour, heaping teaspoon soda in the flour, tablespoon cinnamon, teaspoon cloves, two pounds raisins, fourth pound citron. Soften the butter, beat with the sugar, add the egg, spices, molasses, and coffee, then the flour, and lastly the fruit dredged with a little flour. Bake one hour in moderate oven, or make in two small loaves which will bake in a short time. This may be made without the egg.

Delicate Cake.—Three cups sifted flour, two of sugar, three-fourths cup sweet milk, whites of six eggs, half cup butter, teaspoon cream tartar, half teaspoon soda. Flavor with lemon. Good and easily made.

Delicate Cake.—Cream one-half pound butter with one pound powdered sugar, add whites sixteen eggs beaten stiff, half a nutmeg grated, and one teaspoon rose water. Stir well together and add gradually one pound sifted flour. Bake at once in moderate oven.

Eggless Cake.—One and a half teacups sugar, one of sour milk, three (level) of sifted flour, half cup butter, teaspoon soda, half teaspoon cinnamon, half teaspoon grated nutmeg, cup raisins chopped and well floured.

Eggless Cake (Plain).—One cup sugar, half cup butter, half cup sweet milk, two cups flour, one teaspoon cream tartar, half teaspoon soda.

Everlasting Cake.—Beat together the yolks of six eggs and three-fourths pint white sugar, add one and a half pints blanched and shelled almonds, half pound sliced citron well floured, and the whipped whites with one and a half pints sifted flour; pour one and a half inches thick in well-greased dripping pans, bake in a quick oven, and, when done, cut slices one inch thick across the cake, turn each slice over on its side, return to oven and bake a short time. When cold place in a tin box. These will keep a year and a half or more.

Election Cake.—Five pounds sifted flour, two of butter, two of sugar, three gills distillery yeast, or twice the quantity of home brewed, four eggs, gill each wine and brandy, one quart sweet milk, half an ounce of nutmeg, two pounds raisins, one of citron; rub butter and flour together very fine, add half the sugar, then the yeast and half the milk (hot in winter, blood-warm in summer), then add eggs, then remainder of milk and the wine; beat well and let rise in a warm place all night; in the morning beat a long time, adding brandy, sugar, spice, and fruit well floured, and allow to rise again very light,

after which put in cake pans and let rise ten or fifteen minutes; have the oven about as hot as for bread. This cake will keep any length of time. For raised cakes use potato yeast if fresh made; it is always a perfect success. This recipe is over one hundred years old.

Feather Cake.—One cup white sugar, one teaspoon melted butter, one egg, two-thirds cup milk, two cups sifted flour, two teaspoons cream tartar and one of soda sifted in flour. Flavor with lemon. Delicious and cheap.

Fig Cake.—Two cups sugar, one small cup butter, one cup sweet milk, three and one-half cups flour, whites eight eggs beaten stiff, two teaspoons baking powder, one pound figs split; put in a layer of batter and then one of figs, and so on until all is used.

Choice Fig Cake.—A large cup butter, two and a half of sugar, one of sweet milk, three pints flour with three teaspoons baking powder, whites sixteen eggs, a pound and a quarter figs well floured and cut in strips like citron; no flavoring.

Marbled Fig Cake.—Light part: one cup sugar, one-third cup butter, one-third cup sweet milk, four eggs, whites only, one and one-half teaspoons baking powder, one and one-half cups flour. Dark part: one-half cup brown sugar, one-third cup butter, one-third cup milk, one teaspoon baking powder, one cup flour, four egg-yolks and one whole egg, one teaspoon allspice, one teaspoon cinnamon, one pound figs sliced; put in a layer of the dark with figs on top, then a layer of the light, and so on till all is used, in a deep cake-pan.

Fruit Cake.—One cup butter, one of brown sugar, half pint molasses, two eggs, cup sour milk, teaspoon soda, pound each flour and currants, one and a half pound raisins. Flavor to taste. This has been thoroughly tested and is a great favorite.

Fruit Cake.—Twelve eggs, one and a half pounds each of butter, sugar and flour, two pounds each raisins and currants, one pound citron, one half pint molasses, one ounce each nutmeg, mace and cloves, one and a half glasses jelly (grape is best), one-fourth pint each wine and brandy, more flour if needed. Put dough in pans, set in steamer, taking care that the cover is made to fit very tight; if necessary, put cloth under the lid and shut it down on it, taking care that it does not touch the cake, or lay several thicknesses of cloth over the lid. Steam two hours and bake one hour.

Fruit Cake.

Fruit Loaf Cake.—One cup butter, two brown sugar, one New Orleans molasses, one sweet milk, three eggs, five cups sifted flour, two teaspoons cream tartar in the flour, teaspoon soda in the milk, tablespoon cinnamon, one nutmeg, one pound each raisins and currants, quarter pound citron (citron may be omitted, and half the

quantity of raisins and currants will do). Put flour in a large crock, mix well with cream tartar, make a well in the center, put in other ingredients, having warmed the butter and molasses a little; mix well together with the hands, putting in the fruit last after it has been floured; bake two hours in a moderate oven. This will make two common sized loaves.

Fruit Cake.—One pound each brown sugar, butter, eggs and flour, two each raisins and currants, half pound citron, a nutmeg, tablespoon cloves, one of allspice, half pint brandy, and two teaspoons baking powder. After baking, while yet warm, pour over cake a half pint wine. This makes the cake delicious.

Excellent Fruit Cake.—One and a half pounds raisins, one and a fourth pounds currants, three-fourths pound citron, pound each butter and sugar, one and one-fourth pounds flour, ten eggs, two tablespoons lemon, two teaspoons yeast powder; mix a fourth pound of the flour in the fruit.

German Fruit Cake.—Sift one pound flour into pan in a heap and make a hole in the top; in this put half teaspoon salt, one teaspoon cinnamon, twelve ounces butter, and two ounces pulverized sugar. Mix and add yolks of eight eggs and a little cold water, leaving it a stiff dough; wrap it in a clean cloth, and set in a cool place for an hour. In the summer it ought to be put on ice. This can be used for a variety of layer cakes. Roll out some of the dough about quarter of an inch thick, cut it round and put it on piece white paper cut to fit; cut a strip of dough an inch wide, and stand it up around the edge, and take a strip of white paper and paste around the cake and to the paper under it so as to keep it in shape. Into this dish of dough put enough apricot marmalade to cover the bottom, over this put a layer of dough cut in little biscuits, then a layer of preserved cherries, then another layer of little biscuits. Chop two ounces beef's marrow fine, and cover over the top; put it on a tin carefully, and set in a slow oven. While this is baking mix yolks of six eggs, four ounces sugar, one-half quart thick cream, and a cup cherry juice, and put over cake when half baked. When it is well settled put back in the oven again and let remain till done. Turn on a large plate and serve while warm.

Jam Fruit Cake.—One and a half cups brown sugar, two of flour, one each butter and chopped raisins, three eggs, three tablespoons sour milk, half teaspoon soda, half cup blackberry jam. This is excellent as well as economical.

Pepper Fruit Cake.—Yolks seven eggs, two cups brown sugar, one cup each molasses, butter and sour cream, one teaspoon each soda and pepper, one teaspoon each cinnamon, allspice and cloves, one quart flour, one pound raisins, half pound currants, fourth

pound citron, wine glass brandy. See directions for preparing fruit in cake preface.

Pound Fruit Cake.—One pound each flour, brown sugar, citron, raisins, currants, candied fruits (figs and dates) mixed nuts, (shelled), butter, twelve eggs, one teaspoon each ground cloves and cinnamon, one pint best brandy, one cup molasses. Brown the flour, chop nuts slightly and add whites of eggs, beaten separately, last. Bake four to five hours in slow oven.

Scotch Fruit Cake.—A cup butter, two of white sugar, four of sifted flour, three-fourths cup sour milk, half teaspoon soda, nine eggs beaten separately, one pound raisins, half pound currants, a fourth pound citron; cream the butter and sugar, add milk gradually, then beaten yolks of eggs, and lastly, while stirring in flour, the whites well whipped. Flavor with one teaspoon each lemon and vanilla extract, and have raisins chopped a little, or, better still, seeded, and citron sliced thin. Wash and dry currants before using, and flour all fruit slightly. In putting cake in pan, place first a thin layer of cake, then sprinkle in some of the three kinds of fruit, then a layer of cake, and so on, always finishing off with a thin layer of cake. Bake in a moderate oven for two hours. Tested by many and has never failed.

Groom's Cake.—Ten eggs beaten separately, one pound each butter, white sugar, and flour, two of almonds blanched and chopped fine, one of seeded raisins, half pound citron, shaved fine; the juice and rind of one lemon may be added; beat butter to a cream, add sugar gradually, then the well-beaten yolks; stir all till very light, and add the chopped almonds; beat the whites stiff and add gently with the flour; take a little more flour and sprinkle over the raisins and citron, then put in the cake-pan, first a layer of cake batter, then a layer of raisins and citron, then cake, and so on till all is used, finishing off with a layer of cake. Bake in a moderate oven two hours.

Hard-Money Cake.—Gold part: Yolks of eight eggs, scant cup butter, two of sugar, four of flour, one of sour milk, teaspoon soda, tablespoon corn starch; flavor with lemon and vanilla. Silver part; Two cups sugar, one of butter, four (scant) of flour, one of sour milk, teaspoon soda, tablespoon corn starch, whites eight eggs; flavor with almond or peach. Put in pan, alternately, one spoon each gold and silver.

Hayes Cake.—One cup sugar, half cup butter, three eggs beaten well together, level teaspoon soda stirred in half cup sour milk, two small cups flour; flavor with lemon, pour in small dripping-pan, bake half an hour, and cut in squares.

Hickory-Nut Cake.—Two cups sugar, one of milk, two-thirds

cup butter, three of flour, three eggs, two teaspoons baking powder, a cup nut-kernels cut fine. Tried, and not found wanting. Without nuts makes a good layer cake for any filling.

Hickory-nut Cake.—A cup butter, two of sugar, three of flour, one of sweet milk, whites of seven and yolks of two eggs, a teaspoon soda, two of cream tartar, one pint hickory-nut meats rolled and sprinkled with flour; beat whites to stiff froth. Rich and excellent.

Huckleberry Cake.—One cup butter, two cups sugar, three cups flour, five eggs, one cup sweet milk, one teaspoon soda, dissolved in hot water, one teaspoon each of nutmeg and cinnamon, one quart berries, dredged well with flour. Stir them in carefully. Bake in loaf.

Lady's Cake.—One-half cup butter, one and a half of sugar, two of flour, nearly one of sweet milk, half teaspoon soda, one of cream tartar, whites four eggs well beaten; flavor with peach or almond.

Yellow Lady's Cake.—One and a half cups flour, one of sugar, half cup each butter and sweet milk, teaspoon soda, two teaspoons cream tartar, yolks four eggs, teaspoon vanilla.

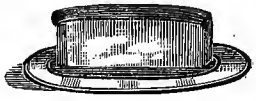
Lemon Cake.—One pound each flour and sugar, three-fourths pound butter, seven eggs, juice of one and rind of two lemons. The sugar, butter and yolks of eggs must be beaten a long time, adding by degrees the flour, and the whites of eggs last. A tumbler and a half sliced citron may be added. This keeps well

Loaf Cake.—Two cups sugar and one of butter beaten to a cream, three eggs, the whites beaten separately, three cups flour with one teaspoon cream tartar stirred in, yolks of the eggs stirred well with the sugar and butter; now add two cups more flour with one teaspoon cream tartar, one cup sweet milk and the whites of the eggs, and then stir again; add one nutmeg, one pound raisins or currants dredged with flour, one teaspoon soda dissolved in four tablespoons water. This makes two nice loaves, and is excellent.

French Loaf Cake.—Five cups sugar, three of butter two of milk, ten of flour, six eggs, three nutmegs, pound seeded raisins, a grated lemon, small teaspoon soda, two-thirds cup Orleans molasses.

Old-Fashioned Loaf Cake.—Three pounds (three quarts sifted and well heaped) flour, one and a fourth pounds (a rounded pint of soft) butter, one and three-fourths pounds (one quart) sugar, five gills new milk, half pint yeast, three eggs, two pounds raisins (half pound citron may be added, but most excellent without), teaspoon

soda, fourth pint molasses, two teaspoons each cinnamon and nutmeg. Scald the milk, cool to blood-warm, add the yeast, then the flour, to which all the butter and half the sugar have been added; then mix together, and let rise until light. It is better to set this sponge overnight, and in the morning add the other ingredients (flouring raisins) and let rise again. When light, fill baking pans and let rise again. Bake in a moderate oven. This recipe makes three large loaves, and is a standard, economical loaf-cake.


Loaf-Cake.

Marble Cake.—Dark part: Yolks three eggs, one-half cup butter, one cup brown sugar, one tablespoon molasses, one-half cup sour milk, one teaspoon soda, one and one-third cups flour, spices to taste and one cup raisins and currants, or leave out spices and fruit and use three tablespoons grated chocolate. Light part: Whites three eggs, one-half cup corn starch, one cup white sugar, one-half cup each sweet milk and butter, one cup flour, one teaspoon baking powder. Alternate the light and dark parts by spoonfuls or layers, or both, in tin before baking.

Marble Cake.—White part: Whites seven eggs, three cups white sugar, one of butter, one of sour milk, four of flour, sifted and heaping, one teaspoon soda; flavor to taste. Dark part: Yolks seven eggs, three cups brown sugar, one of butter, one of sour milk, four of flour, sifted and heaping, one tablespoon each cinnamon, allspice and cloves, one teaspoon soda; put in pans a spoonful of white part and then of dark, and so on. Bake an hour and a quarter. Use coffee-cups to measure. This will make one large and one medium cake. The white and dark parts are alternated, either by putting in a spoonful of white, then of dark, or a layer of white and then of dark part, being careful that the cake may be nicely "marbleized."

One-Egg Cake.—One cup butter, one and a half cups sugar, three of flour, one of sweet milk, one egg, teaspoon soda, two teaspoons cream tartar in the flour, cup raisins chopped fine.

Orange Cake.—Two cups sugar, four eggs, leaving out whites of two, half cup butter, one of water, two teaspoons baking powder, three cups flour, juice, grated rind, and pulp of one orange; use the remaining whites for frosting the top.

Plum Cake.—Cut one pound butter in small pieces and work into two and one-half pounds flour with half a nutmeg, grated, and two pounds currants, picked and washed. Add one pound sugar and six yolks eggs rubbed together, one-half pint each yeast and cream and work to a smooth batter. Pound one-half pound shelled and blanched almonds with a little rose water to a paste and add with one-fourth pound citron

Fruit Cake.

and one-fourth pound candied orange and lemon peels, sliced and dredged. Let rise and bake in paper lined pans in moderate oven.

Peanut Cake.—One-half cup butter, one and one-half cups milk, two and one-half cups flour, whites four eggs, one-half teaspoon cream tartar, one-quarter teaspoon soda; just before putting into oven sprinkle over top one cup peanuts broken into pieces.

Poor-Man's Cake.—Three cups bread dough, two cups sugar, one of butter, two eggs, mix well, put in spice to taste, and fruit if preferred. Let rise and bake in brisk oven. Do not use any flour.

Citron Pound Cake.—One pound each sugar and flour, three-fourths pound butter, eight large or ten small eggs, one and one-fourth pounds citron finely shredded; cream butter and sugar, add the yolks, then the flour and well-whipped whites; put layer of batter in cake-pan and sprinkle thickly with citron, then another layer of batter, etc., till pan is filled. Bake slowly one and a half to two hours.

Pyramid Pound Cake.—One pound each sugar, butter and flour, ten eggs; bake in a dripping-pan one inch in thickness and cut when cold into pieces three and a half inches long by two wide, or bake in sponge cake pans, and frost top and sides; form on the cake stand in pyramid before the icing is quite dry by laying first in a circle, five pieces with some space between them; over the spaces between these lay five other pieces, gradually drawing in the column and crowning the top with a bouquet of flowers.

White Pound Cake.—One pound each sugar and flour, half pound butter, whites sixteen eggs, teaspoon baking powder sifted thoroughly with flour; put in cool oven with gradual increase of heat. For boiled icing, three cups sugar boiled in one of water until clear; beat whites three eggs to very stiff froth and pour over them the boiling liquid, beating all the time for ten minutes; frost while both cake and icing are warm.

Rice Cake.—One pound each sugar and ground rice, half pound butter, nine eggs, rose-water to taste; add a little salt, beat butter and sugar together, add rose-water, salt and eggs, lastly the rice; bake in shallow pans.

Snow Cake.—Half cup butter, one of sugar, one and a half sifted flour, half cup sweet milk, whites four eggs, teaspoon baking powder; flavor with lemon.

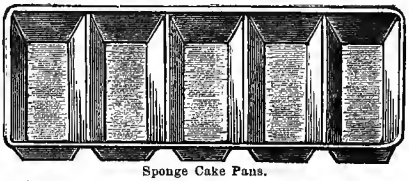
Snow Cake.—Beat one-half pound butter to a cream, stir in one-half pound granulated sugar and one pound arrowroot flour gradually, beating steadily; add whipped whites six eggs, and beat well twenty minutes; flavor to taste with essence almonds, vanilla or lemon. Bake in moderate oven one to one and one-half hours.

Spice Cake. (Without Eggs)—One heaping cup sugar, one-half cup butter, one and one-half cups sour milk, one teaspoon each cinnamon, cloves and nutmeg, one cup fruit, one teaspoon soda; stir in flour until it will just drop from the spoon.

Spice Cake.—Three eggs, one cup butter, one cup brown sugar, four cups flour, two teaspoons baking powder, one cup each molasses and milk, one teaspoon each extract nutmeg, cinnamon and ground cloves.

Sponge Cake.—Beat to a cream four eggs and a large coffee-cup white sugar. Sift two teaspoons baking powder with two cups flour, and stir this in carefully with sugar and eggs, then add two-thirds cup boiling water. Flavor to taste. Beat lightly together and bake in four-quart pan. The hot water makes it deliciously tender.

Sponge Cake.—Three eggs, one and a half cups powdered sugar, two sifted flour, two teaspoons cream tartar, half cup cold water, teaspoon soda, grated rind and half the juice one lemon; bake in dripping-pan, or in sponge cake pans given in cut.



Sponge Cake Pans.

Sponge Cake.—Twelve eggs, one and one-third pints pulverized sugar, one and a half pints flour, measured before sifting, small teaspoon salt, heaping teaspoon baking powder, essence of lemon for flavor; beat whites to very stiff froth and add sugar; beat yolks, strain and add them to whites and sugar; put three tablespoons cold water in bowl where yolks were beaten, stir until all yolk is taken up, and add batter and beat the whole thoroughly; mix baking powder and salt in the flour and add last, stirring in small quantities at a time; bake one hour in a six-quart pan in a moderate oven. This makes one very large cake. By weight use one pound pulverized sugar and three-fourths pound flour.

Sponge Cake.—One pound each sugar and flour, ten eggs; stir yolks of eggs and sugar till perfectly light; beat whites and add them with the flour after beating together lightly; flavor with lemon. Three teaspoons baking powder in the flour will add to its lightness, but it never fails without. Bake in a moderate oven.

Lemon Sponge Cake.—One lemon, three gills flour, one pint sugar, eight eggs; beat yolks of eggs thoroughly, add sugar little by little, and the grated rind of the lemon; beat whites of eggs to stiff froth, and add them alternately with the flour, beating very gently and barely long enough to mix well; when part of the flour is in, add the lemon juice. Bake twenty minutes, in small loaves.

Philadelphia Sponge Cake.—Weigh ingredients and prepare baking pans, then pour one gill boiling water on three-quarters pound sugar in a bowl; stir it, cover and let stand on the table until yolks of six eggs are beaten, add the grated rind of half a lemon to the eggs; froth whites and pour yolks on them, beat thoroughly together, then add the syrup (sugar and water) and beat ten minutes, or till thick, sift in half pound flour, mixing very gently with a knife, add juice of half a lemon, pour in pans and bake from twenty to thirty minutes. The syrup is sometimes left on the range, and when boiling is poured into the eggs which are then beaten until cold. The eggs thicken more quickly in this way, and the cake is excellent, but perhaps not quite as moist as that made with cold syrup. This cake has the advantage of keeping much longer than ordinary sponge cake.

White Sponge Cake.—Sift together one cup powdered sugar, one-half cup each flour and corn starch, one teaspoon baking powder. Have ready the whites of eight eggs beaten to stiff froth and one tablespoon rose extract, mix thoroughly and bake in square tins about two inches deep in quick oven. Serve cut in small squares.

Ten Minute Cake.—One-fourth pound butter, a little less than a pound flour, the same of sugar, six eggs beaten separately; flavor with mace and bake in muffin rings.

Tilden Cake.—One cup butter, two of pulverized sugar, one of sweet milk, three of flour, half cup corn starch, four eggs, two teaspoons each baking powder and lemon extract. Adding a quarter pound citron sliced fine makes an economical *Citron Cake*, using extra half cup starch. Either cake is very easily made, and when well beaten is almost a white cake. Is very delicious and never fails.

Tin-Wedding Cake.—Rub one cup butter and three of sugar to a cream; add one cup milk, four of flour, five eggs, one teaspoon cream tartar, half teaspoon soda, one-fourth pound citron. This makes two loaves.

Watermelon Cake.—White part: Two cups white sugar, one each of butter and sweet milk, three and a half of flour, whites eight eggs, two teaspoons cream tartar, one of soda dissolved in a little warm water. Red part: One cup red sugar, half cup butter, third cup sweet milk, two cups flour, whites four eggs, teaspoon cream tartar, half teaspoon soda, cup raisins; be careful to keep the red part around the tube of the pan and the white around the edge. It requires two persons to fill the pan. This is a very attractive and ornamental cake.

White Cake.—One cup butter, two of sugar, one of sweet milk, three of flour, whites five eggs, two teaspoons baking powder. Easily made, and very good. A very handsome cake may be made from

this recipe by coloring one-fourth of the dough with a small teaspoon cochineal dissolved in a little hot water and strained through a piece of muslin. When the batter is put into the tin, marble with this red dough. Ice it when baked.

Whipped-Cream Cake.—One cup sugar, two eggs, two tablespoons softened butter and four of milk; beat all well together; add a cup of flour in which has been mixed teaspoon cream tartar and half teaspoon soda. Bake in rather small square dripping-pan. When cake is cool have ready a half pint sweet cream whipped to a stiff froth, sweeten and flavor to taste, spread over cake and serve while fresh. The cream will froth easier to be made cold by setting on ice before whipping.

White Perfection Cake.—Three cups sugar, one of butter, one of milk, three of flour, one of corn starch, whites twelve eggs beaten to a stiff froth, two teaspoons cream tartar in the flour, and one of soda in half the milk; dissolve the corn starch in the rest of the milk, and add it to the sugar and butter well beaten together, then the milk and soda, and the flour and whites of eggs. This cake is rightly named "Perfection."

German Yeast Cake.—Take one pound melted butter, put into a glazed dish and beat for half an hour, until it foams and seems twice the quantity; take the yolks of eighteen eggs, and twelve ounces warmed flour; stir one yolk and one large spoon flour into the batter, at a time, till all are used up. Add two tablespoons sugar one teaspoon salt, four or five tablespoons good yeast. Stir these well together, then add the whites of six eggs, well beaten; grease the mold with fresh butter, and sprinkle a little flour in it; then put the dough in, and cover it, and set it in a warm place to rise. Let it rise till an inch from the top of the mold, then put in a slow oven and bake for an hour. It must not be moved in the oven, while baking, as it will make hollow places in the cake, and will be imperfect when turned out. When it is done, turn out of the mold carefully and sprinkle with sugar while hot.

Yule Cake.—Cream two and one-half cups butter and three cups sugar; add ten beaten eggs, four cups flour with two teaspoons baking powder, four cups currants, two-thirds cup chopped citron, one teaspoon grated nutmeg, and quarter teaspoon powdered cloves. Bake in a well-greased, paper-lined tin, in a moderate oven two and one-half hours; or bake in patty pans and frost with chocolate icing.

Zephyr Cake.—Wash the salt out of nearly a quarter pound butter; add a quarter pound powdered sugar and three well-beaten eggs, a teaspoon rosewater, and sifted flour enough to make a thin batter; stir with a wooden spoon till batter is perfectly smooth and so light that it will break when it falls against the sides of the mixing crock; fill well-buttered patty pans nearly half full with the batter, and bake in quick oven; serve warm. Excellent tea cakes.

Zufolos.—Sift together tea-cup powdered sugar, rounded coffee-cup flour and teaspoon cream tartar, add to the *well-frothed* whites of eight eggs and stir without beating till well mixed. Fill meringue bag and press out in finger shapes or in drops, or bake in lady-finger pan as described or in patty pans. The white fingers are nice for charlotte-russe; or make a batter of three eggs, one and a half cups sugar, two of flour, half cup water, teaspoon cream tartar and half of soda, bake in fancy-shaped patty pans and ice with chocolate icing, either plain, boiled or caramel; or cut any kind of plain cake into small squares, cut small piece from center of each square, and fill cavity with some kind of marmalade or jelly, replace part that was removed, and cover with icing. The small sponge cakes may be iced with white icing and when cold "marked in gold" by dipping a *very small* bristle brush in the yolk of an egg and writing a word or name upon them.

Layer Cakes.

In making layer cake batter follow directions given in cake preface, always remembering to sift the flour before measuring. In baking it is important to thoroughly grease the tins—to make it emphatic we will say, thoroughly grease with lard or American cooking oil, and then grease again (it is not always necessary to line tins for layer cakes with paper)—and after using rub off with a coarse towel, taking care that they are perfectly free from all particles of cake, grease and fill again, thus obviating the necessity of washing every time they are filled. A much hotter fire is required for layer than for loaf cakes; a good test for the oven is to put in a piece of white paper, which should be browned in one minute, when the oven is ready for the cake. If jelly is used to spread between the layers it is a good plan to beat it smoothly and spread it before the cakes are quite cool. In "building," an inverted jelly tin furnishes a perfectly level surface on which to lay and spread the cake, and it may be allowed to remain on it until perfectly cold when it should be set away in a cake box in a cool place. In putting the layers together many place them bottom side up, because of the smoother surface afforded. In cutting it is better to first make a round hole in the center with a knife or tin tube about an inch and a quarter in diameter, which prevents the edge of the cake from crumbling when cut. In making the custard or "filling" for layer cake, place in a custard kettle or tin pail and set in boiling water to cook, thus avoiding all danger of burning.

Quart Measure.

Jelly Cake Tin.

To blanch almonds, pour boiling water over them, let boil a moment, drain and throw them into cold water, slip off the skins and pound. To prepare cocoa-nut see cake preface. When dessicated cocoa-nut is used for filling moisten with a little milk. The cut of grater given illustrates an inexpensive article necessary in every kitchen, used for grating cocoa-nuts, lemons, oranges and other flavoring, cheese, horse-radish, etc.

Grater.

The "German" cakes may be baked in jelly tins.

Almond Cake.—Two cups sugar, three-fourths cup butter, one of sweet milk, two of flour, and one of corn starch well mixed, whites of six eggs, two teaspoons cream tartar in the flour, one teaspoon soda in the milk; cream the butter and sugar, add milk gradually, then the whites of eggs together with the flour, and bake in jelly tins. To put between layers, take two pounds almonds, blanch and pound fine in a mortar (or a cloth will do), beat whites and yolks of two eggs together lightly, add a cup and a half sugar, then the almonds, with one tablespoon vanilla.

Almond Cream Cake.—On beaten whites of ten eggs, sift one and a half goblets pulverized sugar, and a goblet flour through which has been stirred a heaping teaspoon cream tartar; stir very gently and do not beat it; bake in jelly pans. For cream, take a half pint sweet cream, yolks of three eggs, tablespoon pulverized sugar, teaspoon cornstarch; dissolve starch smoothly in a little milk, beat yolks and sugar together with this, boil the cream, and stir these ingredients in as for any cream-cake filling, only make a little thicker; blanch and chop fine a half pound almonds and stir into the cream. Put together like jelly cake while icing is soft, and stick in a half pound almonds split in two.

Apple Cake.—One cup butter, two of sugar, three of flour, four eggs, half cup milk, three teaspoons baking powder; bake in jelly tins. For filling, stir together a grated lemon, a large grated tart apple, an egg, and a cup sugar, and boil four minutes. A very excellent cake.

German Apple Cake.—Pare twenty-four good apples and cut each into six equal pieces. Take some dough made as for German Fruit cake and roll out enough for two layers, cut round, turn up some for margin, place on white paper and paste band of paper around to keep in shape. Put the apples on the dough in rows, set in a quick oven and bake till light brown. While hot sprinkle with sugar and cinnamon.

Banana Cake.—Six eggs, one cup butter, two cups each sugar, flour and corn starch, one cup sweet milk, three teaspoons baking

powder. Bake in layers, and while warm place sliced bananas between. Ice and eat while fresh. Enough for two cakes.

Boston Cream Puffs.—Put half pint milk and two-thirds cup butter over the fire; when it comes to a boil stir in one and one-half cups sifted flour and continue stirring until smooth and the mixture leaves the sides of the pan. Remove from the fire and beat thoroughly into it five eggs, first stirred together lightly to break up and mix the whites and yolks, but do not beat them before adding to the flour and milk. Drop on cold greased tins, a tablespoon in a place, leaving space between to prevent touching, brush over with the yolk of an egg mixed with a little water, and sprinkle with granulated sugar. Bake thirty-one minutes in a medium oven (test same as for angel cake), or until all moisture is thoroughly dried out, lest they may fall. When done they will be hollow. Let them get cold, then make an opening in the side and fill the space with whipped cream or custard. The neatest way to put in the filling is to inject it through the meringue bag, but a spoon may be used. For the whipped cream, ten ounces powdered sugar, a quart of cream; whip up stiff and flavor with one tablespoon vanilla, or juice of one orange or grated peel dissolved in a little hot water and strained off. For custard filling, take one pint milk, place one-half in a tin pail and set in boiling water; reserve from the other half two tablespoons to mix with eggs, and into the rest, while cold, mix one cup of flour until smooth; when the milk is hot pour in the flour and stir until thicker than boiled custard, then beat well together the two tablespoons milk, two eggs, one cup granulated sugar, a level tablespoon butter, and a teaspoon vanilla or lemon; add gradually, and continue stirring briskly until so thick that when cold it will drop, not pour, from the spoon. The puffs may be kept on hand. Make the cream or custard fresh, and fill as many as are wanted.

Buckeye Cream Puffs.—Five eggs, whites and yolks beaten separately, one and a half cups each white sugar and sifted flour, two teaspoons baking powder in the flour; bake in tea-cups, filling about half full. The cream is prepared by placing a small tin pail containing a pint sweet milk in a kettle of boiling water; beat whites and yolks of two eggs separately; stir in milk while boiling, a half teacup sugar, a large tablespoon corn starch dissolved in a little sweet milk, then the beaten yolks and a piece of butter the size of a large walnut; flavor with lemon or vanilla. When done, cut the cakes open, put in a spoonful of the cream, place together again, roll in the whites and then in coarse granulated sugar.

Cake with Maple Frosting.—Three eggs, one cup white sugar, two tablespoons sweet milk, one heaping cup flour with two teaspoons baking powder in it. Filling: One cup maple syrup boiled to wax; beat white of one egg to stiff froth, and pour on the syrup, stirring briskly. Very nice.

Caramel Cake.—One and a half cups sugar, three-fourths cup butter, half cup milk, two and a fourth cups flour, three eggs, three and a half heaping teaspoons baking powder, or a small teaspoon soda, and two teaspoons cream tartar; bake in jelly tins. Make caramel as follows: Butter size of an egg, pint brown sugar, half cup milk or water, half cake chocolate; boil twenty minutes (or until thick enough) and pour over cakes while warm, piling the layers one upon the other. For frosting for top of cake, take whites of two eggs, one and a half cups sugar, teaspoon vanilla, three heaping teaspoons grated chocolate.

Chocolate Cake.—One cup butter, two of sugar, one of milk, five eggs, leaving out whites of three, four cups sifted flour, two teaspoons baking powder or one small teaspoon soda and two of cream tartar in the flour; flavor with vanilla and bake in four layers. For filling and icing, take whites of three eggs beaten stiff, one and a half cups powdered sugar, six tablespoons grated chocolate. Or, use one of the recipes for boiled frosting given under "Directions for Icing," (adding the chocolate) which is considered by many to be much superior, especially for chocolate cakes. The boiled frosting without eggs is economical, and the cake may be made with one or two, using a little more flour.

Delicious Chocolate Cake.—Whites of eight eggs, two cups sugar, one of butter, three full cups flour, one of sweet milk, three teaspoons baking powder; beat the butter to a cream, stir in the sugar, and beat until light; add the milk, then the flour and beaten whites. When well beaten divide into equal parts, and into half grate a cake sweet chocolate. Bake in layers, spread with custard, and alternate the white and dark cakes. For custard for the cake, add a tablespoon butter to one pint milk and let come to a boil; stir in two eggs beaten with one cup sugar, add two teaspoons corn starch dissolved in a little milk; or, leave the chocolate out of the cake, and use boiled frosting with six tablespoons grated chocolate, instead of the custard, icing the top also with the mixture.

Chocolate Filling.—Two ounces chocolate cooked over hot water with one cup water and one ounce sugar. Spread between layers.

German Chocolate Cake.—Mix four ounces each fresh butter and fine sugar and yolks of twelve eggs beaten to a froth; then add eight ounces each powdered almonds and grated vanilla chocolate; stir well together, then put in two ounces sifted flour and last the well whipped whites twelve eggs. Cut two pieces of white paper round, leaving a margin to turn up around the edge. Make the cake equally thick on both pieces of paper, set in a slow oven and bake; when cold put a layer of preserved cherries on one and lay the other cake on top of it; trim the edges smooth and ice with chocolate icing,

made by dissolving six ounces sugar in water and adding six ounces chocolate; stir constantly; let cook till it will follow the spoon when taken out or a skin has formed upon it. You can trim the cake with white icing in fancy designs and garnish the plate with fruit and white icing.

Chocolate Eclairs.—Make paste after recipe for "Boston Cream Puffs," shape into cakes about four inches long and one and one-half wide, placing them on cold greased tins about two inches apart; bake as puffs. As they come from the oven dip the tops of the eclairs into an icing made by stirring over the fire two squares scraped chocolate with five tablespoons powdered sugar and three of boiling water. When cold make an opening in the side and fill with this custard; Heat to boiling one and one-half cups milk in steam boiler, beat together two-thirds cup sugar, one-fourth cup flour, two eggs, and one-fourth teaspoon salt, and stir the mixture into the boiling milk. Cook fifteen minutes, stirring often; when cold flavor with vanilla extract; if a chocolate flavor is preferred in the cream add one teaspoon dissolved chocolate.

Cocoa-nut Cake.—To the well-beaten yolks of six eggs add two cups powdered white sugar, three-fourths cup butter, one of sweet milk, three and a half of flour, one level teaspoon soda and two of cream tartar, whites of four eggs well beaten; bake in four layers. For icing, grate one cocoa-nut, beat whites of two eggs, and add one tea-cup powdered sugar; mix thoroughly with the grated cocoa-nut, and spread evenly on the layers of cake when they are cold.

Cream Cake.—One cup sugar, yolks of two eggs and white of one, one-half cup sweet milk, one and one-half cups flour, butter size of an egg, three teaspoons baking powder; bake in layers. Cream for filling: One-half cup sweet milk, or water, three teaspoons powdered sugar, one tablespoon corn starch. Boil until thick, remove from stove, and when partially cool stir in the whipped white of one egg; flavor with vanilla and spread between layers. Economical, delicious, and easily made.

French Cream Cake.—Three eggs, one cup granulated sugar, one and a half cups flour, two tablespoons cold water, teaspoon baking powder. This is enough for two cakes baked in pie-pans, to be split while warm, spreading the hot custard between them, or for four cakes baked in jelly-pans, with the hot custard spread between them, the latter being the preferable plan. For custard, boil nearly one pint sweet milk, mix two tablespoons corn starch with half a teacup sweet milk, add two well-beaten eggs; when milk has boiled add nearly a cup sugar, and add gradually the corn starch and eggs, stirring briskly; add a half cup butter, stirring until dissolved, flavor with one teaspoon vanilla, and spread between cakes while hot. This cake can be used as a pudding by pouring over each piece a spoonful of the custard that is left.

Golden Cream Cake.— Cream one cup sugar and one-fourth cup butter, add half cup sweet milk, and the well-beaten whites three eggs, one and a half cups flour, with half a teaspoon soda, and a teaspoon cream tartar sifted with it; bake in three deep jelly-tins; beat very light yolks of two eggs, one cup sugar, and two tablespoons rich sweet cream, flavor with vanilla, and spread on cakes; or to yolks add one and a half tablespoons corn starch, three-quarters cup sweet milk and small piece butter; sweeten and flavor to taste, cook in a custard-kettle till thick, let cool, and then spread.

Peach Cream Cake.—Bake three sheets of sponge cake as for jelly cake; cut peaches in thin slices, prepare cream by whipping, sweetening and adding flavor of vanilla if desired, put layers of peaches between the sheets of cake, pour cream over each layer and over the top. This may also be made with ripe strawberries, banana or other fruit.

Strawberry Cream Cake.—One cup sugar, two eggs, one-half cup sweet milk, three tablespoons melted butter, one and one-half cups flour, one teaspoon soda, two teaspoons cream tartar; bake in layers. Cream: Take one-half cup thick sweet cream, beat till stiff, add two tablespoons sugar, have one large cup of berries well sweetened, add to cream and spread your cake; or, mash a sufficient quantity of berries, thicken with confectioner's (fine powdered) sugar and spread between layers.

Vienna Cream Cake.— Four eggs, one cup sugar, one cup flour, one tablespoon melted butter, three teaspoons baking powder, one teaspoon lemon; bake in jelly-tins. Cream: One cup thick sour cream, one cup sugar, one cup hickory-nut or walnut meats rolled fine; stir all together and put on stove, boil five minutes, spread between the layers; ice the top; delicious.

Whipped Cream Cake.—Make a white sponge cake, bake half an inch thick in jelly pans and let them get perfectly cold; take a pint thickest sweet cream, beat until it looks like ice-cream, make very sweet and flavor with vanilla; blanch and chop a pound almonds, stir into cream and put very thick between each layer. This is the queen of all cakes.

Dominoes—Make cake after recipe given for *Lemon Sponge Cake*, bake in long pie-tins (two such tins will make twelve dominoes, and if no more are required the rest of the batter may be baked in a loaf). The batter in the pie-tins should not be more than one-third of an inch deep; spread it evenly and bake in a quick oven. Have a brown paper nearly twice the size of the cake on the table, and the moment one of the cakes comes from the oven turn it upside down in the center of the paper, spread it with a thin layer of currant jelly and lay the other cake on it upside down, cut it with a hot, sharp knife lengthwise, directly through the center, then divide it across in

six equal parts, push them with the knife about an inch apart and ice them with ordinary white icing, putting a large dessert-spoonful on every piece; the heat of the cake will soften it and with a little help the edges and sides will be smoothly covered. All of the icing that runs over on the paper may be carefully taken up and used again. It must then dry, which it will do very quickly. Make a horn of stiff white paper about five inches long, one and a half inches across the top and one-eighth of an inch at the other end; put in a dessert-spoon of dark chocolate icing, close the horn at the top, and pressing out the icing from the small opening, draw a line of it across the center of every cake, and then make spots like those on ivory dominoes; keep the horn supplied with icing. Or use a meringue bag if you have one.

Eggless Jelly Cake.—Two cups flour, two teaspoons each cream tartar and soda, evenly mixed with flour; one cup each sweet milk and sugar, and one large spoon butter or lard. Beat all together and bake in a quick oven. An excellent cheap jelly cake.

Fig Cake.—Two cups sugar, one cup each butter and milk, three of flour, two teaspoons baking powder sifted with flour, whites of eight eggs. Bake in layers. Make an icing of whites of two eggs and half pound sugar, and mix with it one pound each figs, blanched almonds and filberts chopped fine and spread between layers; or cut half pound figs fine and boil until soft with one cup sugar and half cup water, and use for filling. The cake may be more economically made by using yolks of five eggs and whites of three for layers, reserving whites of two for icing.

Fig Cake.—Silver part: Two cups sugar, two-thirds cup butter, not quite two-thirds cup sweet milk, whites of eight eggs, three heaping teaspoons baking powder thoroughly sifted with three cups flour; stir sugar and butter to a cream, add milk and flour, and last whites of eggs. Gold part: One cup sugar, three-fourths cup butter, half cup sweet milk, one and a half teaspoons baking powder sifted in a little more than one and a half cups flour, yolks of seven eggs thoroughly beaten, and one whole egg, one teaspoon allspice, and cinnamon until it tastes; bake the white in two long pie-tins. Put half the gold in a pie-tin, and lay on one pound halved figs (previously sifted over with flour), so that they will just touch each other, put on the rest of the gold and bake. Put the cakes together with frosting while warm, the gold between the white ones, and cover with frosting.

Hard Times Cake.—Half cup butter, two of sugar, one of sour cream, three of flour, three eggs, half teaspoon soda; bake in layers and spread with jelly.

Hickory-Nut Custard Cake.—Cream one pound sugar and half pound butter; add five eggs beaten separately, one cup sweet milk,

one pound flour, three teaspoons baking powder, flavor with lemon, and bake in jelly-pans. For custard, place one pint milk in a tin pail and set in boiling water; add a tablespoon corn starch dissolved in a little milk, two eggs, one-half cup sugar, two cups chopped hickory-nut meats, well mixed together, to the boiling milk; stir, and put between the layers of the cake, while both cake and custard are warm. This is excellent.

Ice-Cream Cake.—One-fourth pound each butter and powdered sugar, half pint milk, half pound flour, six eggs, one glass wine, one nutmeg; bake quickly in iron gem-pans. They rise light with hollow center. When cold, cut a round hole in top (as you would "plug" a melon), fill with ice-cream just before serving, so that it will not have time to melt.

Jelly Roll.—Beat twelve eggs and one pound pulverized sugar together very lightly, then stir in three-fourths pound flour, making batter as light as for sponge cake, and thin enough to spread nicely when poured; make up as quickly as possible. Have shallow tin pans prepared (about twelve by eighteen inches and an inch deep) by lining with thin brown paper, using no grease on pan or paper; pour in batter, spread out with a knife as thin as possible (about half an inch thick), and bake in solid oven. When done, remove from oven, let cool a few minutes, and while still warm, but not hot, turn out of pan upside down. With a brush or soft cloth wet in cold water brush over the paper and pull it off; spread cake thin with jelly and roll it up, being careful to place the outer edge of roll against something so that it will not unroll until cold. Sprinkle with powdered sugar and serve. If baked in pans such as are described above, the recipe will make two rolls, each twelve inches long, which should be cut in two, making four rolls. Use no baking powder as it makes the cake too brittle. Many use none in sponge cake. The paper lining should be larger than pan, to lift out the cake by taking hold of the projecting edges. This never fails.

Jelly Roll.

Jelly Roll.—Cream one cup sugar with one tablespoon butter, and add three eggs, whites and yolks beaten separately, one cup flour and one teaspoon baking powder; bake carefully in large square pan lined with buttered paper, spread the under side with jelly, and roll while hot, folding in clean towel or paper to keep in place. Economical and good. For *Chocolate Roll* use this filling. One cup powdered sugar, half cup grated chocolate, one egg, nearly one-half cup milk or water, boil steadily until thick as jelly; let it cool before your cake is ready.

Lemon Jelly Cake.—Two eggs, one cup sugar, one-third cup butter, one-half cup milk, two cups sifted flour, a heaping teaspoon baking powder; bake in layers. Jelly: Two-thirds cup water, one

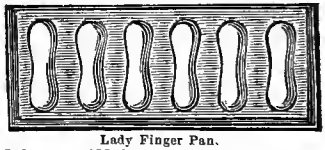
cup sugar, juice and grated rind one lemon; let boil and stir in two well-beaten eggs. When cold spread between layers. The top may be iced, but delicious without.

Lemon Cake.—One and one-half cups sugar, one butter, two and one-half flour, five eggs beaten separately, four teaspoons sweet milk, teaspoon cream tartar, half teaspoon soda. For jelly: Take coffee-cup sugar, two tablespoons butter, two eggs and the juice of two lemons; beat all together and boil until the consistency of jelly. For *Orange Cake* use oranges instead of lemons. For *Pine-apple Cake* spread the layers with grated pine-apple sprinkled with sugar; and a nice ornament of a pine-apple is described in *Charlotte Russe* recipe.

Lemon Filling.—Grate rind of one lemon and pound well in a mortar with one ounce sugar; rub into this with the pestle one egg and juice of one lemon and enough "XXX" sugar to make a nice smooth paste.

Lady Fingers.—One and one-eighth pound of flour, one of powdered sugar, ten eggs; beat eggs and sugar as light as for sponge cake; sift in with flour one teaspoon baking powder and stir slowly; use the meringue bag described in confectionery for shaping the cakes; press and run the dough out quickly through the tube into a pan lined with light brown paper (not buttered), making each about a finger long and about as thick as a lead pencil, being careful not to get them too wide. Sprinkle with granulated sugar, bake in a quick oven, and when cool wet the under side of the paper with a brush, remove and stick the fingers together back to back. The bag, when made of ticking, will be useful in making macaroons and other small cakes.

Plate of Lady Fingers.



Lady Finger Pan.

Metropolitan Cake.—Two cups sugar, one of butter, one of milk, nearly four cups flour, whites eight eggs, three teaspoons baking powder, flavor with lemon. Take a little more than three-fifths of this mixture in three jelly-tins, add to the remaining batter one tablespoon ground allspice, one and a half tablespoons cinnamon, teaspoon cloves, fourth pound each of sliced citron and chopped raisins; bake in two jelly-tins and put together with frosting, alternating dark and light,

Minnehaha Cake.—One and a half cups granulated sugar, half cup butter stirred to a cream, whites six eggs, or three whole eggs, two teaspoons cream tartar stirred in two heaping cups sifted flour, one teaspoon soda in half cup sweet milk; bake in three layers. For filling, take a cup sugar and a little water boiled together until it is brittle when dropped in cold water, remove from stove and stir

quickly into a well beaten white of an egg; add to this a cup of stoned raisins chopped fine, or a cup of chopped hickory-nut meats, and place between layers and over the top. A universal favorite.

Neapolitan Cake (Yellow, Pink, White and Brown).—Yellow: Two cups powdered sugar creamed with one cup butter, five eggs, yolks and whites beaten separately, one-half cup milk, three cups prepared flour, a little nutmeg. Pink and White: One-half pound butter creamed with one pound powdered sugar, whites ten eggs whipped stiff, and one pound prepared flour; divide this batter into two equal portions, leave one white and color the other with a very little prepared cochineal. Use carefully, as a few drops too much will ruin the color. Brown: One-fourth cup butter creamed with one cup powdered sugar, add three eggs beaten lightly, two tablespoons cream, one heaping cup prepared flour, and two tablespoons vanilla chocolate grated and rubbed smooth in cream; bake in layers, the above quantity making three of each color. Half as much will be sufficient for a family cake, but for a large supper or church "sociable" use the whole recipe. Filling—Yellow and Brown: Two cups milk, two tablespoons corn starch wet with milk, two eggs, two cups powdered sugar; heat the milk to boiling, stir in the sugar and corn starch, cook a few minutes and put in the eggs, boiling until thick. Divide the custard into two parts, and stir into one two tablespoons grated chocolate, and into the other a teaspoon bitter almond. White: Whip into the stiffened whites of three eggs one heaping cup powdered sugar, and the juice and half the grated peel of one lemon. Use a layer of the brown cake as a foundation for the pile spread with yellow custard, then the pink coated with chocolate, then the white and yellow layers separated with the white frosting, or put together in any order fancied. Very elaborate and nice.

Orange Cake.—Beat whites of three and yolks of five eggs separately; cream two cups sugar and a half cup butter; add one-half cup cold water, two and one-half cups flour, two teaspoons baking powder and the grated rind and juice of one orange (saving one tablespoon juice for frosting). Bake in layers and put together with this frosting: Whites of two eggs, two cups sugar and the tablespoon orange juice. Frost top also.

Orange Custard Cake.—One and one-half cups sugar, one cup butter, two and one-half cups flour, five well beaten eggs, four teaspoons sweet milk, two teaspoons baking powder. Bake in layers. For filling: Two whole oranges grated with peel of one; one cup sugar, two tablespoons butter, two eggs; beat well together and boil until it thickens, stirring to keep it from burning on the bottom.

Orange Cake.—Two cups sugar, half cup butter, three and a half cups sifted flour, half cup sweet milk, three eggs beaten separately. three teaspoons baking powder mixed in flour; bake in jelly-

pans. For jelly, take the juice and grated rind of two oranges, two tablespoons cold water, two cups sugar; set in a pot of boiling water and when scalding hot stir in the yolks of two well beaten eggs, and just before taking from the fire stir in the white of one egg slightly beaten, and when cold put between the layers of cake; frost the top with the other egg.

Ribbon Cake.—Two and a half cups sugar, one of butter, one sweet milk, teaspoon cream tartar, half teaspoon soda, four cups flour, four eggs; reserve a third of this mixture and bake the rest in two loaves of the same size; add to third reserved, one cup each raisins and currants, fourth pound citron, two tablespoons molasses, teaspoon each of all kinds of spice; bake in a tin the same size as other loaves; put the three loaves together with a little icing or currant jelly, placing the fruit loaf in the middle; frost the top and sides.

Cream Rose Cake.—Stir into a cup sweet cream with a pinch soda, one cup butter creamed with three cups powdered sugar; whip with egg beater five minutes, or until like whipped cream; flavor with vanilla and add by turns five cups prepared flour and the frosted whites of ten eggs. Color a fine pink with cochineal, which is perfectly harmless and which your druggist will prepare for you in either powdered or liquid form. If in the former, moisten before using with a very little water. Strain and stir in drop by drop until you get the right tint. Bake in four layers. For filling, take one and one-half cocoa-nuts pared and grated, whites four eggs whisked stiff, one and one-half cups powdered sugar, two teaspoons rose water. Heap the cake after it is filled with this mixture, beating in more sugar for the purpose. Very pretty.

Snow Cake.—Beat one cup butter to a cream, add one and a half cups flour and stir very thoroughly together; then add one cup corn starch and one cup sweet milk in which three teaspoons baking powder have been dissolved; last, add whites eight eggs and two cups sugar well beaten together; flavor to taste, bake in sheets and put together with icing. For *Cocoa-nut Cream Cake* use this filling: Whip one cup cream, one-half cup sugar, one cup cocoa-nut; spread between layers and on top; flavor to taste.

Cream Sponge Cake.—Cream yolks of ten eggs with one pound sugar, add the whipped whites, sift in six ounces flour and flavor with one teaspoon almond extract. Have ready this filling: Mix four eggs, four ounces sugar, two ounces flour, and stir smoothly into one quart milk. Cook until thick, stirring well; take from the stove, add one teaspoon extract nectarine, and let cool before spreading the cake, which must be baked in layers twenty to thirty minutes, covered with a paper to prevent scorching.

Thanksgiving Cake.—Make batter as for cocoa-nut cake (page 72). Bake four layers in jelly-tins; make frosting of whites of three

eggs, three teaspoons baking powder and three-fourths pound pulverized sugar; with frosting for first layer mix rolled hickory-nut meats, with that for second layer mix fine-sliced figs, for third with blanched almonds chopped, and on the top spread the plain frosting, and grate cocoa-nut over thickly.

Layer Cake.

Vanity Cake.—One and a half cups sugar, half cup butter, half cup sweet milk, one and a half cups flour, half cup corn starch, teaspoon baking powder, whites six eggs; bake in four cakes, putting frosting between and on top.

Velvet Cake.—Two cups sugar, six eggs, leaving out the whites of three, one cup boiling hot water, two and one-half cups flour, one tablespoon baking powder in flour; beat the yolks a little, add the sugar, and beat fifteen minutes; add the three beaten whites, and the cup of boiling water just before the flour; flavor with a teaspoon lemon extract and bake in three layers, putting between them icing made by adding to the three whites of eggs beaten to a stiff froth, six dessert-spoons of pulverized sugar to each egg, and lemon to flavor.

White Fruit Cake.—To one cup butter beaten to a cream, add two of sugar, three of flour in which two teaspoons baking powder have been sifted, and the stiffly beaten whites of six eggs. Bake in jelly-cake tins; when done (while still hot) put between the layers this filling: Chop fine a quarter pound each of figs, seeded raisins, citron, preserved ginger and blanched almonds, and stir them into whites three eggs beaten stiff, a cup powdered sugar, and the juice of one lemon; frost the whole quickly. A most delicious cake.

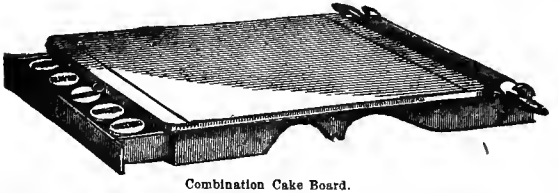
White Mountain Cake.—Two cups pulverized sugar, half cup butter beaten to a cream; add half cup sweet milk, two and a half cups flour, two and a half teaspoons baking powder in the flour' whites eight eggs; bake in jelly-tins and put together with icing made by boiling a half cup water and three cups sugar till thick; pour it slowly over the well-beaten whites three eggs, and beat all together till cool. Beat before putting on each layer; or use plain icing. Sprinkle each layer thickly with grated cocoa-nut, also sides and top, using two cocoa-nuts, and a handsome *Cocoa-nut Cake* will result.

Xenophon Cake.—One cup sugar, half each of butter and milk, whites of four eggs, scant two cups flour, flavor with vanilla; two teaspoons baking powder. Stir flour in last very lightly. Bake in layers and when cold spread with this filling; scant pound shelled almonds, blanched and pounded in a mortar (or a bowl may be used with the potato-masher), half cup thick sour cream, juice of half a lemon, make very sweet. Mix and let stand in cold place one hour before using. Delicious but must be eaten the day it is made.

Cookies and Jumbles.

Sift before measuring all flour used in mixing and rolling, and bake in a quick oven. A nice "finishing touch" can be given by sprinkling them with granulated sugar or seeds, and rolling over lightly with the rolling pin, then cutting out and pressing a whole raisin in the center of each; or, when done a very light brown, brush over while still hot with a small bristle brush called a pastry brush, and kept for such purposes, or a soft bit of rag dipped in a thick syrup of sugar and water, or the *roll glaze* made of yolk of one egg, its bulk in water and quarter teaspoon sugar; sprinkle with currants, cocoa-nut, or any seed preferred, and return to the oven a moment. Seed cookies may be made by adding one tablespoon caraway seeds to any of the following recipes. Flour should *never be used* for any purpose without sifting, so it is well to always have a large covered can or bucket full of sifted flour in the pantry.

Cookie Cutters.


Combination Cake Board.

Bachelor's Buttons.—Mix two ounces butter, three of sugar, five of flour; to this add two ounces sugar mixed with one egg; flavor to taste. Roll in hand to size of a large nut, then roll in sugar, place on tins with buttered paper and bake lightly.

Chocolate Cookies.—Three-fourths cake chocolate, two cups white sugar, one of butter, one-half cup cold water, two eggs, one teaspoon soda, flour to roll. To finish nicely ice the tops.

Cream Cookies. — One cup each sour cream and sugar, one egg, one level teaspoon soda, nutmeg; mix as soft as can be handled, roll thin and bake quickly.

Eggless Cookies.—Two cups sugar, one each milk and butter, half teaspoon each nutmeg and soda, flour to roll.

Fruit Cookies.—Two cups sugar, half cup butter, cup sour cream, (or sour milk may be used with more butter), two cups chopped raisins, two eggs, two tablespoons cinnamon, one teaspoon each nutmeg, cloves, and soda. Bake same as other cookies.

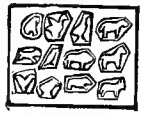
Graham Cookies.—Shave two cups maple sugar, and stir with one of butter, one egg, one cup sour milk, one teaspoon soda; mix with graham flour; use white flour on molding board. Brown or white sugar may be used instead of maple.

Good Cookies.—Two cups sugar, one each butter and sour cream or milk, three eggs, one teaspoon soda; mix soft, roll thin, sift granulated sugar over them, and gently roll it in.

Hickory-Nut Cookies.—Two cups sugar, two eggs, half cup melted butter, six tablespoons milk, one teaspoon cream tartar, half teaspoon soda, flour to roll and one cup chopped meats stirred in the dough.

Nutmeg Cookies.—Two cups white sugar, three-fourths cup butter, two-thirds cup sour milk, nutmeg or caraway seed for flavor, two eggs, half teaspoon soda, and six cups flour, or enough to roll. Roll thin, and bake in quick oven.

North German Christmas Cookies.—Six pounds flour, two each of sugar, butter, and molasses, one teaspoon saleratus dissolved in rose water, arrack, or spirits, a few cloves and cinnamon pounded together, one pound raisins pounded in a mortar, half pound citron chopped fine. Warm molasses, sugar and butter slightly, and gradually stir in the flour; knead well and roll out, and cut in various shapes. One-half the dough may be flavored with anise or cardamon, omitting the raisins. This recipe will make a large quantity, and they are pretty to hang upon the tree during Christmas week, and to pass in baskets to holiday callers. This is the *bona fide* Christmas cookie.


Cookie Cutters.

Seed Cookies.—Cream one-half pound butter with three-fourths pound sugar, and sift in one and one-half pounds flour, adding one well-beaten egg, a half gill rose water, and a pinch soda dissolved in tablespoon warm water, knead well, roll into a sheet, cut with cutter having scalloped edge, and bake in buttered pan fifteen minutes. Use fennel, coriander, caraway, or cardamon seeds, or any mixture of them preferred.

Scotch Cookies.—Half cup molasses, one and a half of sugar, one and a quarter of butter (or half butter and half lard), two eggs, teaspoon each soda, cloves and allspice, two of cinnamon, and flour to roll; roll thin, cut and bake; or a richer recipe is two and a half pounds sugar, one and a fourth of butter, three of flour, five eggs, half pint molasses and one ounce soda mixed with it; roll very thin, cut with cake cutter, place in pan, giving each cake plenty of room, and put in oven; when half done brush over top with glaze made with yolk of an egg, as much water as there is egg, and quarter of teaspoon sugar; return to oven and bake.

Whortleberry Soft Cookies.—One cup sugar, one and a half of milk, with half teaspoon soda dissolved in it, tablespoon butter, one quart berries, teaspoon cream tartar, and flour to make a stiff batter; bake in small cake tins.

Crescents.—Rub eight ounces each rice flour and sugar together, and add eight eggs mixed to a cream after the yolks and whites have been beaten separately; stir all together smoothly, spread thinly on buttered paper, and bake twenty minutes; then cut with a crescent cutter into cakes, ice each one, and set in the oven for a minute to dry. Vary the icing if liked by coloring portions with cochineal and saffron, icing some of the crescents pink, some yellow and the effect is very pretty.

Jew Cakes.—Three-fourths pound each butter and sugar, one pound flour, two eggs, two teaspoons baking powder; roll thin, cut out, wash over top with an egg beaten in half cup cream, sprinkle with pound finely chopped almonds mixed with pound fine granulated sugar, and bake in quick oven.

Jumbles.—One and a half cups white sugar, three-fourths cup butter, three eggs, three tablespoons sweet milk, half teaspoon soda and one of cream tartar; mix with sufficient flour to roll; roll and sprinkle with sugar; cut out and bake.

Cocoa-nut Jumbles.—Two cups sugar, one cup butter, two eggs, half a grated cocoa-nut; make just stiff enough to roll out; roll thin.

Lemon Jumbles.—One egg, one cup sugar, half cup butter, three teaspoons milk, one teaspoon cream tartar, half teaspoon soda, two small lemons, juice of both and grated rind of one; mix rather stiff, roll, and cut with cake cutter.

Lemon Snaps.—A large cup sugar, two-thirds cup butter, half teaspoon soda dissolved in two teaspoons hot water, flour enough to roll thin; flavor with lemon,

Pepper-nuts.—One pound sugar, five eggs, half pound butter, half cup milk, two teaspoons baking powder, flour enough to roll.

Warranted Scotch "Short Bread."—Wash all particles of salt

from one pound best butter and cream with scant one-half pound sugar. Dry and slightly warm two pounds flour and mix gradually with the hand with the butter and sugar. The longer it is kneaded the better it will be. Lay on molding-board and press with the hand into sheets half an inch thick. Do not roll, as rolling toughens it. Cut into any desired shapes, prick or stamp a pattern on top, and bake in moderate oven until a fine yellow brown.

Springerlies. — One pound sugar, four eggs beaten light and thick, add pound flour into which teaspoon baking powder has been sifted and roll into little balls, press with a small glass plate or salt cellar, let stand until morning and bake in quick oven. Or, roll and cut out with any of the cookie cutters illustrated; let rise and bake as above.

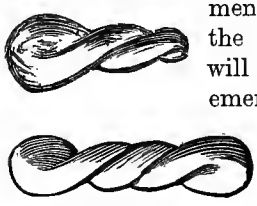
Sand Tarts.—Two cups sugar, one of butter, three of flour, two eggs, leaving out the white of one; roll out thin and cut in square cakes with a knife; spread the white of egg on top, sprinkle with cinnamon and sugar, and press a blanched almond or raisin in the center, or cut and ornament with stamps similar to those in cut

Cookie Stamps.

Crullers and Doughnuts.

To cook these properly the fat should be of the right heat. When hot enough it will cease to bubble and be perfectly still, and a blue smoke will arise; try with a bit of the batter and if the heat is right the dough will rise in a few seconds to the top and occasion a bubbling in the fat, the cake will swell and the under side quickly become brown. Clarified drippings of roast meat or the American Cooking Oil just introduced, and made of refined Cotton Seed Oil, are more wholesome to fry them in than lard. A good suet may be prepared as follows for those who are sensible enough not to like greasy doughnuts, or who Hebraically oppose lard. Use only beef suet, which is quite as cheap, cleanly and healthy. Buy from the meat markets, speaking before-hand and securing nice, whole, clean leaves, which cut up in small pieces, put into a dinner-pot, which will hold well about ten pounds. Put in a pint of water, and after the first hour stir frequently; it takes about three hours with a good heat to render it. Drain through a coarse towel, and if the suet is good it will require but little squeezing and leave but little scrap or cracklings. Cool in

pans or jars, then cover and put in a cool place, and you have an element into which, when well heated, you can drop the twisted goodies with the assurance that they will not only be "done brown," but that they will emerge with a flavor and grain that will commend them to the favor of an epicure. Doughnuts thus cooked are more digestible and of better flavor than if cooked in lard, and the most fastidious will not need to peel them before eating. Make the dough *as soft as it can be handled*, always sifting the flour; if cut about half an inch thick, five to eight minutes will be time enough to cook, but it is better to break one open as a test. When done drain well in a skimmer and place in a colander or on brown paper, which absorbs the fat. If to be sifted over with sugar, use powdered sugar, and sprinkle over them while hot. The use of eggs prevents the dough from absorbing the fat. Doughnuts should be watched closely while frying, and the fire must be regulated very carefully. When you have finished frying, cut a potato in slices and put in the fat to clarify it, place the kettle away until the fat "settles," strain into an earthen pot kept for this purpose, and set in a cool place. The sediment remaining in the bottom of the kettle may be used for soap-grease. Fry in an iron kettle, the common skillet being too shallow for the purpose. Do not eat doughnuts between April and November. Crullers are better the day after they are made. If lard is not fresh and sweet, slice a raw potato, and fry before putting in the cakes.



Doughnut Twists.

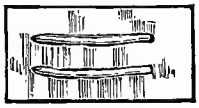
Crullers.—One egg, one tablespoon melted butter, three tablespoons sugar, make very stiff with flour, roll rather thin; they will fry very quickly; take them from the fat well drained and dip them in sugar.

Crullers.—Six tablespoons each melted butter and sugar, six eggs and flour to roll.

Crullers.—One pound butter, one and one-half pounds powdered sugar, twelve eggs, one teaspoon cinnamon, one-half teaspoon each nutmeg and mace, flour to make stiff dough. Roll to a half inch in thickness; cut out and fry.

Crullers.—Two coffee-cups sugar, one of sweet milk, three eggs, a heaping tablespoon butter, three teaspoons baking powder mixed with six cups flour, half a nutmeg, and a level teaspoon cinnamon. Beat eggs, sugar and butter together, add milk, spices, and flour; put another cup flour on molding board, turn the dough out on it,

and knead until stiff enough to roll out to a quarter inch thick; cut in squares, make three or four long incesions in each square, lift by taking alternate strips between the finger and thumb, drop into hot lard, and cook like doughnuts, or they may be shaped as in Figure 1, or given the much more elaborate shape of Figure 3.

1  2 3

To give them the shape of Fig. 3, first cut the paste, as in Fig. 2; hold the first line with thumb and finger of the left hand, then with the right hand slip the second line under the first, then the third under the second, and so on until they are all slipped under; pinch the two ends together, and the cruller will be in form of Fig. 3.

Doughnuts.—One cup each sugar and milk, butter size of an egg, one large teaspoon baking powder, nutmeg or other spice to taste; knead and roll out soft as possible. An egg is often added.

Cream Doughnuts.—Beat one cup each sour cream (or sour milk with tablespoon butter), cup sugar and two eggs together, add level teaspoon soda, a little salt, spices if wished, and flour enough to roll and cut out easily. When partly cool roll in white sugar.

Doughnut Cutter.

Corn Meal Doughnuts.—A tea-cup and a half boiling milk poured over two tea-cups meal; when cool add two cups flour, one of butter, one and one-half of sugar, three eggs, flavor with nutmeg or cinnamon; let rise till very light; roll about half an inch thick, cut in diamond shape, and boil in hot lard.

French Doughnuts.—One cup butter, three of white sugar, one pint sweet milk, four eggs, teaspoon soda, two of cream tartar and juice of one lemon.

Raised Doughnuts.—Peel and boil four good sized potatoes; mash fine and pour boiling water over them until consistency of gruel; let cool, add a yeast cake and a little flour, let rise till light, then add one pint sweet milk, one and a half cups sugar, one-fourth cup (large measure) lard, a salt-spoon salt, a little nutmeg and cinnamon, stir in flour until stiff, let rise again, then add a half teaspoon soda dissolved in a little milk, pour out on molding board, mix stiff enough to cut out, and roll to half an inch thickness; cut in long strips two inches wide and divide diagonally into pieces three inches long, set where it is warm, let rise on the board until light, and then fry. These do not cook through as easily as others, and it is safer to drop in one, and, by breaking it open, learn the time required for them to fry. A very nice variation of this recipe may be made as follows: Roll part of the dough about half an inch thick,

cut into small biscuits, let rise, and when light roll down a little, lay a few raisins rolled in cinnamon in the center, wet the edges by dipping the finger in cold water and passing it over them; draw them together and press *firmly*, and drop them in the hot fat. A teaspoon apple-butter or any kind of jam may be used instead of the raisins. When made with the raisins, they are the real German "Olly Koeks."

Berlin Pancakes.—Roll out dough *slightly* sweetened and shortened, as if for very plain doughnuts; cut in circles like biscuit, put a teaspoon currant jam or jelly on the center of one, lay another upon it, press the edges tightly together with the fingers and fry quickly in boiling fat. They will be perfect globes when done, a little smaller than an orange.

Trifles.—A quart flour, a cup sugar, two tablespoons melted butter, a little salt, two teaspoons baking powder, one egg, and sweet milk sufficient to make rather stiff; roll out in thin sheets, cut in pieces about two by four inches; make as many cuts across the short way as possible, inserting the knife near one edge and ending the cut just before reaching the other. Pass two knitting-needles under every other strip, spread the needles as far apart as possible, and with them hold the trifles in the fat until a light brown. Only one can be fried at a time.

Andover Wonders.—Boil together one cup water, tablespoon powdered sugar, half teaspoon salt and two ounces butter, and while boiling add sufficient flour to make it leave sides of pan; stir in one by one the yolks four eggs; drop into hot lard from a teaspoon and fry light brown.

Ginger-Bread.

Use sifted flour for mixing and rolling ginger-bread (sifting before measuring), and if the dough becomes too stiff before it is rolled out set it before the fire. Snaps will not be crisp if made on a rainy day. Ginger-bread and cakes require a moderate oven, snaps a quick one. If cookies or snaps become moist in keeping, put them in the oven and heat them for a few moments. Always use New Orleans or Porto Rico molasses, and never syrups. Soda is used to act on the "spirit" of the molasses. In making the old-fashioned, soft, square cakes of ginger-bread, put a portion of the dough on a well floured tin sheet, roll evenly to each side, trim off evenly around the edges, and mark off in squares with a floured knife or wheel cut-

ter. In this way the dough may be softer than where it is necessary to pick up to remove from board after rolling and cutting. Always have the board well covered with sifted flour before rolling all kinds of soft ginger-breads, as they are liable to stick, and should always be mixed as soft as they can be handled.

Ginger-bread.—One gallon molasses or strained honey, one and a quarter pounds butter, quarter pound soda stirred in a half cup sweet milk, teaspoon alum dissolved in just enough water to cover it, flour to make it stiff enough to roll out; put the molasses in a very large dish, add the melted butter and soda, then all the other ingredients; mix in the evening and set in a warm place to rise overnight; in the morning knead it a long time like bread, roll into squares half an inch thick, and bake in bread-pans in an oven heated about right for bread. To make it glossy, rub over the top just before putting it into the oven the following: One well beaten egg, the same amount or a little more sweet cream, stirring egg and cream well together. This ginger-bread will keep an unlimited time. The recipe is complete without ginger, but two tablespoons may be used if preferred. *Over fifty years old, and formerly used for general muster days*

Ginger-bread.—One cup each sugar and molasses, one-half cup butter, two eggs, one tablespoon each saleratus and ginger, one teaspoon allspice, one cup boiling water, four cups flour.

Alum Ginger-bread.—Pint molasses, cup melted lard, tablespoon each ginger and salt, cup boiling water; in half the water dissolve tablespoon pulverized alum, and in the other half a heaping tablespoon soda; stir in just flour enough to knead; roll about half an inch thick, cut in oblong cards, and bake in a tolerably quick oven.

Fairy Ginger-bread.—Cream one cup butter with two of sugar, add tablespoon ginger, three-fourths teaspoon soda in cup milk, and four cups flour; butter baking pans, spread cake mixture thin as a wafer on them, and bake in moderate oven till brown. The moment it comes from the oven cut into squares with case-knife and slip from pan. Delicious. Keep in tin box.

Loaf Ginger-bread.—Heat together for ten minutes one cup each butter, molasses, and sugar with a tablespoon each ginger and cinnamon, then add a half cup cold water, tablespoon soda dissolved in boiling water, and flour to stir very hard. Bake in loaves; brush them over with syrup while hot, and eat fresh.

Gingerbread Loaf.

Soft Ginger-bread.—One and a half cups Orleans molasses, half cup each brown sugar, butter and sweet milk, teaspoon each soda

and allspice, half teaspoon ginger; mix all together thoroughly, add three cups sifted flour and bake in shallow pans. Excellent.

Spiced Ginger-bread.—One cup each sugar, butter, and molasses, three eggs, three cups flour, one teaspoon soda dissolved in a cup sour cream, half a nutmeg, teaspoon cloves, tablespoon ginger. Extra good.

Sponge Ginger-bread.—One cup each sour milk and Orleans molasses, a half cup butter, two eggs, teaspoon soda, tablespoon ginger, flour to make as thick as pound cake; put butter, molasses and ginger together, make them quite warm, add the milk, flour, eggs, and soda, and bake as soon as possible.

White Ginger-bread.—Rub a half pound each butter and flour together, add half pound finely powdered and sifted loaf sugar, the finely minced rind of one lemon, an ounce ground ginger, and a grated nutmeg; mix well together, and work into a smooth paste with one gill milk just warm, in which a half teaspoon carbonate of soda has been dissolved; make into cakes and bake in moderate oven fifteen or twenty minutes.

Ginger Cakes. — One quart Orleans molasses, pint lard or butter, pint buttermilk, two tablespoons each soda and ginger, three quarts sifted flour, making a stiff batter; pour the molasses and milk boiling hot into a large tin bread-pan in which have been placed the ginger and soda (the pan must be large enough to prevent running over); stir in the flour, after which stir in the lard or butter; when cold, (better let stand overnight) mold with flour and cut in cakes, either with biscuit or cookie cutter. Care must be taken to follow these directions implicitly or the cakes will not be good; remember to *add the lard or butter last*, and buttermilk, not sour milk, must be used; boil the molasses in a skillet, and after pouring it into the pan, put the buttermilk in the same skillet, boil and pour it over the molasses, ginger and soda. This excellent recipe was kept as a secret for a long time by a professional baker.

Ginger Cookies.—Two cups molasses, one each lard and sugar, two-thirds cup sour milk, tablespoon ginger, three teaspoons soda stirred in the flour and one in the milk, two eggs.

Ginger Cookies.—One egg, one cup each sugar and molasses, one tablespoon each soda, vinegar and ginger; roll thin and bake quickly.

Best Ginger Drops.—Half cup sugar, cup molosses, half cup butter, one teaspoon each cinnamon, ginger and cloves, two teaspoons soda in a cup boiling water, two and a half cups flour; add two well-beaten eggs the last thing before baking. Baked in gem-tins or as a common ginger-bread, and eaten warm with a sauce, they make a nice dessert.

Tins for Ginger Drops.

Ginger Drop Cakes.— Take three eggs, one cup each lard, baking molasses and brown sugar, one large tablespoon ginger, one tablespoon soda dissolved in a cup of boiling water, five cups unsifted flour; drop tablespoons of this mixture into a slightly greased dripping-pan about three inches apart.

Ginger Snaps.—Boil together one cup each molasses, butter and sugar. Add two teaspoons each soda and cinnamon, one each cloves and ginger, flour enough to roll out smoothly. Roll thin and bake quickly.

Ginger Snaps.—One pound and six ounces flour, four of sugar, eight of butter, six of preserved orange peel, half pint molasses, one teaspoon soda dissolved in two tablespoons boiling water, one teaspoon cloves, two of ginger; soften the butter and mix it with the sugar and molasses, add the spices, orange peel and soda, beat well and stir in the flour, flour the board and roll the paste as thin as possible, cut in circles and bake in a very quick oven. This quantity makes one hundred and twenty-nine snaps, about three inches across.

Hotel Ginger Snaps.—One gallon molasses, two pounds brown sugar, one quart melted butter, half cup each ground cloves, mace, cinnamon and ginger, one cup soda.

Plain Ginger Snaps.—Two cups molasses, one of lard, tablespoon each soda and ginger, and flour to roll, being careful not to make it *too stiff*. Tablespoon grated orange peel is a nice addition. Cut with small cutter. Some add teaspoon black pepper.

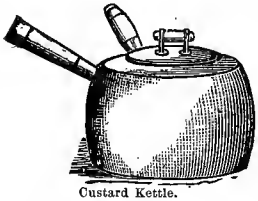
Ginger Tea-cakes.—Mix two cups each powdered sugar and warmed butter, add three well-beaten yolks, a cup molasses, four heaping cups flour, tablespoon each ginger and soda. Bake in patty pans in a moderate oven.

CREAMS AND CUSTARDS.

For creams and custards eggs should never be beaten in tin, but always in stone or earthen ware, as there is some chemical influence about tin which prevents their attaining that creamy lightness so desirable. Beat quickly and sharply right through the eggs, beating whites and yolks separately. When gelatine is used for creams it is better to soak it for an hour or two in a little cold water or milk, set in a warm place; (it is convenient to place in a bowl set in the top of the boiling tea-kettle to dissolve); when dissolved, pour into the hot custard just after removing from the stove. For custards the common rule is four eggs, one cup sugar, one salt-spoon salt to each quart milk. Custards, like cakes, are nicer if yolks and whites are beaten separately and whites added last. Bake in baking dish, or cup set in pan of hot water until firm in center, taking care that heat is moderate or the custard will turn in part to whey. The delicacy of the custard depends on its being baked *slowly*. It is much nicer to strain the yolks, after they are beaten, through a small wire strainer. For boiled custards or floats the yolks alone may be used, which makes the custard much finer, or for economy's sake the entire eggs. For a more elegant custard whip whites of eggs and place over the top when hot. Always place milk to boil in a custard kettle (made of iron with another iron kettle inside, the latter lined

Wire Strainer.

with tin), or in a pan or pail set in a kettle of *boiling* water; when the milk reaches the boiling point, which is shown by a slight foam rising on top, add the sugar which cools it so that the eggs will not curdle when added; or, another convenient way is to mix the beaten and strained yolks with the sugar in a bowl, then add gradually several spoons of the boiling milk, until the eggs and sugar are heated through, when they may be slowly stirred into the boiling milk. Let remain a few moments, stirring constantly until it thickens a little, but not long enough to curdle, then either set the pail immediately in cold water or turn into a cold dish, as it curdles if allowed to remain in a hot basin; add flavoring extracts after removing from the stove. Peach leaves, vanilla beans, or laurel leaves give a fine flavor, but must be boiled in the milk and taken out before other ingredients are added. The only spices used in flavoring custards are nutmeg and cinnamon. Lemon is liked by many but the white part of lemon rind is exceedingly bitter, and the outer peel only should be used for grating. A better way is to rub the rind off with hard lumps of sugar. The sugar thus saturated with the oil of the lemon is called "zest," and is used, pounded fine, for creams, etc. Boiled custards are very difficult to make, and must have closest attention until finished. Custards may be prepared as above, mixing the milk, eggs and sugar, and then placing in pan to steam instead of boiling.


Custard Kettle.

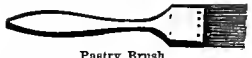
Grater.

In making *Charlotte-russe* it is not necessary to add gelatine. The filling may be made of well-whipped cream, flavored and sweetened, using a "whip-churn" or the "Dover Egg-beater" to do the whipping. When other ingredients are to be combined with the whipped cream for filling, leave the cream on ice until all are ready, then turn cream into the mixture, whip through gently, let stand a few minutes and whip again, keeping it on ice till it seems to be thickening, when it should be turned into a plain mold previously lined with cake, which should also be kept on ice until ready to serve. Any deep pan will do, which should not be wet or greased but lined with clean manilla paper. If sponge cake is used cut in sheets to fit bottom and sides

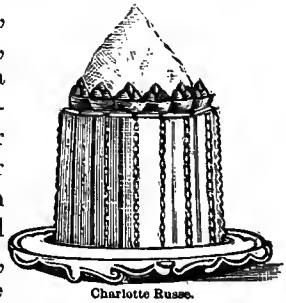
Mold.

smoothly. When lady-fingers are used the ingenuity of the cook may be brought into play in their arrangement, placing them diagonally around the sides, forming a star or rosette in the bottom, cutting into desired shapes to carry out any design.

A large charlotte-russe could easily be given the form of a fort by molding in deep conical shaped pan, leaving holes at intervals in the sides of the cake lining, and after turning out inserting therein lady-fingers to represent cannon, ornamenting top with darts or arrows of isinglass with bits of jelly on the points. A full slice of pine-apple divided into eighths and the rind turned in the center, leaving the points to turn out in the form of a star, filling the center with whipped cream, makes a handsome finish for the top of charlotte-russe or a pine-apple cake. Icing the sides is also an improvement; in short, ornament in any manner as fancy may dictate, with candied fruits, nuts, etc., which may be made to adhere to the cake by first dipping in syrup (sugar boiled to crackling). To make the cake lining retain its place firmly, brush edges wherever cake or lady-fingers join with a very little of this hot syrup or with the white of an egg, or a little gum arabic dissolved in water, putting on so little that none adheres to the mold. The whole interior is sometimes brushed over with white of egg to make the cake firmer. If any sheet of cake is left, put upside down on board and spread over it a wet towel and it will keep perfectly. If eggs are used in the cream whip them first. If preferred, the charlotte-russe may be made into small molds, one for each person. Great care must be used in turning out, or the cream may burst the cake. Holding the mold in the left hand, place the plate or dish on which it is to be served over it with the right hand, and slowly and gently invert it. If desired, a piece of the cake may be shaped for a cover to the mold, which when served becomes the foundation. A much simpler and very nice way of preparing a case for charlotte-russe, is to bake a sponge cake in a fancy mold and when cold turn out and with a sharp knife carefully cut off the top, laying it to one side for the cover; replace cake in mold and remove the inside carefully, leaving



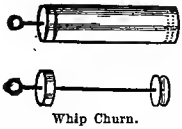
Pastry Brush.



Charlotte Russe.

the cake at least an inch thick and as smooth as possible; then fill with the prepared cream, put on the cover and serve inverted, as above on plate; or simply scoop out the inside and after filling and turning from the mold turn it on another plate, leaving the cake right side up, and heap whipped cream upon the open top as illustrated.

Cream intended for whipping should first be chilled on ice, and may be sweetened or flavored to taste either before or after whipping. Have a deep tin pan half filled with snow or pounded ice, and into this set another pan that will hold two or three times the quantity of cream before it is whipped; place the cream in a bowl, set on ice, and with a whip churn (or an egg beater if you have not a churn) whip to a froth, and when the bowl is full let stand a moment until the air bubbles break, then skim the froth into the pan standing on the ice, and repeat this until the cream is all froth; then with the spoon draw the froth to one side, and it will be found that some of the cream has gone back to milk; turn this into the bowl again and whip as before; or use a sieve as the receptacle for the whipped cream, placing it over a bowl to catch the drippings, which are rewhipped. The whip churn shown in the cut can be procured of almost any dealer or may be ordered from the tinner. It is operated by placing the handle inside the tube and inserting the perforated end of the tube (slightly tipped) into the bowl of cream. By drawing up the handle and forcing it down again the cream is forced in and out of the holes in the tube and soon becomes a light froth, which is taken off as directed above. In cold weather it is not considered necessary by some to thus skim the froth, simply whipping rapidly until the whole stiffens Be careful not to whip too long or particles of butter will form. When cream is difficult to whip, add to and whip with it the white of an egg. After the cream is whipped, work the froth with an egg whisk which makes it finer grained. If perfectly sweet use double cream for whipping. If too thick a little milk may be added.



Whip Churn.

Single cream is cream that has stood on the milk twelve hours, and is best for tea or coffee; double cream has stood twenty-four hours, and cream for butter often stands forty-eight hours. In putting together ingredients for custards always rinse out the bowl in

which yolks were beaten with a part of the milk used, so that none of the yolks will be wasted. When creams or custards through lack of proper attention have been cooked too long and become curdled, beating thoroughly with an egg beater will remove the unpleasant effect. The measurement of cream in the following recipes is given before it is whipped. The Bavarian cream recipes will make three or four times the quantity of unwhipped cream called for, and are therefore comparatively inexpensive for so elegant a dessert. Molds should always be wet in cold water for creams, russes, blanc-manges, etc., that are placed in them to stand until cold. If they do not turn out easily, dip for an instant into warm water. Before turning into molds some prefer to strain all blanc-manges, and cool six hours before serving, or are even better made the day before wanted. Should custards cook up lumpy they should be strained, and many strain them before cooking, after putting all ingredients together.

Custard Strainer.

Gelatine is usually put up in two-ounce packages, so that where recipes call for half package, one ounce should be used. In choosing gelatine or isinglass select that which is whitest, has no unpleasant odor, and which dissolves most readily in water. To test its purity drop a few threads of the substance into boiling water, some into cold water, and some into vinegar. In the first it will dissolve, in the second become white and cloudy, and in vinegar it will swell and become jelly-like. But if adulterated it will not so completely dissolve in hot water, in cold water it will become jelly-like, and in vinegar will harden. In preparing small fruits with seeds for creams, etc., mash through a *fine* woven-wire sieve, called a puree sieve—the ordinary flour sieve being too coarse. A very useful kitchen utensil is the little steamer designed to set over top of teakettle, in which creams and custards that need to be cooked over hot water may be very easily prepared, saving space of one utensil.

Puree Sieve.

Teakettle Steamer.

Macaroon Basket.—A pretty and unique way of serving maca-

roons with cream is as follows: Dissolve a tablespoon gum arabic in half cup *boiling* water thoroughly; then stir in one large cup white sugar. Boil gently until very thick. Set it while using in a pan of boiling water to keep hot. Take a round tin pail, butter thickly on bottom and sides, dip the edges only of each macaroon in the hot candy and lay them in close rows on the bottom until it is covered. Let them get perfectly dry, and be sure they adhere firmly to one another before beginning the lower row of the sides. Build up the wall one row at a time, letting each harden before adding another. When the basket is done and firm, lift carefully from the mold, make a loop-handle at each end with four or five macaroons stuck together, set on a flat dish and heap with whipped cream. Sprinkle comfits over cream or ornament with bits of red jelly. Lady-fingers, brushing edges with white of egg, may be thus utilized. Another pretty dish is made by slicing oranges nicely, and placing on skewers dip them into the hot candy, and line bottom and sides of pail or mold (which must first be buttered) in same way. Leave until hard and cemented together, fill with whipped cream and you have an *Orange Basket.*

Macaroon Basket.

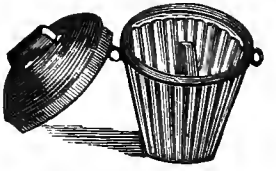
Orange Baskets.—Remove the fruit from the interior of oranges carefully by making a small incision on one side of the fruit, then cut the skin into the shape of a basket, leaving about half an inch of the stalk ends for handles. Fill the baskets with any cream, ices, ice cream, whipped cream, jellies, etc., and they make a very pretty ornament for the table. The juice and pulp removed can be made into jelly or custard, or sent to table sweetened with sugar.

Blanc-Mange.—Dissolve three heaping tablespoons each corn starch and sugar in one pint milk; add to this three eggs well beaten, and pour the mixture into one pint boiling milk, stirring constantly until it boils again; after taking from the stove flavor to taste and pour into cups or small moulds; when cool take out and place on dish as illustrated, or with a mold of jelly in center. Serve a spoon of jelly and a sauce of sweetened cream with each mold. or omit jelly entirely and serve with sweetened cream or whipped cream; or, put one quart milk (reserving three tablespoons with which mix three heaping tablespoons corn-starch) with a pinch salt and five tablespoons sugar. When milk is hot, pour in the mixed corn-starch, and stir until it is a thick batter; pour this on the well-beaten whites of four eggs, add two teaspoons vanilla, pour into mold wet in cold water, and set on ice; when cold turn from the mold and

serve in a custard made as follows: Put one pint milk in a basin over boiling water, mix in a tea-cup two even teaspoons corn-starch in two of cold milk, beat in the four yolks of eggs, and two and a half tablespoons sugar. When the milk is hot pour part of it into the cup and stir well, pour it back into the basin and stir until as thick as desired; put on ice until chilled thoroughly. Blanc-mange may be colored brown with chocolate, green with spinach juice, or pink with the juice of strawberry, currant or cranberry, or a handsome yellow with saffron or the grated peel of an orange or lemon, moistened with the juice and strained through a cloth. An easy and ornamental dish can then be made by putting into the bottom of the mold a layer of the white blanc-mange, smoothing it nicely, then a layer of the colored, and finish with the white, or vice versa. Very pretty half-pint molds may be made as follows:

Tilt mold in a pan of snow or pounded ice, color one-fourth the blanc-mange pink, another fourth green; wet the molds and pour into them a little of the colored blanc-mange, putting only one color into each mold, and filling it so that when tilted the blanc-mange reaches nearly to the top and covers about two-thirds of the bottom; when cold set mold level and fill with the white blanc-mange, which has meantime been kept in so warm a place as not to harden. If the molds are made to imitate roses or fruit, the fruit may be green, and roses pink; if corn, yellow; and various ways of combining colors and forms will suggest themselves to the ingenious housewife.

Chocolate Blanc-Mange.—Half box gelatine, soaked till dissolved in as much cold water as will cover it, four ounces sweet chocolate grated, one quart sweet milk, one cup sugar; boil milk, sugar and chocolate five minutes, add gelatine and boil five minutes more, stirring constantly; or to the grated chocolate add half the sugar, place in sauce pan with two tablespoons boiling water, stir over a hot fire a minute or two, add to milk in custard kettle with the rest of sugar, strain, flavor with vanilla, put in molds to cool, and eat with cream. If wanted for tea, make in the morning; if for dinner, the night before. For a plain blanc-mange omit the chocolate. To serve very handsomely with cream set to form in a mold with cylinder in center (any pudding or cake mold will do). One may be improvised by stitching together a roll of stiff paper just the height of mold, butter it well and hold in center of mold while filling, putting a light weight on it to keep in place; or, better still, use a bottle filled with shot or damp salt. When blanc-mange is turned out slip



Pudding Mold.

out this cylinder, fill the cavity with whipped cream, raising it to pyramidal form, and heap same about the base; or, form in melon mold and serve with whipped cream around it.

Farina Blanc-Mange.— Set a quart new milk over boiling water, reserving a few spoonfuls in which mix three ounces farina; when the milk films add one-third cup sugar, the farina and a quarter teaspoon salt, and stir until cooked to thick batter; pour into wet mold, let stand three hours, and eat with sugar and cream, or any custard or sauce preferred.

Raspberry Blanc-Mange.—Stew nice fresh raspberries, strain off the juice and sweeten to taste; place over the fire and when it boils stir in corn starch wet in cold water, allowing two tablespoons corn starch for each pint juice; continue stirring until sufficiently cooked, pour into molds wet in cold water and set away to cool; eat with cream and sugar; other fruit can be used instead of raspberries.

Rice Blanc-Mange.— Five ounces rice flour and one quart milk; mix flour with a little cold milk and stir till smooth, then add and stir in six ounces fine sugar, a teaspoon grated yellow rind of a lemon, or two teaspoons pure vanilla extract, or a *drop or two* essence of almonds; then add the rest of the milk, stir all well together, place on the fire and boil and stir constantly until it thickens, then immediately pour into mold; let it remain till perfectly stiff and cold; eat with sugar and cream or any sauce preferred.

Sago Blanc-Mange.—Boil a half pint pearl sago in one quart milk, or half milk and half water, until perfectly soft; stir in two well-beaten eggs and pour into mold wet with cold water. Serve with the sweetened cream, or it may be eaten warm if preferred with "Fairy Butter."

Vanilla Blanc-Mange.— One ounce gelatine soaked in one quart milk one hour; set over fire, add yolks of three eggs beaten with one cup sugar, beat to boiling, flavor with vanilla and turn into mold. Eat with sweetened cream.

Apple Charlotte.—Soak one-third box gelatine an hour in third cup cold water, pour half cup boiling water over it, stir until thoroughly dissolved and pour upon a scant pint of tart apples steamed and rubbed through a puree sieve, add one cup sugar and juice of one large lemon; place in a basin of pounded ice and beat until it begins to thicken add well-frothed whites of three eggs, pour into two-quart mold that has been lined with sponge cake and set on ice to harden; make a custard of the yolks, one pint milk and three tablespoons sugar, and when the charlotte is turned out on a dish pour this around it.

Strawberry Charlotte.—Dissolve half an ounce gelatine in a pint warm water, strain and when nearly set dip fresh strawberries into it and line bottom and sides of a plain round mould packed in ice; fill with cream made after any cream or russe recipe preferred. Raspberries, blackberries and cherries may be used for same purpose. Serve when cold with whipped cream poured round it, dipping mold in warm water before turning out. A most beautiful and delicious dish.

Charlotte-Russe.—Split two dozen lady-fingers (slices of sponge or other cake may be used), lay them in a mold, put one-third box gelatine into half pint milk, place it where it will be warm enough to dissolve. Whip three pints cream to a froth and keep cool; beat yolks of three eggs and mix with half pound powdered sugar, then beat whites very stiff and add to it, strain the gelatine upon these, stirring quickly; then add the cream, flavor with vanilla or lemon, pour over the cake, let stand upon ice two hours. Serve with whipped cream. Some add a layer of jelly at bottom of mold.

Charlotte-Russe.—One ounce gelatine dissolved in two gills boiling milk, well-frothed whites of four eggs, one and a half cups white powdered sugar, one pint thick cream whipped to froth, and rose-water or vanilla for flavoring; line a large mold with thick slices sponge cake, mix the gelatine, sugar, cream and flavoring together, add lightly the frothed whites, pour into mold, set away on ice till required for use. This is an easy and excellent mode of making this most delicate dessert.

Large Mold.

Charlotte-Russe.—Cut stale sponge cake into slices about half an inch thick and line three molds with them, leaving a space of half an inch between each slice; set molds where they will not be disturbed until filling is ready; whip one and one-half pints cream to stiff froth, stir into it two-thirds cup powdered sugar, one teaspoon vanilla, and half a box gelatine soaked in cold water enough to cover it for one hour, and then dissolved in boiling water enough to dissolve it (about half a cup); stir from the bottom of the pan until it begins to grow stiff, fill the molds and set on ice one hour, or until they are sent to table. When ready to serve loosen lightly at the sides and turn out on a flat dish.

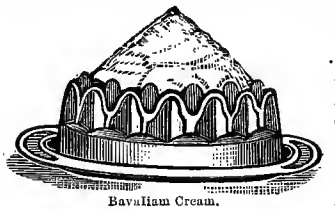
Charlotte-Russe.—Make a sponge cake and bake in a sheet, or better, buy a sheet at bakery, wet bottom of paper with cold water and take off carefully, or if cake has accidentally been baked too hard, let stand after dampening for fifteen minutes before taking off paper. Line an unbuttered mold by trimming off edges of cake and just cutting a piece to fit the bottom, then the sides, putting light colored side of cake next to mold and fill with the following

Charlotte-Russe.

prepared whipped cream: One pint thick sweet cream, four heaping tablespoons sugar and teaspoon flavoring, third each of lemon, vanilla and almond, or all of one kind; place dish in a pan of ice and whip with egg beater or whip churn. After filling mold place in bed of ice till wanted, turn out on platter and serve.

Almond Bavarian Cream.—Whip one and one-half pints cream until only a half pint is left unwhipped, which put into a double boiler with a pint blanched sweet almonds pounded to paste, and add three eggs and a small cup sugar, first thoroughly beaten together; cook until it begins to thicken, then stir in one ounce gelatine soaked two hours in half cup milk; remove from fire, strain and add one-fourth teaspoon essence of almond; beat until it thickens and stir in the whipped cream, pour into molds, set away until cold, and serve with whipped cream. Use one pint pistachio nuts instead of almonds, omitting essence of almond, and you have *Pistachio Bavarian Cream.*

Chocolate Bavarian Cream.—Scrape one ounce Baker's chocolate, add two tablespoons sugar, put over a hot fire with one tablespoon hot water and stir until smooth and glossy. Have a half cup milk boiling, stir the chocolate into it and add one ounce gelatine soaked two hours in a half cup milk. Strain into tin basin, add two tablespoons sugar, place in ice water and stir until it begins to thicken; add a pint cream whipped to a stiff froth, mixing well, and turn into mold to harden. Serve with whipped cream. The crown molds are best for Bavarian cream, as the opening in the center may be filled with the whipped cream served with it.


Bavarian Cream.

Orange Bavarian Cream.—Whip one and one-half pints cream, and skim off until less than a half pint remains unwhipped: put this in a double boiler, add beaten yolks six eggs, stir until it begins to thicken, and add one ounce gelatine that has been soaked two hours in a half cup cold water, also grated rind of two oranges. When gelatine is dissolved take off and set in pan of powdered ice; stir till it begins to cool and add juice five oranges strained over one large cup sugar. Beat until it thickens like custard, add whipped cream, stiruntil thoroughly mixed, and pour into molds. The oranges may be omitted, and flavored with vanilla the above makes a delicious *Vanilla Cream.* Serve when cold heaped around with whipped cream. Make *Lemon Cream* in same manner, using juice four lemons, or, leave out the cream, taking instead a scant pint cold water mixed with the well-beaten yolks five eggs, stirred in with the sugar and juice, adding the whipped whites last instead of the cream, and you will have *Orange* or *Lemon Sponge,* as you prefer.

Pine-apple Bavarian Cream.—Chop one pint canned pine-apple, and simmer over fire with small cup sugar twenty minutes and add one ounce gelatine previously soaked two hours in half cup cold water, strain through a sieve into bright tin basin, rubbing through as much of the pine-apple as possible. Beat until it begins to thicken, then stir in one pint cream, whipped, pour into mold and serve cold, with whipped cream around. Decorate with tuft of pine-apple leaves, or if wanted more elaborate use pine-apple decoration described in charlotte-russe. *Coffee Bavarian Cream* is made the same, with one cup strong, boiling hot coffee instead of the cooked pine-apple; or, take whites four eggs and a cup cold water, leaving out whipped cream, mixing the water with the sugar and fruit before cooking, and adding the frothed whites of eggs instead of cream, and you will have a delicious *Pine-apple Sponge.*

Pine-apple Cream.

Strawberry Bavarian Cream.—Soak one ounce gelatine two hours in half cup cold water, mash one quart strawberries with large cup sugar and let stand one hour; whip one pint cream to froth, strain mashed berries through cloth into bright tin basin, pour half cup boiling water over the soaked gelatine, and when dissolved strain it into the strawberry juice. Set basin in pan of pounded ice and beat the mixture until it begins to thicken; when like soft custard stir in and mix thoroughly the whipped cream, turn into a two-quart mold, or two or more smaller ones, and set away to cool and harden. Serve cold with whipped cream. *Raspberry* and *Blackberry Bavarian Creams* are made in exactly same manner, as are also *Peach*, *Apricot*, and *Pear Creams*, first putting these fruits (which may be either canned, partially cooked, or fresh) through a puree sieve, and then cooking gently with the sugar twenty minutes, stirring often; leave out the hot water and stir the soaked gelatine into the hot fruit, which must cool before beating and adding whipped cream. Pieces of fresh fruit may be served around it. Or, for *Sponges* with any of the above fruits use a cup water and whites of four eggs instead of pint cream, boiling half the sugar and water together twenty minutes, then adding the gelatine, then the berries or fruit prepared as above, and stirring in the whipped whites of eggs when the mixture is partially cold and begins to thicken. Mold and serve same as creams.

Peach Cream.

Italian Cream.—Soak one-third box gelatine half an hour in cold milk, put a quart milk in custard kettle and when boiling stir in well-beaten yolks of eight eggs, add one and a half cups sugar and the gelatine; when the custard begins to thicken take it off and pour into a deep dish in which the eight whites have been beaten to a stiff froth; beat thoroughly together and flavor to taste; put in

molds, and allow four hours to cool. This cream is much more easily made in winter than in summer.

Chocolate Cream.—Scald one quart milk and stir into it half package gelatine, previously dissolved in one cup milk, and add cup powdered sugar. Heat up once and when gelatine is quite dissolved strain. Wet four tablespoons chocolate with cold water and add to the mixture, which must again be heated smoking hot, then add gradually beaten yolks two eggs, and boil for five minutes, not longer, as the eggs may curdle. Turn into a large shallow dish or pan to cool, and when it begins to coagulate whip in gradually and thoroughly beaten whites two eggs. Lastly add pint cream, whipped, pour into wet mold, let stand until perfectly cold and serve with sweetened cream. By taking half the chocolate and coloring only half the cream, using a buttered pasteboard to separate the two in the mold, the effect is quite pleasing.

Chocolate Cream.

Raspberry Cream.—One quart good cream, one pint fresh raspberries; mash and rub fruit through a fine sieve or strainer to extract the seeds, bring the cream to a boil (having reserved one pint for froth), and add it to the berries while it remains hot, sweeten with powdered sugar to taste, let it become cold. Now raise cream, which has been reserved, to a froth with a beater, take off the froth and lay it on a sieve to drain; fill dish, or glasses as in almond custard, with the cream and place froth on top. Very nice. Any kind of berries, jam or jelly is good, and *can* be used without straining.

Rock Cream.—Boil one cup rice in a custard-kettle in sweet milk until soft, add two tablespoons loaf sugar, a salt-spoon salt; pour into a dish and place on it lumps of jelly; beat whites of five eggs and three tablespoons pulverized sugar to stiff froth, flavor to taste, add one tablespoon rich cream, and drop the mixture on the rice, giving it the form of a rough snowy rock; or, flavor the rice with essence almonds, or any other preferred, put into cups and let stand till cold; then turn out in a deep glass dish and pour round them a soft custard made after any good recipe, placing on top of each ball a bit of bright colored jelly. Flavoring must be same in rice and custard.

Ruby Cream.— Soak half pint tapioca over night in half pint water; simmer over slow fire in a pint cold water until clear, the soaked tapioca and a lemon rind cut in pieces; skim out lemon paring and stir in four ounces sugar, half pint currant jelly, juice one lemon, two teaspoons scokeberry syrup; let simmer a few minutes and pour into one large or two small glass dishes, and when perfectly cold (just before serving) cover it with either of these snows: Whipped whites four eggs with three ounces powdered

sugar added gradually, flavored with a little lemon, or one pint cream whipped with two and one-half ounces sugar. Very ornamental, and called also "*Ruby under the snow.*"

Tapioca Cream.—Soak over night two tablespoons tapioca in one-half cup milk (or enough to cover); bring one quart milk to boiling point; beat well together yolks of three eggs, half cup sugar and one teaspoon lemon or vanilla for flavoring; add the tapioca, and stir the whole into the boiling milk, let boil once, turn into the dish, and immediately spread on the whites. Serve when cold.

Tea Cream.—Dissolve one-half package gelatine in one cup milk, add one cup white sugar, and pour over it one large cup strong tea, boiling hot, strain through fine muslin and let cool; whip pint of rich cream and also two eggs; when the gelatine is perfectly cold beat in the whites until it is a firm froth, then whip in the cream; set away in a wet mold for eight or ten hours, and serve cold with sweetened cream. *Coffee Cream* is made in same manner, substituting cup strong black coffee for the tea. Both made at a time, molded in cups or individual molds, and turned out in alternate rows upon a plate, they make a handsome dish, and give guests a choice. The stronger and blacker the coffee the greater the contrast.

Turret Cream.—One pint sweet, rich cream, one quart milk, one package Cox's gelatine, one heaping cup white sugar, three eggs beaten light, whites and yolks separately, one-half pound crystallized fruit—cherries and peaches, or apricots—vanilla flavoring, juice one lemon. Soak gelatine four hours in one cup milk, scald remainder of milk and add the sugar, and when this is dissolved the soaked gelatine; stir over the fire until almost boiling, and divide into two parts; return one part to the fire, and when near boiling stir in the beaten yolks, cook two minutes, and turn into a bowl to cool. When it cools whip the cream very stiff and beat whites of eggs until they stand alone; divide the latter into two heaps. As the yellow gelatine begins to "form" whip one-half the whites into it, a little at a time; to the white gelatine add rest of whites in same manner alternately with whipped cream; season yellow with vanilla and white with lemon juice beaten in last. Wet a tall fluted mold with water and place around bottom on inside a row crystalized cherries, then a layer white mixture, then a layer apricots or peaches, sliced, layer yellow mixture, another border of cherries, and so on until all materials are used. When firm, which will be in a few hours (in summer set on ice), wrap a cloth wrung out of hot water on the mold, and invert upon a flat dish; serve with sweet cream. A very beautiful, ornamental and delicious dessert, and sure to be a success if above directions are followed. Bitter almond may be used instead of lemon if preferred. Made in the fluted mold with stem, filling in whipped cream in center, makes a still more elaborate dish.

Whipped Cream.—Prepared according to directions in preface whipped cream, sweetened and flavored is a choice dessert alone, but may be served in various ways. Baked apples, and fresh or preserved berries are delicious with it. Jelly served in glasses one-third full and filled up with cream makes a very wholesome and delicious dessert.

Whipped Cream.—One and one-half pints good rich cream sweetened and flavored to taste, three teapoons vanilla; whip to stiff froth. Dissolve three-fourths ounce best gelatine in a small cup hot water, and when cool pour into the cream; stir thoroughly, pour in molds and set on ice, or in very cool place.

Almond Custard.—Heat a quart milk (half cream is better) to boiling and add the beaten yolks of six eggs, whites of four and a half pounds almonds blanched and pounded to paste with four tablespoons rose water. Put over boiling water and stir constantly until it thickens. Then remove from fire and when nearly cold stir up thoroughly and pour into cups or glasses; make a meringue with the whites of four eggs and a half cup powdered sugar, flavored with one teaspoon extract bitter almond, and heap on each cup.

Custard in Glasses.

Apple Custard.—One pint mashed stewed apples, one pint sweet milk, four eggs, one cup sugar, and a little nutmeg, or juice and grated rind of one lemon is a nice flavoring; bake slowly in custard cups or deep dish, and serve either hot or cold.

Boiled Custard.—One quart milk, two tablespoons corn-starch, two eggs, one-fourth teaspoon salt, butter size of hickory-nut; wet starch in a little of the milk, heat the remainder to near boiling in a tin pail set in boiling water. The proper heat will be indicated by a froth or film rising to the top; add the starch till it thickens, stirring constantly, then add the eggs well-beaten with four tablespoons sugar, let it cook, stirring briskly, take off and beat well. Flavor to taste, and served with grated cocoa-nut it is elegant.

Caramel Custard.—To make a baked custard, separate the whites and yolks of five eggs (or four), beat yolks well with a quarter pound (half tea-cup) sugar, add the well-beaten whites, and mix well with a quart milk. Flavor and then pour into buttered mold or cups. Set immediately into a pan boiling hot water, in moderately hot oven. About half an hour will be required to set it firmly. When nicely browned and puffed up, touch the middle with a knife blade; if it cuts as smooth as around the sides it is done; take care not to overdo. This makes a plain custard. To make *Caramel Custard*, let stand until perfectly cool, turn out gently on a plate and dust thickly with sugar, place in upper part of hot oven; the sugar soon melts and browns. Or, put half cup sugar in saucepan

over the fire, stir constantly until dissolved, pour into unbuttered pudding dish, tipping the dish so it will run round the sides, fill with custard and bake; or some butter the mold carefully, sprinkle sugar over bottom and set on stove to brown, pour in custard and bake; when turned out the caramel will be on top. Use less sugar for the custard when carameled if not liked very sweet. Grated almonds or coacoa-nut may be added. A thinner custard may be made with less eggs, but it cannot be carameled unless baked in individual cups. Less eggs may also be used by substituting a portion of corn starch, boiled rice, gelatine or something else to give firmness, but the quality of custard will be impaired. Baking too rapidly or too long injures custard, hence do not scald milk and eggs before setting in oven, as many recommend. By baking in boiling water the temperature is regular, and scorching prevented.

Boiled Caramel Custard.—One quart milk, half cup sugar, six eggs, half teaspoon salt. Put the milk on to boil, reserving a cupful. Beat the eggs, and add the cold milk to them. Stir the sugar in a small frying-pan until it becomes liquid and just begins to smoke. Stir it into the boiling milk, then add the beaten eggs and cold milk, and stir constantly until the mixture begins to thicken. Set away to cool. Serve in glasses.

Chocolate Custard.—Break two sections chocolate in a half dozen pieces, put in a pan over boiling water with milk enough to barely cover; mash and stir perfectly smooth, then add the rest of the milk (one quart in all, reserving three tablespoons in which to dissolve corn-starch) one cup sugar, yolks of six eggs, heaping tablespoon corn-starch; beat yolks, add sugar and corn-starch (dissolved in milk), stir all slowly in the boiling milk in which the chocolate is dissolved, add pinch salt and let cook a few minutes, stirring constantly. Serve cold in glasses with a meringue of whites of eggs on top, or only half fill glasses with custard and finish with whipped cream as in almond cake. Or pour this custard in a deep glass dish lined with pulped apples, sift powdered sugar over top and glaze with salamander iron.

Coffee Custard.—Boil together a pint each fresh strong coffee and cream and turn the mixture over eight eggs beaten up with one and one-half cups sugar, stirring rapidly, then set into boiling hot water and cook, stirring constantly until it thickens; pour into custard cups and serve cold with whipped cream or frothed whites of eggs on top.

Corn Meal Custard.—To the well beaten yolks of three eggs add a quart milk and tablespoon each butter and sugar; then add gradually scant three-quarters tea-cup fine corn meal, well whipped whites and flavor with nutmeg; pour in cups, boil or steam fifteen minutes and brown delicately in oven; or reserve whites of two eggs,

add to them two tablespoons sugar, cover tops and brown as above and serve hot or cold.

Cup Custards.—One scant quart milk, four well-beaten eggs, one cup sugar, flavor to taste; stir thoroughly together until sugar is dissolved; pour into cups and set in pan boiling hot water in oven to bake. They will be done in about thirty minutes. Serve cold in the cups.

Custard in Cups.

Fruit Custards.—Stew any kind of fruit almost to a jelly, strain off the juice, cool, and sweeten to taste. To one quart sweetened juice add eight well-beaten eggs stirred into three pints new milk. Set in boiling water until it thickens, or bake twenty to thirty minutes. Serve in cups or a deep dish as preferred either hot or cold. Whipped whites of eggs over the top improves its appearance.

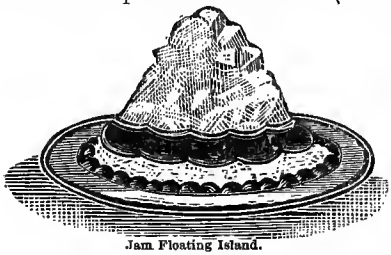
Gelatine Custard.—To one-third package Cox's gelatine add a little less than one pint boiling water: stir until gelatine is dissolved, add juice one lemon, and one and a half cups sugar; strain through a jelly-strainer into dish for the table, and set in a cool place. For custard, to one and a half pints milk add yolks of four eggs (reserving the whites), and four tablespoons sugar; cook and flavor when cool. When required for the table cut gelatine into small squares and pour the custard over them. Add four tablespoons powdered sugar to whites of four eggs well beaten, and when ready for the table place over the custard with a spoon.

Lemon Custard.—Put the thin yellow rind of two lemons, with juice of three, and sugar to taste, into one pint warm water. As lemons vary in size and juiciness the exact quantity of sugar can not be given. Ordinary lemons require three gills. It will be safe to begin with this quantity and more may be added if required. Beat the whites to stiff froth, then the yolks, then beat both together, pour in gradually while beating the other ingredients; put all in a pail, set in a pot boiling water, and stir until thick as boiled custard. Strain in a deep dish; when cool place on ice. Serve in glasses.

Snow-ball Custard –Half package Cox's gelatine, three eggs, two cups sugar, juice one lemon; soak gelatine one hour in cup cold water, add one pint boiling water, stir until thoroughly dissolved; add two-thirds of the sugar and the lemon juice; beat whites of eggs to stiff froth, and when the gelatine is quite cold whip it into the whites a spoonful at a time, beating from half an hour to an hour Whip steadily and evenly, and when all is stiff pour in a mold or in a dozen egg-glasses previously wet with cold water and set in a cold place. In four or five hours place in a glass dish. Make a custard of one and one-half pints milk, yolks of eggs and remainder of the sugar, flavor with vanilla and when the snow-balls are turned out of the mold pour this around the base.

Cocoa-nut Island.—Line with cake bottom and sides of dish in which dessert is to be served; dissolve in custard kettle one pint sugar in half pint water, add one tablespoon corn-starch previously mixed smooth with a little water and well-beaten yolks of four eggs; cook till it thickens, add juice of two lemons, heaping tablespoon butter and cook a few minutes then pour into dish; grate one cocoa-nut, sweeten a little and put over the custard; place a meringue of the well-beaten whites, half cup sugar and a few drops lemon juice in flakes over the top, brown delicately in oven and serve either hot or cold. A nice way is to make in souffle dish, or baking dish that will fit and serve in silver receptacle, or use a fancy dish and brown top with salamander iron as directed in souffles.

Floating Island.—Make custard of yolks of six eggs, one quart milk, small pinch salt, sugar to taste; beat and strain yolks before adding to milk; place custard in a large tin pan and set in stove, stirring *constantly* until it boils, then remove, flavor with lemon or rose, and pour into a dish (a shallow, wide one is best), spread smoothly over the boiling hot custard the well-beaten whites, grating some loaf sugar (some add grated cocoa-nut) on top; set the dish in a pan of ice-water and serve cold; or turn into glasses and serve with whipped cream or frothed whites of egg on top, finishing with lump of jelly in center. Some prepare the whites by placing a tablespoon at a time on boiling water or milk, lifting them out carefully, when cooked, with a skimmer and laying them gently on the float. Do not crowd them while cooking. This is the "old reliable recipe." Another way of serving is to pour the above custard over slices of small round sponge cakes, spread with fruit jelly and placed in ice cream saucers, piling a spoonful whipped cream on top of each; or cut sponge cake in slices and lay them on a round dish on the top of the custard. On this put a layer of apricots or currant jam, and some more slices of cake. Pile upon this very high a whip made of damson or other jam and the whites of four eggs. It should be rough to imitate a rock. Garnish with fruits or sweetmeats. Still another beautiful and delicious island is made by whipping whites four eggs very stiff and beating with one tumbler jelly, adding one pint powdered sugar gradually, then beating the whole until perfectly stiff. Chill on ice and serve by half filling a glass dish with milk and cover it with the island in spoonfuls standing in peaks. To be eaten with sweetened cream.


Jam Floating Island.

Moonshine.—This dessert combines a pretty appearance with palatable flavor, and is a convenient substitute for ice cream. Beat

whites of six eggs to very stiff froth, add gradually six tablespoons powdered sugar (to make it thicker use more sugar up to a pint), beating not less than thirty minutes, then beat in about one heaping tablespoon preserved peaches cut in tiny bits (or some use one cup jelly), and set on ice until thoroughly chilled. In serving, pour in each saucer some rich cream sweetened and flavored with vanilla, and on the cream place a liberal portion of the moonshine. This quantity is enough for seven or eight persons.

Hidden Mountain.—Six eggs, a few slices citron, sugar to taste, three-quarters pint cream, a layer of any kind of jam; beat whites and yolks of eggs separately, then mix and beat again, adding citron, cream and sugar; when well-beaten put in a buttered pan and fry; cover with the jam and garnish with slices of citron; to be eaten cold.

Orange Float.—One quart water, the juice and pulp two lemons, one coffee-cup sugar; when boiling add four tablespoons corn-starch, let boil fifteen minutes, stirring all the time; when cold pour it over four or five peeled and sliced oranges, and over the top spread the beaten white of three eggs; sweeten and add a few drops vanilla.

Trifle.—In the bottom of a deep glass bowl place bits of sponge cake, it matters not how stale, cut into squares or strips; a small piece of preserved citron cut into slices; soak these in cream nicely flavored, then fill the bowl to within half an inch of the top with boiled custard, rich and cold; lastly, heap the bowl up high with whipped cream or whites of eggs, and place on it nuts, fruits or jelly, cut in thin slices, so that they will not sink into the cream.

Trifle.

Ambushed Trifle.—Take a round stale sponge cake, cut the top from it in one piece and lay it aside. With sharp knife carefully remove inside of cake leaving sides and bottom about an inch thick and coat well with sweet jelly or jam; crab-apple jelly is very nice. Scald a pint milk, beat three eggs with two tablespoons powdered sugar, and stir into milk when almost boiling; crumb the cake taken out and beat into the hot custard; return to the hot fire and cook, stirring constantly, until thick and smooth, then add one teaspoon corn-starch wet with a little milk, cook a minute longer and take from fire; when nearly cold flavor with vanilla, lemon, or bitter almond, and fill the cake with it. Cover inside of the lid of cake laid aside with jelly, and fit neatly into its place. Brush the whole cake with white of an egg, sift powdered sugar thickly over it, or frost with plain or boiled frosting, and set in a cool, dry place until wanted. A simple, delightful dessert.

Lemon Trifle.—Strain juice two lemons over one large cup sugar and grated rind of one lemon and let stand two hours; then

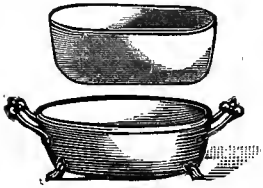
add one cup juice of any fruit preferred, and a little nutmeg. Strain and whip into it gradually a pint sweet cream that has been whipped stiff. Serve in jelly glasses and send around with cake. Should be eaten soon after it is made.

Souffles.

The extreme lightness and delicacy of a well-made souffle render it a general favorite. It may be varied greatly in its composition and is commonly served under the name of the flavoring used. Vanilla is one of the most delicate flavorings for this elegant dish. The secret of making a souffle well is to have the eggs well whipped, particularly the whites, using for them a perfectly dry dish and beater as the slightest moisture will prevent their coming to a froth, and unless the froth of egg be very stiff the omelette souffle will be made heavy by it and so spoiled. Put all ingredients together quickly but gently, stirring, not beating, and if to be baked place in oven *as soon as whites are added* in a buttered souffle dish or pan, filling only half full, as it will rise very light. Do not have the oven too hot nor open oven door for the first quarter of an hour, at least. When the souffle has risen very high, is of a fine yellow color, and quite done in the center, as it will be in from a half to three-quarters of an hour, send immediately to table, for if allowed to stand it will sink in the center and its appearance and goodness be entirely spoiled. To keep hot, and so preserve its lightness, the souffle is often carried to table on a hot shovel, or with a hot salamander iron held over it, and placed in the ornamental dish already on the table, and served in a dinner of ceremony as an entremert, a remove of the second course roast, or for luncheon; quickly hand it round instead of placing on the table. The salamander, or braising iron, is a very convenient utensil for browning the tops of boiled souffles, puddings and the meringues spread over creams, blanc-manges, or puddings to be served cold, or in glass

Salamander.

dishes, doing away with the necessity of placing them in the oven.



Ornamental Souffle Dish.

The souffle pan may be of either earthen ware or tin, and should be about three inches deep, fitting into an ornamental dish for serving, which is usually of silver. This article will be found very convenient, as it may be used for custards, puddings, scalloped oysters, potato cream, or any dish served in the pan in which it is baked. Souffles may, however, be baked in any deep tin or earthen baking pan, which may be sent to table on a plate or platter, surrounded by a neatly folded napkin.

Apple Souffle.—One pint steamed apples, pulped; one tablespoon melted butter, half cup sugar, whites of six eggs and yolks of three, a slight grating of nutmeg, and a little lemon peel. Stir into the hot apple the butter, sugar and nutmeg, and the yolks of the eggs, well-beaten. When this is cold, beat the whites of the eggs to a stiff froth, and stir into the mixture. Butter a three-pint dish, and turn the souffle into it. Bake thirty minutes in a moderate oven. Serve immediately with any kind of sauce.

Cheese Souffle.—Melt a tablespoon butter, stir into it two tablespoons flour, add one gill milk and stir until boiling; throw in one-half teaspoon each salt and white pepper and a grain Cayenne; take from fire and stir in one by one yolks of three eggs and three ounces grated cheese, beating the whole thoroughly, then add well-frothed whites four eggs, stirring so carefully as not to beat down the froth; bake in cups in quick oven ten minutes. Serve in the cups on hot plate the moment the souffle is done, placing them in a napkin folded in basket shape upon the table.

Chestnut Souffle.—Throw one pint fresh chestnuts into boiling water and boil until shells begin to crack open. Take from the water, remove shells and inner skins, pound in a mortar and make perfectly smooth by passing them through a sieve. Pour one pint milk over the chestnut-flour and stirring these together put the mixture into a small saucepan and let it cook over a slow fire ten minutes, melt a tablespoon butter and stir into it two tablespoons flour; turn this into the milk and chestnuts, and the instant the mixture boils take from fire and add two tablespoons powdered sugar, yolks three eggs, and beat all well together; stir in lightly the stiffly frothed whites of four eggs, pour into well-greased souffle pan and bake in moderate oven twenty minutes. Serve as soon as taken from the oven.

Chicken Souffle.—Take the breast of one raw chicken, chop fine, and pound in a mortar, melt a half tablespoon butter and stir into it one tablespoon each flour and sweet cream; when boiling take from fire

and pour over the mixture in the mortar adding one egg; pound well together, season with pepper and salt and pass through a sieve; whip a gill of cream (less the tablespoon used) to a froth and add to the mixture; have ready two truffles, cut into stars, and place one star in the bottom of each buttered cup-tin, fill half full of the souffle mixture, cover with greased paper, put into a pan boiling water and let them simmer slowly fifteen minutes; when done turn out on hot platter, leaving truffles uppermost, and serve at once.

Chocolate Souffle.—Break four eggs, whites and yolks separately; add to the yolks three teaspoons sugar, one teaspoon flour; three ounces chocolate, grated, and stir rapidly five minutes; whip whites of eggs till firm and add them to the other ingredients. Butter the souffle pan, put in the mixture and bake in moderate oven fifteen or twenty minutes; strew sugar over and serve immediately, carrying to table with hot salamander over the top. Another excellent chocolate souffle is made by melting one large tablespoon butter, stirring into it over the fire two tablespoons flour, adding a gill of milk, and when boiling remove from the stove, add nine tablespoons grated chocolate and a heaping tablespoon sugar. and drop in one by one the yolks of four eggs, stirring briskly all the time; whip whites of four eggs and stir in last very lightly; pour the mixture into the souffle pan, set in a pan of hot water reaching half way up its sides, cover and simmer on back of range thirty minutes without uncovering; when done, brown with salamander, set pan into souffle dish or envelop in a napkin; serve at once. Or to the well-beaten yolks of six eggs add half pint butter, cup flour, pint milk and half cup grated chocolate; bake in souffle dish in hot oven; serve at onee.

Chocolate Souffle. (Cold).—Two cups milk, one and a half squares Baker's chocolate, three-fourths cup powdered sugar, two tablespoons corn-starch, three eggs, one-fourth teaspoon salt, half teaspoon vanilla extract. Boil the milk in double boiler, leaving out third of a cup to mix with the corn starch. After mixing, stir into the boiling milk and cook eight minutes. Dissolve the chocolate with half a cup of the sugar and two tablespoons boiling water; add to the other mixture; beat the yolks and add them and the salt. Cook two minutes. Set in cold water and beat until cool, then add flavor and pour into a dish; beat whites of the eggs to a stiff froth, add the remaining sugar and heap on the custard. Dredge with sugar and brown with a salamander or hot shovel.

Cream Souffle.—Four eggs, two tablespoons sugar, a speck of salt, half teaspoon vanilla extract, one cup cream, whipped. Beat whites of eggs to stiff froth, and gradually add sugar and flavoring to them. When well-beaten add yolks, and lastly the whipped cream. Have a dish holding about one quart slightly buttered. Pour the mixture into this and bake *just twelve minutes.* Serve the moment it is taken from the oven.

Jelly Souffle.—Boil one quart milk and add three tablespoons corn-starch wet with a little cold milk; stir one minute and pour into a bowl over beaten yolks of six eggs, whites of two, and one-half cup powdered sugar; whip two or three minutes, put into buttered dish, set in pan of boiling water in oven and bake half an hour, or until firm. Just before taking out cover quickly with jelly or jam and over this put a meringue of the four whites of eggs and a half cup powdered sugar. Close oven doors for a moment till meringue is slightly colored. When cold serve with cream.

Lemon Souffle.—Melt two tablespoons butter and stir into it four tablespoons flour; add one ounce arrowroot, four tablespoons sugar and one pint milk (having previously taken one gill of the milk in which to steep the thin yellow rind of a lemon for flavoring), stir until it boils and when boiling strain into it the milk from the lemon rinds. Set aside and when slightly cool drop in one by one the yolks of four eggs, stir well together and add the frothed whites of five eggs, stirring them in very lightly. Turn quickly into souffle pan, cover and set in boiling water; draw to back of range and let simmer three-quarters of an hour, keeping closely covered. Serve when done as quickly as possible.

Macaroon Souffle.—Soak one-third box gelatine in half cup water two hours, then set over hot water and stir until dissolved, strain and stir it into one pint juice of any kind of fruit preferred. Add a half cup sugar, or sweeten to taste, place the pan on ice and as soon as the mixture begins to thicken whip until it hardens like jelly; set away on ice. Brown ten macaroons in oven, cool them and roll fine. Just before ready to serve make any soft custard liked, omitting the flavoring, turn it into a souffle dish, heap the fruit jelly on this and cover with the macaroon crumbs.

Omelette Souffle.—Cream yolks of three eggs and three tablespoons sugar in a deep bowl and flavor as wished; add well-frothed whites of six eggs, and with a spoon, giving it a rotary motion, cut the two, mixing carefully together; turn on the souffle dish (or any baking dish) slightly buttered, smooth, sprinkle with sugar and bake in moderate oven; when risen well and of fine yellow color, serve; or, for *Fruit Omelette Souffle* add to the well frothed whites of three eggs a tablespoon marmalade or fresh peaches cut in fine pieces, mix with powdered sugar and bake in a rather quick oven; or place a layer of marmalade on bottom of dish and pour the omelette souffle over and bake.

Omelette Souffle—Put one pint milk over the fire, reserving sufficient to wet up three heaping tablespoons potato flour, rice flour, arrowroot, or tapioca, as preferred, stir this into the milk, add piece of butter size of walnut, and sweeten to taste. Stir over the fire until it thickens, then take off and cool a little. Separate the whites

from the yolks of four eggs, beat the yolks, and stir them into the souffle batter. Whisk the whites of eggs to the firmest possible froth, for on this depends the excellence of the dish; stir them to the other ingredients, and add a few drops of essence of any flavoring preferred; pour the batter into a souffle dish, put it immediately into the oven, and bake about half an hour; then take out and put the dish into the more ornamental one, hold a salamander or hot shovel over the souffle, strew it with sifted sugar, and send it instantly to table. Another delicious souffle is made by beating yolks of four eggs, two tablespoons sugar, a speck of salt and tablespoon flavoring together, and adding quickly the well-frothed whites. Have a large omelette pan very hot. Put in one tablespoon butter and pour in half the mixture. Shake rapidly for a minute; then fold and turn on a hot dish. Put the remainder of the butter and mixture in the pan and proceed as before. Turn this omelette on the dish by the side of the other. Dredge lightly with sugar, and place in oven for eight minutes. Serve the moment it comes from oven.

Omelette Pan.

Orange Souffle.—Peel and slice six oranges, put in a glass dish a layer of oranges; then one of sugar, and so on until all the orange is used, and let stand two hours; make a soft boiled custard of yolks of three eggs, pint milk, sugar to taste, with grating of orange peel for flavor, and pour over the oranges when cool enough not to break dish; beat whites of eggs to stiff froth, stir in sugar and put over the top; may be browned with salamander iron or hot shovel. Praised by all.

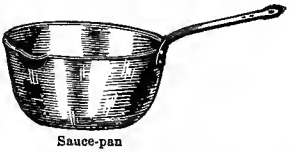
Potato Souffle.—Clean well with a brush and bake four large potatoes, cut off the tops, scoop out the inside, taking care not to break the skins; rub the potato through a sieve and add to it a half gill of boiling milk into which a tablespoon of butter and half teaspoon each salt and white pepper have been stirred; continue stirring until potato becomes hot, take from the fire and drop in the yolks of three eggs, stirring each one thoroughly with the potato mixture before dropping in another; lastly, stir in lightly the frothed whites of five eggs, being careful not to break the froth; fill the potato skins two-thirds full of this mixture, stand upright in a pan, and bake in a quick oven from seven to ten minutes. The souffle will be done when the finger can be pressed upon it and withdrawn without any adhering. Serve on hot platter.

Potato Souffle.

CONFECTIONERY.

There are very few modern kitchens in which some cooking utensils may not be found convenient for making candy. A saucepan of tinned iron, with a handle and flaring sides, and a lip to facilitate the pouring of the contents, will be found best adapted to such use; or a small iron or brass kettle will do if kept quite clean.

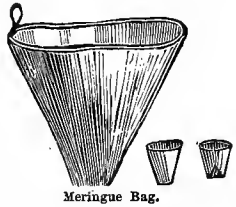
Dissolve four pounds white sugar (granulated sugar is preferred) in one quart water, place this in a porcelain kettle over a slow fire for half an hour, pour into it a small quantity of gelatine and gum-arabic dissolved together, or white of an egg; all the impurities which rise to the surface skim off at once. To make the clarifying process still more perfect, strain through a flannel bag. Another way to clarify sugar or syrup is to put two pounds sugar, one pint water, and well-beaten white of an egg into a preserving-pan or lined saucepan. When sugar is dissolved place over the fire, and when it boils throw in a cup cold water, and do not stir the sugar after this is added. Bring to the boiling-point again, and then place the pan on back of stove or range to settle. Remove all scum and the syrup will be ready for use. The scum should be placed on a sieve, so that what syrup runs from it may be boiled up again; this must also be well skimmed. It will take about twenty minutes for the sugar to dissolve, and five minutes to boil. After clarifying confectioners prepare different degrees of sugars as follows:



Sauce-pan

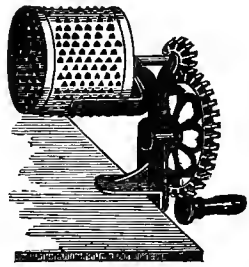
Candy or Thread Sugar.—Having clarified the sugar put syrup over the fire and let boil until smooth, dip a skimmer into sugar, touch it with thumb and and fore-finger, first dipping them in water, and instantly open them, when a fine short thread of sugar will form; a few minutes' more boiling and the thread will be longer and stronger, and has attained the first degree. *Souffle Sugar.*—Boil the syrup still longer, then dip in the skimmer and blow off the syrup. If boiled long enough bubbles will form on the holes of the skimmer. The second degree is reached. *Feathered Sugar.*—Boil still longer, again dip the skimmer, shake it, and give a sudden flirt; if boiled enough the sugar will fly off like small feathers or down. *Crackling Sugar.*—Boil still longer, till on dipping a stick into the pan and plunging into cold water the sugar snaps and becomes instantly hard. *Caramel or Spun Sugar.*—First boil one pound sugar and one gill water together very quickly over a clear fire, skimming it very carefully as soon as it boils. Keep boiling until it snaps when a little of it is dropped in a pan of cold water. If it remains hard, the sugar has attained the right degree; then squeeze in a little lemon-juice and let remain an instant on the fire; then set the pan into another of cold water, and the caramel is ready for use. The insides of well-oiled moulds are often ornamented with this sugar, which with a fork should be spread over them in fine threads or network. A dish of light paste, tastefully arranged, looks very pretty with this sugar spun lightly over it, and it makes an elegant coloring for any sweetmeats. The sugar must be carefully watched, and taken up the instant it is done. Unless one is very experienced and thoroughly understands the work, it is scarcely worth while to attempt this elaborate ornament, yet if these directions are carefully followed one may be successful. To make rock candy, boil the syrup a few moments, allow to cool, and crystallization takes place on the sides of the vessel. To make other candies, bring the syrup very carefully to such a degree of heat that the "threads" which drop from the spoon when raised into the colder air will snap like glass. When this stage is reached add a teaspoon of vinegar or cream tartar to prevent "graining," and pour into pans as directed in the recipes which follow. Butter should be put in when candy is almost done, and flavors are more delicate when added just after taking from the fire. To make round stick candies, pull, and roll into shape with well-floured hands as soon as cool

enough to handle. In making candy into flat sticks, squares, or any shape, indent it when partially cool with a warm knife rubbed with butter, and when cold it will separate easily. Colored candies are often injurious, and sometimes even poisonous, and should be avoided. In making meringues, trifles and kisses, use fine powdered sugar ("Confectioners' XXX" is the best grade) and provide a cone-shaped bag of strong, heavy linen or ticking—or for once using, strong brown paper will do—through a hole in the small end put a funnel-shaped tin tube one-half inch in diameter at the small end, and provided with a flange at the other to prevent it from slipping quite through (these tubes are of various shapes for kisses, trifles, lady-fingers, etc.), tie the small end of the bag firmly around the tube, and holding bag in right hand squeeze the mixture through in shapes desired, using a good deal of pressure if cakes are to be large, but if small very little will do. Bake in a very moderate oven, or let dry in cool oven for two hours. The oven for meringues, kisses, etc., should be slower than for angel cake, and kept at an even temperature; if meringues are exposed to much heat they will be spoiled. When powdered almonds are to be used, they should be thoroughly dried in the open air after blanching, and they will pulverize more easily. In making macaroons or drops, or pulling butter-scotch or taffy, butter hands lightly to prevent sticking. Flouring the hands is apt to give an unpleasant taste to the candy.


Meringue Bag.

Blanched almonds should always be prepared the day before wanted that they may become perfectly dry before using. To blanch them, shell and put them into hot water *after* it comes to a boil, and let boil a few minutes, then throw them into cold water, slip off the skins and dry in the open air. Never dry them in the oven, which takes away the oil. Shelled almonds are more economical for use in cakes or confectionery. One pound of unshelled almonds only makes six and one-half ounces or one coffee-cupful when shelled, while the shelled are generally only double the price, and sometimes not that per pound. The Princess is the best variety to buy in the shell. The bitter almond is considered injurious to animal life and should be used with great caution. Of the shelled sweet almonds the Jordan is the finest, though the Sicely is good. To prepare

cocoanut make an incision through the meat at one of the holes in the end, draw off the milk, pound the nut well on all sides to loosen the meat, crack, take out meat, and set pieces in heater or in a cool, open oven overnight, or for a few hours, to dry—or better in open air, as too much heat dries the oil—then grate; if all is not used, sprinkle with sugar (after grating) and spread out in a cool, dry place, and it will keep for weeks. Dessicated cocoanut may always be used in place of the fresh, first moistening slightly with milk. If one is at hand use the labor-saving grater for grating cocoa-nut and almonds, for which it is designed, as well as for pumpkins, horse-radish, and such other articles as need treatment on a coarse grater. It is fastened to a strong frame which is screwed to a table, and as will be readily seen does its work with great rapidity. This is as great an improvement in its way as the modern egg beater is over a spoon. For sending away home-made confections or bride's cake very pretty little satin satchets are made, which are of course much more highly prized by the recipients than the fancy boxes for that purpose to be had of confectioners. The white wire candy tongs illustrated are an excellent substitute for silver, where the latter can not be afforded, for use in serving candies provided for dessert.



Labor-saving Grater.

Candy Tongs.

Butter-Scotch.—Three pounds "coffee A" sugar, fourth pound butter, half teaspoon cream tartar, eight drops extract lemon; add as much cold water as will dissolve the sugar; boil without stirring till it will easily break when dropped in cold water, and when done add lemon; have a dripping-pan well buttered and pour in one-fourth inch thick, and when partly cold mark off in squares as directed in preface. If pulled when partly cold till very white, it will be like ice-cream candy.

Hoarhound Candy.—Boil two ounces dried hoarhound in a pint and a half water for about half an hour; strain and add three and a half pounds brown sugar; boil over a hot fire until it is sufficiently hard, pour out in flat, well-greased tin trays, and mark into sticks or small squares as above.

Lemon Candy.—Take a pound loaf sugar and a large cup water,

and after cooking over a slow fire half an hour clear with a little hot vinegar, take off the scum as it rises, testing by raising with a spoon, and when the "threads" will snap like glass pour into a tin pan and when nearly cold mark in narrow strips with a knife. Before pouring into the pans, chopped cocoa-nut, almonds, peanuts, hickory-nuts, or Brazil-nuts cut in slices, may be stirred into it.

Maple Candy.—Three and a half pounds or two quarts maple sugar, one and a half pints water; mix in a vessel large enough to hold the candy when expanded by heat; boil over a brisk fire taking care that it does not burn. The heat should be applied at bottom and not at sides. When it boils up throw in a little cold water, take from fire and skim well, and do this as often as impurities arise. After boiling fifteen minutes remove a small portion of the melted sugar with a spoon and cool by placing in a saucer set in cold water. When cool enough take a portion between thumb and finger and if it forms a "string" or "thread" as they are separated, the process is nearly done, and great care must be used to control the heat so that the boiling may be kept up without burning. Test *frequently* by dropping a bit into cold water placed near; if it becomes hard and brittle, snapping apart when bent, it is done. Stir in a teaspoon cream tartar or tablespoon vinegar, remove from stove at once and pour into shallow dishes, thoroughly but lightly greased, covering each thinly. Cool until it can be handled, pull to any length or width desired and finish as directed in preface; indent, separate or roll into sticks or make any desired shapes. Begin pulling as soon as possible, as it is more brittle than molasses candy.

Molasses Candy.—Two cups molasses, one cup brown sugar and butter half the size of a walnut; boil twenty minutes, then add two teaspoons cream tartar, one of soda and one tablespoon vinegar. Pull till light. Taffy: Two tablespoons vinegar, four of water, six of sugar (white is nicest); boil twenty minutes and pour into a buttered plate.

Peanut Candy.—Boil two pounds brown sugar, one gill good molasses and a half pint water until it hardens in cold water when dropped from a spoon, and add two teaspoons vanilla, a teaspoon soda (dry) and four quarts skinned peanuts (measured before they are shelled). Turn into shallow, well-buttered pans and press down smooth with wooden spoon. When partially cold cut into strips. Unrivalled of its kind. For other nut candy use walnuts, hickory-nuts or almonds. Another way is to fill a buttered tin tray to the depth of about an inch with the nuts, and pour over them just enough of the candy mixture to barely cover; cool and mark as directed

Cocoa-nut Patties.—Rasp a good fresh cocoa-nut on a grater, letting none of the rind fall. Spread the cocoa-nut thus grated on

a dish and let it stand in some cool, dry place two days to dry gradually. Add to it double its weight of sifted powdered sugar, the whites of six eggs, well-whipped, and a cup flour to every pound sugar. Drop the mixture on a baking-tin, a spoonful at a time, or into drop-cake tins. Bake in very gentle oven about twenty minutes, take from tins while warm and when cold put away in close tin box or can.

Cocoa-nut Patties.

Bergamot Drops.—One pound sifted granulated sugar, one gil bergamot water, mixed well over the fire about five minutes. Drop in very round drops on paper.

Centennial Drops.—White of one egg beaten to a stiff froth, quarter pound pulverized sugar, half teaspoon baking powder; flavor with lemon; butter tins and drop with teaspoon about three inches apart; bake in a slow oven and serve with ice-cream. This is also a very nice recipe for icing.

Chocolate Drops.—Scrape or grate chocolate to a powder, and mix one ounce of it with each pound sugar used; make into paste with cold water and boil up gently. Drop on thick white paper from a spoon to cool and dry. *Coffee Drops* made same way, allowing one ounce finely powdered coffee to one pound sugar.

Cinnamon Drops.—Put one ounce cinnamon in a mortar, sifting it afterwards through a fine hair or silk sieve; mix with it over the stove a pound loaf sugar moistened with a very little water. Take the mixture up in a teaspoon and drop on stiff white writing paper. Let them get cold and they will come off easily. Make *Clove Drops* same way.

Cocoa-nut Drops.—One pound cocoa-nut, half pound powdered sugar, and the white of an egg; work all together and roll into little balls in the hand; bake on buttered tins.

Fresh Damson Drops.—Bake some damsons, skin, stone and strain through a sieve. Mix enough sifted powdered sugar to make a thin paste, drop on paper and let them get quite dry; then put them on a sieve, wetting it a little or they will stick. They must again dry on a stove and be kept in a box.

Ginger Drops.—Pound and sift as much ginger as you wish the drops to taste of, and stir with one pound loaf sugar and a little water over the fire until it boils up. Drop and dry on paper.

Lemon Drops.—Squeeze the juice from six good lemons and add sifted loaf sugar until so stiff it can hardly be stirred; put in shallow saucepan and stir over the fire five minutes. Drop from a spoon on thick paper.

Lemon and Peppermint Drops.—Set a quantity of granulated sugar and a little water over the fire in a saucepan with a lip, in the proportion of two ounces water to one pound sugar. It must not come to a full boil, but remove from stove just as the bubbles that denote the boiling point is reached begin to form; let cool a little, stirring rapidly, add strong essence lemon or peppermint to taste, and drop as uniformly as possible on sheets of manilla paper, tilting the vessel slightly and stroking off the drops from the lip with bit of stiff wire or a spoon. Keep in a warm place for a few hours to dry. Delicious drops may be made by substituting juice of fresh fruits for essence, or using any other essence preferred.

Orange Drops.—Squeeze out the juice of three good lemons, adding some sifted powdered sugar; grate six small sweet oranges, put all in a shallow pan on the fire till it is of a nice thickness, stir continuously with a wooden spoon five or six minutes. Take the mixture from the fire and drop it on thick white paper in small drops.

Orgeat Drops.—Pound well in a mortar four ounces blanched almonds, moistening with a little water, and make a paste. Flavor with orange flower water, strain the whole through a cloth, moisten with half pound powdered sugar and form into drops on paper to dry.

Strawberry Drops.—One-half pound each juice and powdered sugar, well-frothed whites of two eggs; mix all together and drop on tins, putting in very cool oven to dry. Any *Fresh Fruit Drops* made same way.

Everton Cream Candy.—Squeeze juice of one large lemon into a cup; boil one and one-half pounds moist white sugar, two ounces butter, one and a half cups water, together with half the rind of the lemon, and when done (which may be known by its becoming quite crisp when dropped into cold water) set aside till boiling has ceased and then stir in the juice of the lemon, butter a dish and pour in about an inch thick; when cool take out peel (which may be dried), pull until white, draw out into sticks and check about four inches long with a knife. If you have no lemons, take two tablespoons vinegar and two teaspoons lemon extract. The fire must be quick and the candy stirred all the time.

French Cream Candy.—Put into a saucepan one pint water to each pound sugar; boil carefully, for upon this depends the success of the candies; when it has boiled ten minutes (do not stir while boiling) it is time to try it; drop from the spoon into a bowl of ice water and if when it falls to the bottom you can take it up between the thumb and finger into a soft ball, which must not be sticky, it is at the right point. Set from the fire, and if when cool a thin jelly

like film forms over the surface, it is properly done, and the candy may be made; but if the coating over the top seems at all *sugary* aud the candy is wanted creamy and nice, a few spoonfulls of water must be added and the syrup returned to the fire and boiled until the proper consistency is reached, which test as before. Do not let it become the least brittle; if it does, add water and cook again. A pinch of cream tartar helps to check the tendency to return to sugar. When the syrup is perfectly done and cooled so that the finger may be borne in it, beat rapidly with a spoon, and in ten minutes it should be a white paste resembling lard, which can be worked like bread dough. This is the foundation for all fine candies and is called by French confectioners *Fondant.* The simplest French candies are made from this by coloring yellow and flavoring with lemon, or pink and flavoring with raspberry, and working into balls, cones, shells, grooved cones, or any shape fancy dictates, and letting them stand until they harden. Or into the pink colored *fondant* work chopped English walnuts, flavor with vanilla, press into oiled paper cases an inch wide and deep, and three or four inches long, and when firm turn out and cut into cubes for *Walnut Creams.* Or use chopped almond, leaving the paste white, flavor with vanilla, and make *Vanilla Almond Cream.* Work into a piece of the paste or *fondant* chopped almonds, citron, a few currants and seedless raisins, flavor with lemon, vanilla or raspberry, shape in paper forms and the result is *Tutti Frutti Candy.* One should bring into use the inventive faculties and with the above as helps make as many other varieties as wished. A very handsome variety is called *Ribbon Cream Candy* and is made thus: Divide a quantity of the paste prepared as directed into three equal parts, leaving one white, color one pink with cochineal and another brown with melted chocolate, flavoring each to taste; divide the brown and white into two parts, making into strips an inch and a half wide; make the pink also into a strip of same width and length, which will leave it twice as thick as the others. Lay a strip of the brown on a piece of manilla, or buttered or waxed paper, then a strip of white on that, then the pink, then the white, and finish with the brown; press lightly to make them adhere but do not squeeze out of shape; leave a few hours to harden, trim smoothly with a knife and cut crosswise into slices half an inch thick, lay on waxed or manilla paper to dry, turning occasionally, and pack away in boxes. If the paste becomes hard while working, let it stand over hot water a few minutes; or if wished fresh for dessert, do not divide the colors but form into a small brick, as in cut, with brown layer first, then the pink, with white on top. Place on small fruit plate and serve by cutting in thin slices. *Cream Walnuts* or *Almonds* are made by shelling and drying the nuts and then dipping into the paste, first melted over boil

Ribbon Cream Candy.

ing water until it is like cream. If the nut shows through the cream it is too hot and must be set out of the water and beaten until cool and thick enough to *thoroughly* coat the nuts. If it hardens return to the boiling water. Dry the creamed nuts on manilla paper. Another variety of nut candy is made by rolling the paste into balls and placing half a whole kernel of walnut, almond, or other nuts on each side, pressing it in until it adheres firmly. *Chocolate Creams* are made by boiling a half pound sugar and three tablespoons thick, sweet cream, till it makes a *soft* ball in water; let it cool, then beat till it is very white, flavor with a few drops vanilla and make into balls size of a small marble; warm some unsweetened chocolate and mix it with a piece of the melted paste (using more chocolate than paste) until quite smooth and thick enough to coat the creams. Drop the balls into this with a fork and take them out to dry on waxed paper.

French Cream Candy (Uncooked).—Used by all confectioners. Mix whites of two eggs and their bulk in water in a large bowl; beat very well, add a dessert-spoon vanilla and about two pounds "XXX" confectioners' sugar finest grade of powdered sugar), well sifted, beat well, and the paste is ready. Take one-half pound dates, remove stones, put in a piece of the candy paste and roll each one in granulated sugar. For *Fig Candy*, split one-half pound figs and place a layer of the dough on a board, first sprinkled well with powdered sugar to prevent its adhering, then a layer of figs, again a layer of dough, and cut in squares. Nuts of any kind may be made up into candy by using the meats for the foundation or inside of little balls of paste, and then roll in coarse sugar; set each kind out in a cool place to harden. For *Chocolate Creams* roll any number of balls size of small marbles from the dough and when they are hardened dip with a fork into some baker's chocolate melted on the stove. Be careful not to allow it to boil; better to melt in a little cup placed in pan of hot water on the stove. *Cocoa-nut Candy* may be made by rolling out another portion of the dough on the floured board, sprinkle with cocoa-nut, roll a few times with the roller, and cut into squares. A mixture of cocoa-nut and nuts chopped fine makes a delicious candy. For *English Walnut Candy* split the walnuts, shape some of the dough into round flat balls, place a half of the nut on each side and press firmly. Use hickory-nut meats for *Hickory-nut Candy*. This candy is now being made in society circles a good deal, as there is no cooking to be done and it is very easy and clean work. A dollar's worth of all the ingredients together will make many pounds of candy.

Lemon Cream Candy.—Steep grated peel of one lemon in juice of two one hour and strain, squeezing cloth hard to get out all the strength; boil six pounds best white sugar with three cups water until it hardens in cold water; stir in the lemon juice, boil one min-

ute, add one teaspoon dry soda, stirring in well, and turn out upon broad, shallow, buttered dishes. Pull as soon as can be handled into long white ropes and cut into lengths when brittle. Use same recipe, substituting vanilla flavoring instead of lemon for *Vanilla Cream Candy.*

Chocolate Caramels.—One cup chocolate shaved fine, one cup molasses or brown sugar, half cup milk or one cup cream, one cup sugar; when nearly done, if milk is used, add a piece of butter size of a walnut; when cream is used no butter will be needed; stir until perfectly dissolved but not after it begins to boil, as that will make it grain; it is done when it hardens and becomes brittle when dropped in cold water, but do not make too hard; grease plates with butter, pour it on about half an inch thick; when nearly cool cut with a buttered knife into small squares.

Chocolate Caramels.—One and a half cups grated chocolate four of brown sugar, one and a half of cold water, piece of butter size of an egg, tablespoon very sharp vinegar; if liked, flavor with two tablespoons vanilla just before removing from fire; do not stir, but shake the vessel gently while cooking; boil on the top of stove over a brisk fire until it becomes brittle when tried in water; pour into a well buttered and floured dripping-pan, and check off in squares while soft.

Cocoa-nut Caramels.—One pint milk, butter size of an egg, one cocoa-nut grated fine (or dessicated cocoa-nut may be used), three pounds white sugar, two teaspoons lemon; boil slowly until stiff (some then beat to a cream), pour into shallow pans and when partly cold cut in squares, The butter may be omitted.

Cocoa-nut Cones.—Pound one pound blanched and shelled almonds in a mortar with whites of twelve eggs till smooth. Prepare and grate three large cocoa-nuts, and with three pounds sugar work into the pounded almonds and eggs, mold into cones size of an English walnut, place on buttered paper a little distance apart and bake in moderate oven. Dust with powdered sugar before baking, if liked.

Maple Chocolate Creams.—Two and a half cups maple sugar, one-half cup cold water or cream; boil until it makes a soft ball in cold water; place the saucepan in cold water, and beat till cold enough to make into little balls; take half a cake of Baker's chocolate, shave off fine, put in bowl on top of boiling tea-kettle to melt, and when balls are cool enough, roll in the chocolate with a fork. This makes eighty. Or while making into balls, mold an almond-meat into the center of each ball, roll in coarse sugar, and you have delicious *Cream Almonds.* Or, mold the unbroken halves of walnut-meats into the soft sugar, and when cold, roll in the chocolate. When finished, take out and lay on buttered paper until cold

Kisses.—Beat whites of four small eggs to a high, firm froth, stir into it a half pound sifted powdered sugar, two teaspoons at a time, flavor with essence of lemon or rose, and beat very light; then squeeze through the meringue or confectioner's bag heretofore described (using tube like one in cut if you have it), or drop half the size of an egg a little more than an inch apart on manilla paper spread over a half inch board, previously soaked in cold water, and place in moderate oven. As soon as they begin to look yellowish take them out.

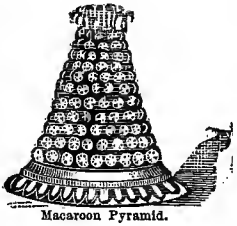
Almond Macaroons.—One pound blanched almonds ground very fine with a little sugar to keep from oiling, rub whites of twelve eggs, without whipping, into the almonds until perfectly smooth. Add one and one-half pounds pulverized sugar, two ounces corn-starch and two ounces flour, stirring each in gradually and thoroughly; make into balls with a knife or meringue bag, place on ungreased papers on tins and with a pastry brush dampen each one and pat into shape before putting in oven. *Chocolate Macaroons* are made in exactly the same manner, working two ounces chocolate cooked with one-half cup water and one ounce sugar into the almond macaroon paste when ready to make into balls. Make *Hickory-nut* and *Pecan Macaroons* in same way, taking the finely-chopped nut meats instead of almonds, and omitting the flour, using four ounces corn-starch.

Macaroons.

Pastry Brush.

Lemon Macaroons.—One pound powdered sugar, four eggs whipped very light, juice of three lemons and grated peel of one, one heaping cup flour, heaping teaspoon baking powder, one-half teaspoon nutmeg; butter the hands, take up small lumps of the mixture and make into balls the size of a walnut. Bake in brick oven on sheets of manilla paper, placing them more than two inches apart.

Pyramid of Macaroons.—Boil loaf sugar to the candy point (see preface candy), rub butter over the outside of the tin or paper form, set firmly on a plate or table, and begin at the bottom by putting a row macaroons around it, sticking them together with the prepared sugar, then adding another row, and so on until finished. When the cement is cold the pyramid may be taken from the form. Kisses, or cocoa-nut drops, being lighter, are more difficult to make in this form than macaroons.



Macaroon Pyramid.

Meringues.—One pound powdered sugar, whites of nine eggs; whip eggs until dish can be inverted without their falling off, and then simply add the sugar, two teaspoons at a time, incorporating it

thoroughly, but stirring as little as possible; put together quickly and when properly made the dough will stand up stiffly if cleft with a knife. The dough, or a part of it, is sometimes colored with cochineal; have ready either hickory or maple boards three-fourths of an inch thick, to fit oven, soak them fifteen minutes in cold water and cover them with strips of heavy manilla paper about two and a half inches wide; on these drop the mixture from the end of a dessert-spoon (or use the meringue bag), giving the meringues the form of an egg, dropping them about two inches apart on the paper, and bake till a light brown. They should bake very slowly, as the longer they are baked the thicker the crust will be. Leave the oven door open for a half hour at least. Take up each strip of paper by the two ends, turn it gently on the table, and with a small spoon take out the soft part of each meringue, strew over them some sifted sugar and return to oven bottom side up to brown. This recipe makes four dozen double meringues and they may be kept for weeks. When wanted for table, fill with whipped cream, ice-cream or jelly, place two of them together so as to inclose the filling and serve. To vary their appearance, finely chopped almonds or currants may be strewn over them before the sugar is sprinkled over, and they may be garnished with any bright colored preserve. Or, instead of making above shape, form the meringue dough into half balls about six inches in diameter; dry them in the oven very slowly, so that the crust is about one-third of an inch thick. When emptied of the soft interiors and when cold, two shells are placed on a platter like an open clam shell, and the whipped cream (already set by being on ice) is banked between them, as shown in cut, reaching as high as suits the fancy. The cream may be decorated with berries, sliced nuts or candied fruits, or served without ornamentation.

Meringues.

Marsh-Mallow.—Take one pound each gum arabic and fine sugar, half a pint of the decoction of marsh-mallow root, two or three drops essence of neroli, or a small quantity of orange flower water and whites of six eggs; pulverize the gum arabic very finely, after which place it in a round-bottomed basin (which must be very clean and bright). Add to it one and a half pints water, place it upon a *slow* fire to dissolve, stirring it constantly with a wooden spatula or paddle to prevent its adhering to the bottom and scorching. When it is entirely dissolved strain through a fine wire strainer into a clean basin. Now add the decoction of marsh-mallow and sugar, place over a slow fire (one covered with a thin layer of ashes), and cook to a thick consistence, stir-

ring constantly ;add well-whipped whites and continue stirring without intermission in order to whiten it and also to prevent its sticking to the pan, which would discolor and entirely spoil the paste. Test it by placing the back of the hand upon the paste; if it does not adhere to it, it is done. Add the neroli or the orange flower water, continue to stir a few minutes longer, then place on marble slab well dusted with starch or sugar powder. Flatten out and dust with starch powder, and when it has become cold cut it into strips or pieces. Keep in tin boxes well powdered with starch in order to prevent it from sticking. Cover boxes tightly so as to keep the air from it as much as possible. This is the genuine and original marsh-mallow paste, the best article that can be made. Some dispense with the mallow root on account of its unpleasant taste and in lieu thereof use apple juice, or a decoction of apples, which is supposed to be equally good and to possess the same healing qualities as the mallow. Others again use only pure water in the preparation of this paste. It is then simply *pate de gomme*, although its appearance is precisely the same as that of mallow paste. It is also sometimes flavored with extract of vanilla or raspberry juice, and sold as *pate de guimauve.*

White Nougat.—Ten pounds white sugar, half gallon strained honey, three pounds blanched almonds, one tablespoon oil of lemon. After the sugar is melted and strained cook until nearly done; have the honey boiling and pour on the sugar in the kettle; set it on the fire again and when it boils up well pour out on a greased marble; add the oil of lemon. When cool enough to handle turn it up and bleach on a candy-hook; when white take off and spread it on the marble and sprinkle the blanched almonds over it, fold up and spread out again, adding more almonds. Continue working it over the same way until all the almonds are worked in, then form into a long bar and cut up in square pieces.

Pop-corn Balls.—Dissolve one ounce white gum arabic in half pint water, strain, add one pound granulated sugar and boil until when a little is cooled in a saucer it becomes so thick as to be stirred with difficulty. Pour over a half bushel of freshly popped corn and when well stirred up the kernels will adhere in a mass; form into balls by pressing with the floured hands. Ordinary molasses may be used for this purpose boiled to same degree, no gum being necessary. *Pop-corn Cake* is prepared the same, putting the mass while warm into tins and pressing with rollers into thin sheets, afterwards dividing them into small square cakes.

Everton Taffy.—Use brown sugar, and to each cup take quarter pound very best butter; put into a clean, bright basin or pan and melt together over a brisk fire, stirring constantly with a wooden spatula, adding a few drops lemon juice. Ten minutes' boiling will bring it to the desired degree, the *crack*, which may be known by dropping a little upon a cold plate or saucer; if it hardens at once,

it is done; add lemon or vanilla flavoring just before the cooking is completed; pour it into buttered pans or on a marble table (slightly buttered), and, when cool enough, cut or mark it with a greased knife into square tablets; loosen it from the marble by running a knife under it before it becomes entirely cold. This is the real English recipe and and is the favorite confection of all true Britons.

Hickory-nut Taffy.—Two pints maple sugar, half pint water, or just enough to dissolve sugar; boil until it becomes brittle by dropping in cold water; just before pouring out add tablespoon vinegar; having prepared the hickory-nut meats in halves, butter patty pans well, line with the meats, and pour taffy over them.

Patty Pan.

French Trifles.—These are made same as kisses, but the board upon which they are baked should not be wet, that they may harden through. A cut of tube to be used in confectioner's bag when shaping them is here given.

Sugar Threads.—Boil sugar until brittle, put a few drops on buttered form and draw out the thread. If sufficiently cooked the thread can be twisted into any shape. If it becomes too cold to work, heat again.

Kiss Wafers.—Half pint blanched bitter almonds, heaping cup powdered sugar, whites of six eggs, one-third cup flour, two tablespoons corn-starch; blanch the almonds and pound them in a mortar, adding as soon as they are broken the white of an egg. Pound until very fine. When there is a smooth paste add the sugar, a little at a time, the whites of two eggs, one at a time, and the flour and corn-starch. When thoroughly mixed, add by degrees the three remaining whites. Butter the bottom of a flat baking pan and put the mixture on it in spoonfuls; spread it very thin, especially in the center, and bake in a quick oven. The moment the cakes are taken from the oven roll into the shape of cornucopias. If allowed to cool they cannot be rolled, and for this reason it is best to bake only half a dozen at a time. When all are shaped, fill with the kiss mixture made by beating whites of three eggs to a stiff froth, and stirring into them, lightly, four tablespoons powdered sugar. Place the wafers in a warm oven for twenty minutes or half an hour, to dry. With the quantities given two dozen can be made.

Cochineal Coloring.—This is said to be quite harmless and is made by taking one ounce each powdered cochineal, cream tartar, two drachms alum and a half pint water. Boil cochineal, water and cream tartar till reduced one-half, add the alum and put into small bottles. Use to color candies, cakes, blanc-mange and jellies.

CANNING FRUITS.

In order to work intelligently, the principle applied in canning should be understood. The fruit is prepared by placing it in a vessel from which the external air is entirely excluded, and this is effected by the use of heat to rarefy and expel the air that may be entangled in the mass of fruit or lodged in its pores. The preservation of fruit does not depend upon sugar, though enough of this is generally used to make it palatable. The heat answers another purpose; it destroys the ferment which fruits naturally contain, and so long as they are kept from contact with the external air they do not decompose.

Fruits for canning should be selected carefully, and are much better if gathered in the morning, in dry weather, with the morning sun upon them, if possible; they will then have their fullest flavor, and keep in good condition longer than when gathered at any other time. Until fruit can be used, it should be placed in the dairy, an ice-house, or a refrigerator. In an ice-house it will remain fresh and plump for several days. Fruit gathered in wet or foggy weather will soon be mildewed. All imperfect and over-ripe fruit must be rejected. Large fruits, such as peaches, pears, etc., are in the best condition to can when not quite fully ripe, and should be put up as soon as possible after picking. An easy way to peel peaches is to place them in a wire basket, to the handle of which a cord has been tied, let down into boiling water for a moment (some use strong white lye), then into cold water, and strip off the skin. This is called the dipping process. The fruit must be at a certain stage to be prepared in this way, for if too green it will not peel, and if too

ripe it will be too much softened by the hot water. Peaches, pears, and all large fruits should be thrown into an earthen vessel of cold water as soon as peeled, as exposure to the air darkens them.

Paring Knife.

But the fruit should not stand long in the water, as it will soon become soft, and it is better to prepare only enough for one can at a time. Cooking reduces peaches about one-half and pears one-third. Small fruits, such as berries, should never stand overnight if it is possible to avoid it, and should *never* be put in tin. The highest-flavored and longest-keeping fruits are best put up without paring, after having carefully removed the down with a fine but stiff brush. Use only the best sugar in the proportion of half a pound of sugar to a pound of good fruit, varying the rule, of course, with the sweetness of fruit. Fine granulated sugar is the best for canning. In canning for pies many omit sugar, as the natural flavor is better preserved without it, and some prefer this method for all purposes; several recipes without sugar are given. It is economical, and well worthy of experiment. Cans put up in this way should have a special mark to distinguish them from the rest. Before beginning the work of canning have ready all the necessary utensils, which include the following: A thin-bladed, sharp, steel knife which should be often wiped off during the paring process (though a silver knife is better when fruit is wanted extra nice), an earthen vessel to hold fruit after it is peeled, scales for weighing, or two pint measures, one each for measuring sugar and fruit, a porcelain-lined or granite ironware kettle with lip (a six-quart kettle is a good size and two will be found convenient), a tin skimmer for removing the scum, a silver or thoroughly clean wooden spoon (never use any other in fruit), a silver knife for one-quart cans or round wooden stick for two-quart ones for expelling the air from cans after filling, a silver fork or a broom splint for testing cooked fruit (a steel fork discolors), a wide-mouthed funnel or can-filler made to set into the can, though a small tin strainer or dipper of the right size without a bottom will do, a wire spoon for lifting the larger fruits, a bright tin dipper (if old or rusty it will discolor the fruit), or a small pitcher or large coffee-cup with handle for dipping syrup and small fruits, and a small handled strainer for dipping small fruits as de-

Can-filler.

scribed with recipe, a large pan with heavy folded towel in bottom on which to stand cans while heating, and plenty of holders and towels for lifting from stove and wiping off cans. Canned fruit is much nicer if syrup is strained when pouring into can, and for this purpose make a strainer of cheese-cloth cut round and large enough to sink into can-filler, and run a fine wire or string into the top to tie or hold it in place, or use handled strainer as given above.

The cans must be thoroughly cleaned and tested to see if any leak or are cracked. If tin cans leak send them to the tinner; if discolored inside they may be lined with writing paper and are thus used by many with success, but glass cans are always preferable. In buying stoneware for canning purposes be sure that it is well glazed, as fruits canned in jars or jugs imperfectly glazed sometimes become poisonous. Never use defective glass cans, but keep them for storing things in the pantry, and in buying them, take care that they are free from flaws and blisters, else the glass will crumble off in small particles when subjected to heat. Self-sealers are very convenient, those with a porcelain-lined screw top being the best, the Mason preferred. (The improved Mason has a glass top held in place by a metal band screwing down over the can, and these are not reliable.) The "Almy" is highly recommended by many. The heat hardens the rubber rings used on self-sealers but new ones may now be procured at any furnishing store. Most of the earthenware and tin cans have a groove around the top for sealing with wax or putty; sealing with the latter is most convenient as the jars can be opened readily with a strong fork or knife, and are much more easily cleaned than when wax-sealed. Putty may be bought ready for use, and is soon made soft by molding in the hand. In using it should be worked out into a small roll, and pressed firmly into the groove with a knife, care being taken to keep it well pressed down as the can cools. Sealing-wax is bought ready prepared or can be made of two parts resin to one part beeswax melted together. In sealing pour wax over covers, filling the grooves, and break the air bubbles that rise with the wet finger, adding more if necessary to make air tight. Fruit intended for transportation should be put up in tin cans with the flat tops that are soldered on, as if shipped in glass the danger of breakage is great, and if the tin cans sealed with resin or putty are used bits are liable to crack off, letting the air in and so spoiling the fruit.

There are several ways of preparing glass cans for fruit, among them the following: Wring a towel from cold water, double and wrap closely about and under the can so as to exclude the air, and fill; or, put a towel in a steamer, set in the cans, and place over a kettle of *cold* water; boil the water, and when ready to fill, remove the cans and wrap in a towel wrung from warm water; or wash the cans in tepid water and at once pour in the boiling fruit, but not too fast; and in any method used always pour into the center; or, when ready to can fruit, place the glass jars in a large pan of warm water on the back of the stove, in which a thick folded towel has been previously placed to guard against too great heat for the bottom of cans, placing the covers on the stove in a smaller vessel of water, make ready the syrup in the clean porcelain-lined or granite ironware kettle before mentioned, put in the fruit—it is better to prepare only enough fruit or syrup for two or three cans at a time—and by the time it is done the water in the pan will be hot and the cans ready for use. Peaches and pears are properly cooked when they can be pierced with a silver fork. Use the wire spoon for lifting the larger fruits from the syrups and a silver fork to help place in the cans, which should be done closely and compactly but carefully, filling around the sides first, turning the inside halves of the fruit outward. Put in as much fruit as possible and then fill up with the hot syrup, first tying on the little cheese-cloth strainer heretofore described, which catches all loose particles of fruit and makes a clearer syrup. Berries should be cooked from five to fifteen minutes, according to the ripeness of the fruit. When done place the can-filler in the can, fill to within a half inch of the top with hot fruit, *always* pouring into the center, and using for this purpose the bright tin dipper (if a pitcher or cup is used it must first be heated to prevent cracking), then place on a hot platter, remove to table, wipe off upper parts and put on the rubber rings; be sure these are perfect and close-fitting, throwing away all that are imperfect; let stand two or three minutes, or till other cans have been filled, when the fruit will have shrunk away a little; fill almost to top with the hot syrup, or if you have none, boiling water from the teakettle will do Now carefully insert a silver knife into the cans, putting it in at the sides so as not to bruise the fruit, let it touch the bottom, and push gently around to remove the air bubbles, slowly pressing and withdrawing

from all sides until the bubbles cease to come up; seal at once, first filling to overflowing so that when the covers are screwed down the syrup squeezes out around the edge, taking care when canning berries or tomatoes that none of the seeds overflow and are left on the rubber rings under the covers. Many insert a spoon in cans before filling and use the spoon to remove the air bubbles; in canning berries this answers very well, but the knife is better, especially for peaches, pears and all the larger fruits, as it is not so liable to bruise them and slips in easier around the sides. In the two-quart cans a round wooden stick may be used for this purpose, neither knife nor spoon being long enough. Wipe off the cans with cloth wet in hot water and also inside of covers, in sealing, first screw on the covers as closely as possible with the hand, and as the cans cool turn down with the can-tightener, which always comes with the cans, this is a great help as it is impossible to screw covers on perfectly tight with the hands. Care must be taken to have the rubber ring show an even surface all round, for if it slips back at any point air will be admitted. When this is found to be the case take off the cover, find a ring to fit perfectly and re-seal (it may be necessary to add more syrup, which must squeeze out again as cover is tightened). Remove the cans from the hot platter and place where no current of air will strike them, wringing out a towel from hot water on which to stand them. When other cans are filled remove these to another part of table and set those filled last on the towel. After all are canned re-tighten the tops; this retightening is very important and the tops must be turned down again, and again, the glass contracting as the fruit cools. Let the cans stand over night *bottom side up*; in the morning turn down covers again with the can-tightener, wrap well in paper, tying it on to exclude all light, label—the gummed labels that can be purchased in book form ready to cut and use are very convenient—and place in fruit closet or cellar. Where one can have a small room in cellar, with one or more windows, place shelves around the sides on which to put stone jars of pickles, preserves, jam, etc. It is nice to make in one corner a fruit closet with a door, and shelves arranged in heights to fit one and two-quart cans and jelly glasses; then each shelf or part of shelf can be labeled with the fruit or jelly placed upon it. Have in upper part of door a small piece of window wire put in, or two or three augur holes made to admit the air. In lieu of this closet many bury cans

in boxes of sand. Light injures all fruits, but especially strawberries. The place should be dry and dark and *cool*, but where there is fresh air; if too warm the fruit will spoil, as heat makes it ferment and dampness causes mold. Cans should be examined two or three days after filling, and if syrup leaks out from the rim they should be unsealed, the fruit thoroughly cooked and kept for jam or jelly, as it will have lost the delicacy of color and flavor so desirable in canned fruits.

When canning a quantity of fruit, after removing the first lot of cans from the pan of hot water the water must be made tepid before setting in the remaining cans, then heated gradually to boiling again and kept hot until those cans are filled, repeating thus until all are done. If at any time there is not fruit enough to fill a can it may be left standing partly filled in the hot water until more fruit is cooked, then filled and removed like the rest to the hot platter. It is always best to cook a small quantity of fruit, either large or small, at a time (not more than one or two quarts of the large varieties, and two or three of berries) that it may be done evenly. If a large mass is cooked at once that in the bottom will be done sooner than that on top, and if stirred to secure uniformity its shape will be injured. It should also be cooked *slowly* to preserve the form, and the larger fruits after being put in the syrup must be watched very closely and each piece taken out and placed in can as soon as it becomes tender, as some pieces will cook in much less time than others. In canning berries use as little water as possible, and some can successfully without water. To better preserve the form of fruit many place it in the cans raw, cover with a hot syrup and cook by placing in a boiler of water. The same object is attained by first steaming the fruit, and when done carefully removing to the boiling syrup a moment or two, then place in cans when steamed tender, or place at once in cans and fill up with hot syrup, testing by piercing with a silver fork. The cold process has also been successfully tried by good housekeepers, and considering the amount of labor saved is certainly worth an experiment by all. Recipes are given for each method. To clarify sugar for canning break a pound of loaf sugar in small pieces, put on the stove in porcelain-lined or granite ironware vessel with half pint water and well-whisked white of one egg. Have a cup of cold water ready and throw in a little when the sugar begins to rise, skim and let rise thus three times,

skimming until clear, then strain through a flannel bag and when cool bottle for use. Scientists claim that cane sugar when added to boiling fruit is converted to grape sugar which has far less sweetening power than cane sugar, and advise housekeepers to sweeten fruits when brought to table for consumption instead of before canning. When dissolving sugar for syrup it should be stirred constantly to prevent scorching. A good proportion for syrup for canning is one pint sugar to one quart water, which is enough for a two-quart can of fruit.

The flavor of canned peaches is improved by adding two or three whole peaches or dropping in the center of each can a few of the stones. Many leave the stone attached to one half, and others cook a number of stones with the fruit, then blanch as almonds and put meats in the cans. Peaches are sometimes canned whole, and the clingstone varieties are of course always put up in this way. Before peeling with a knife it is well to rub the fuzz off peaches with a coarse towel. Many parboil quinces before peeling. In preparing grapes it is better not to press the skins too closely, to avoid the formation of the disagreeable small particles, or what are called "clinkers," in the canned fruit. As the acid is not fully developed until the fruit is thoroughly ripened this may be avoided also by canning before fully ripe. Currants are nice mixed with an equal weight of raspberries, and pears are improved by adding quinces or lemon peel. Equal quantities of quince and apple canned together will taste as if quince entirely. For ordinary family use quart cans are better for peaches and the larger fruits, two-quart cans for tomatoes and other vegetables, and pint cans for berries. Strawberries keep their color best in stone jars; if glass cans are used for them they should be buried in sand. If syrup is left after canning berries it may while thin be flavored with vinegar, boiled a moment and then bottled and corked for a drink mixed with ice-water; or add the proportion of sugar given in recipes for jellies, allowing for the sugar used in canning, and make into jelly. All skimmings from fruits can be added to the vinegar barrel.

If tin cans which are closed with resin or soldering are used, great care should be taken that none drops into the can, as a single drop of resin will often make the whole can bitter. By covering first with a piece of cloth or white paper cut to fit the top, this will be avoided, and wetting this with brandy or alcohol tends to help

preserve the fruit. On opening tin cans remember to pour all the fruit into an earthen or glass dish. If any part is not used at the time, recook and return to dish, and it will keep for a day or two, many of the less perishable fruits longer. Or if put up in self-sealing glass cans the fruit or vegetables left over will keep a day or two by simply returning to the cans, screwing on the cover and setting in refrigerator. Wines, cider, shrubs, etc., must be bottled, well corked, sealed, and the bottles placed on their sides in a box of sand or sawdust. To can maple syrup, pour hot into cans or jugs and seal well. Quinces, pears, citrons, watermelon rinds and some of the smaller fruits, such as plums, cherries, currants, etc., harden when put at first into a syrup of their own weight of sugar. These should first be boiled tender in water, or in a very weak syrup, and the rest of the sugar added afterward. Fruits which become soft too readily and fall to pieces may be hardened a little by pouring the hot syrup over the fruit, or strewing part of the sugar over it and letting it stand awhile to draw out the juice; or it may be skimmed out of the syrup after cooking a few minutes, placed in the sun two or three hours, and the boiling syrup poured over it afterward. As many recipes for canning give proportions in pounds, the table of weights and measures in back part of book will be found a convenient reference when scales are not at hand. A bushel of peaches makes about twelve or thirteen quarts, and pears almost twice as many as peaches; a bushel of either blackberries, blueberries or raspberries makes about nineteen quarts, and strawberries about sixteen or seventeen. The above estimates are given from tests, but no really definite rule can be given, as some use more or less syrup in canning, and a great deal depends upon the ripeness of fruits. In opening a can without the can-tightener, as that answers for opening self-sealers if hard to open, insert the point of a thin-bladed penknife or other instrument beneath the rubber and push it in towards the neck, which lets in the air, and the top can then be readily unscrewed. When not in use the rubber rings may be left in, not on, cans, but the tops *should not be screwed on*, as the cans will become musty if kept closed. Keep the covers (best place also for rubbers) in a box or basket near the cans. Those who use tin cans advise throwing them away after the second year, as the fruit acids damage the tin. All cans, jars or bottles, should be carefully washed as soon as emptied, taking care that the stoppers and covers

have their share of attention. It is well to put soda or ammonia into the jars or bottles, fill up with water, and let stand an hour, putting the stoppers or covers into a bowl to soak in the same way. Then pour out and scald nicely, but not with boiling water, as that cracks the polished surface inside; wipe dry, set in the sun or wind to air, and then set away carefully. It is often difficult to remove the tops of glass jars when screwed on, on account of the slippery nature of the glass. The holder represented in the cut will be understood at a glance. It clasps and holds the jar without danger of breaking it.

The following table gives the time required for cooking and the quantity of sugar to the quart for the various kinds of fruit. By observing these rules and the general directions given above any fruit may be successfully canned. However, for convenience, a number of valuable recipes are appended.

	Time for boiling fruit.	Quant. sugar to qt.
Bartlett pears, halved	20 min	6 oz
Blackberries	6 "	6 "
Blueberries	5 "	5 "
Cherries	5 "	6 "
Gooseberries	8 "	8 "
Peaches	8 "	4 "
Peaches, whole	15 "	4 "
Pie-plant, sliced	10 "	8 "
Pine-apples, sliced	15 "	6 "
Plums	10 "	10 "
Quinces, sliced	30 min.	10 oz.
Raspberries	6 "	4 "
Ripe Currants	6 "	8 "
Siberian crab-apples	25 "	8 "
Small sour pears, whole	30 "	8 "
Sour apples, quartered	10 "	6 "
Strawberries	8 "	8 "
Tomatoes	30 "	none.
Whortleberries	5 "	5 "
Wild Grapes	10 "	8 "

A quart of stemmed currants or berries by measure weighs one and a quarter pounds.

Canned Berries.—Select those the skins of which have not been broken, or the juice will darken the syrup; fill cans compactly, set in kettle of cold water with a cloth beneath them, over an even heat; when sufficiently heated pour over the berries a syrup of white sugar dissolved in boiling water, cover the cans closely to retain heat on the top berries. To insure full cans when cold, have extra cans of berries heated in like manner to supply the shrinkage. If the fruit swims pour off surplus syrup, fill with hot fruit, and seal up as soon as fruit on top is thoroughly scalded. In using this or any of the following recipes refer to the preface above for general directions.

Canned Berries.—Pick out stems or hulls if any—if gathered carefully the berries will not need washing, put in porcelain kettle on stove, adding a scant cup water to prevent burning at first.

When they come to a boil, skim well, take off all surplus juice, keeping it for jelly, add sugar to taste (for pies it may be omitted), or a half pound sugar to each pound fruit, let boil five minutes, fill in glass, stone, or tin cans, using a small strainer for dipping berries so that the quantity of juice put up may be regulated, filling in the juice with dipper. The strainer if of size to fit in cans may be set into them and syrup poured through instead of using the cheesecloth strainer described. Seal with putty unless self-sealers are used. This rule applies to all berries and small fruits.

Handle Strainer.

Canned Blackberries. (Without water.)—Place fruit in preserving kettle, sweeten as for eating, or add sugar according to above table, let stand on back of stove until dissolved, then draw gradually to the front, keep at boiling point long enough to thoroughly cook the fruit, skimming well, and can as previously directed. All berries may be put up in this way, blueberries requiring less sugar than other varieties, and some can *Peaches* and *Pears* thus.

Canned Cherries.—Boil moderately five minutes the proportion of six ounces sugar to each quart stoned cherries; or make a syrup of one pint water and three pounds sugar, add cherries and cook as above. Can as in general directions.

Canned Crab-Apples.—To each pound fruit allow half pound sugar, and a pint water to three pounds sugar. When the syrup is boiling hot drop in the apples. They will cook very quickly. Or better, steam till tender, place in syrup a moment, then fill cans with fruit and fill up with syrup.

Canned Currants.—Look them over carefully, stem and weigh, allowing a pound sugar to every one of fruit; put in kettle, cover, and leave to heat slowly and stew gently for twenty or thirty minutes, then add the sugar, and shake the kettle occasionally to make it mix with the fruit; do not allow it to boil, but keep as hot as possible until the sugar is dissolved, then pour it in cans and secure the covers at once. White currants are beautiful preserved in this way.

Canned Gooseberries.—Cut off tops and stems and cook the berries in water until white, but not enough to break them; put into cans with as little water as possible, fill up the can with boiling water and seal; when opened pour off water and cook like fresh berries. Or put berries into wide-mouthed bottles, cork or put on covers, and set in vessel of cold water on the stove until it boils. Do not boil long enough to break the berries, Take usual precautions in sealing. Will keep a year in a dry place.

Canned Gooseberries.—Prepare and place in a large pan, pour boiling water over them, let stand until cold; fill jars as full as you

can, pour boiling water over them, be sure it covers the berries, then seal. You will find berries as solid as when first gathered.

Canned Grapes.—Pick grapes off stems, wash in cold water and squeeze the pulps into an earthen dish or preserving kettle, throwing skins into another. Boil skins with a very little water until tender, and pulps until seeds separate, then strain through a colander (to remove seeds) into dish with the skins. Add sugar to taste, or half as much sugar as fruit, stew and can as other fruits. To can *Green Grapes* halve them, extract the seeds with a small knife, sweeten, cook as above, and can.

Canned Peaches. (With vinegar.)—Pour boiling water over one peck of large clingstone peaches to remove the fuzz; make a syrup of three pounds sugar and one pint vinegar, using a little water if required to cover the peaches; cook until pretty soft, and can as usual.

Canned Peaches.—Have one porcelain kettle with boiling water and another with a syrup made sweet enough with white sugar for the peaches, well skimmed, or clarified according to directions in preface; pare, halve, and drop the peaches into the boiling water, let remain until a silver fork will pierce them, lift them out with a wire spoon, fill can, pour in all the boiling syrup the can will hold, and seal immediately. Continue in this way, preparing and sealing only one can at a time, until done. Or, rich proportions for the same recipe are seven pounds sugar and seven gills boiling water for the syrup, sweetening the water in which peaches are cooked, using two pounds sugar to three quarts water. Boil down the water in the first kettle with the syrup if any is left; if not, add more sugar and quite a nice marmalade will result. This manner of canning peaches has been thoroughly tested, and is pronounced by the experienced the best of all methods.

Canned Peaches.—When wanted extra nice for prize competition, or for use on "state occasions," select with great care fruit of uniform size and shape *and all perfect.* Peel with a thin sharp silver fruit knife, which does not discolor, dropping as soon as pared into an earthen vessel of water to prevent the air from darkening them. As soon as fruit enough for one can is pared put up by laying piece by piece in the can, turning the inside of halves from which stones were removed, outward, which gives a handsome appearance, and fill up with syrup as clear as crystal, placing the cheese-cloth strainer over the filler. Screw on covers without the rubbers, stand cans in wash-boiler on slab or a board perforated with holes, or a folded towel with a towel between them (some use straw or hay), fill up with cold water to within two or three inches of top of cans, gradually bring to a boil and boil fifteen minutes. Draw to back of stove to let steam pass off, roll the hand in a towel, lift cans

out and place on hot platter. Take off covers and let out air bubbles with a knife, as directed in preface. The fruit will settle some and the contents of one or two cans will be needed to fill up the others; prepare for this purpose nearly a fourth more cans. Fill up, put on rubbers, seal and put away according to previous directions. The same process may be used for canning all kinds of fruit.

Canned Peaches.—Prepare peaches and weigh out half a pound best loaf sugar to each pound fruit. Sprinkle a little sugar in a deep earthen bowl, put in a layer of peaches, then one of sugar, and so alternate until closely packed, covering top with sugar; cover lightly and let stand ten or twelve hours. Drain juice off into preserving kettle, let come to a boil, put in peaches, and as fast as pieces swell sufficiently take out with silver fork and place in air-tight glass jar. When filled pour the boiling syrup over, filling to top and seal at once. Peaches and other fruits prepared in this way have been kept three or four years.

Canned Peaches. (Cold)—Pare and halve peaches and pack closely as possible in cans without sugar, and pour in enough cold water to fill to brim. Let stand long enough for water to soak into all crevices—six hours or so—then let out air bubbles with a silver knife, fill up again with cold water and seal. Canned thus, peaches retain all their freshness and flavor. A cold syrup may be used instead of water if preferred, but peaches taste most natural without sweetening. Can pears same way.

Canned Peaches. (Steamed.)—After peeling, seed and place in a steamer over a kettle of boiling water, first laying a cloth in bottom of steamer; fill about half full of fruit, cover tightly, make a syrup in a porcelain kettle for fruit alone, let the fruit steam until it can be easily pierced with a silver fork, drop gently for a moment into the hot syrup, place in the cans, fill, cover, and seal. The above recipe is for canning a few at a time. This recipe, applies equally well to pears.

Canned Peaches.—Pare, halve and seed; make a syrup of a pint granulated sugar to a quart water (enough for two quart-cans) place on stove in porcelain kettle and when syrup boils, skim, and drop in enough fruit (two quarts halved peaches) for a one-quart can; watch closely, test and can as in general directions. Add more peaches to the hot syrup for next can, and repeat the operation. If there are more peaches than will fill the can, place them in another can and *keep hot* until more are ready, and so on until all are canned. Apples may be canned in the same manner.

Canned Pears.—Prepare and can precisely like peaches in preceding recipes except that they require longer cooking. When done they are easily pierced with a silver fork. Some add a half pint peeled and quartered quinces to every two quarts halved pears; cook

quinces fifteen minutes before adding pears. More quinces may be added, but the above is an excellent proportion for *Pears With Quinces.*

Canned Pie Plant.—Cut pie plant in pieces two inches long, put over a slow fire with its weight in sugar; when sugar is dissolved let boil slowly until clear, but do not cook long enough to become dark colored. Put up in air-tight cans.

Canned Pie Plant. (Cold)—Skin and cut as for pie, fill glass cans full as possible, shaking down while packing, then fill up with pure fresh cold water, let stand a little while and expel the air, add more water, then screw on covers. No cooking or heating. *Will keep perfectly*, and fruit will be as nice and fresh when opened as if just brought from garden.

Canned Pine-apple.—Peel and slice, or pick to pieces with silver fork, make syrup in proportion of three-fourths pound best white granulated sugar and one cup water to each pound fruit, boil five minutes, skim or strain, add the fruit and let it boil (cooking long discolors it); have can hot, fill and seal up as soon as possible. Or, peel and grate on coarse grater, rejecting cores; using above proportions, put in an earthen vessel sprinkled with sugar, first a layer of fruit, then a layer of sugar, thus alternating until all is used. Cover, let stand overnight, and in the morning bring to a boil, boil *one* minute and can immediately.

Canned Pine-apple.—Pare and be careful to cut out the eyes, chop fine, weigh, and add to it same weight of sugar; mix thoroughly, let stand twenty-four hours and (without cooking) fill cans *full* and seal tight. Look at them in about two weeks, and if there are signs of working, pour into a kettle, heat through and put back into cans.

Canned Plums.—Wash and put whole into a syrup made in the proportion of a pint water and a pound sugar to every two pounds fruit; boil eight minutes, can, and seal immediately. If pricked with a fork before placing in syrup they will be less liable to burst. Cherries, damsons, and green gages are canned in same way. The large white plums must be skinned by using the dipping process as for peaches.

Canned Plums.—Wipe good sound fruit with a cloth and place carefully in cans; pour boiling hot water over them and seal while hot. Grapes put up in same way are nice for pies.

Canned Quinces.—Pare and quarter the fruit, and take out all the cores and the hard place around them. Boil the fruit in clear water until tender, then spread on towels to dry. For one pound fruit allow half pound sugar and one pint water for three pounds sugar. When syrup is boiling hot put in fruit, and let it cook very

slowly; or, set back on the stove so that it hardly cooks at all, and keep on for an hour or more, if you can without its cooking to pieces—as the longer it cooks, the brighter red color it will be. Put it in jars, and strain the syrup over it, as with other fruits. Can apples or pears at same time and add to them when first put on a half pint quinces (and juice) cooked in syrup as above half an hour.

Canned Strawberries.—Fill glass cans with fresh, whole strawberries, alternating layers of berries and sugar, in the proportion of half pound sugar to pound berries; lay covers on lightly, stand in wash-boiler and proceed as in third recipe for peaches. Great care must be taken to keep the berries whole and round; as the cans cool invert them occasionally to prevent the fruit from forming in a mass at one end. *Damsons* may be put up in same way, cooking until soft but not broken. Strawberries are very nice put up as peaches in fourth recipe.

Canned Strawberries.—For every quart *fresh* strawberries take one coffee-cup white sugar, add a tablespoon or two of water if there is no juice in the bottom, to prevent burning before the heat brings out the juice; as soon as fruit boils add the sugar, and stir gently for a few minutes until it boils up again, and can immediately. Or make a syrup of one pound sugar and as little water as possible, add three pounds berries and cook *slowly* for twenty minutes. The color and flavor of the strawberries depend upon gentle cooking. *Cherries* and *Gooseberries* are nice canned same way. It is better not to cook any more fruit than can be put into one glass fruit-jar. Usually a few spoonfuls syrup will be left with which to begin the next can. Another method is to stem the largest, finest berries obtainable, put into cans, giving them a shake occasionally while filling to settle them, and fill in with a rich syrup, using only just enough water to dissolve sugar, first boiling it ten minutes, then seal. Strawberries are considered difficult to keep, but there need be no trouble if the fruit is fresh, closed air-tight in glass, and kept as directed in general directions for canning fruits.

Canned Strawberries.—Put four pounds white sugar in a kettle, add a cup cold water, let boil till perfectly clear, then add four quarts nice berries. Boil ten minutes, keeping them covered with syrup, but avoid stirring in order to preserve their good appearance. Take out berries with a small strainer or skimmer, place in cans, filling about three-quarters full, and let the syrup boil ten minutes longer, and fill each can with it. Let stand till cool, then cover with a tablespoon brandy (take out a little juice if necessary), screw on the lid and put in a dry, dark place. This method is claimed to be the only means of preserving the peculiar flavor of the strawberries. If after two or three weeks the least fermentation appears, put the cans in a boiler (on a small board to prevent contact with bottom), fill with cold water nearly to top of cans, loosen the lids, but do not

take them off, let water boil for a little while, then take out cans, *tighten the covers* and the berries will keep over a year. Fully ripe currants and acid cherries canned in same manner, one pound of sugar to one of dressed fruit, are delicious. They never need a second boiling if carefully prepared.

Canned Watermelon.—Cut rind of ripe melons (first cutting off all green parts) into small pieces two or three inches long, and boil in water until tender enough to pierce with fork; have a syrup made of white sugar, allowing half pound sugar to pound fruit; skim out melon and place in syrup together with a few pieces race ginger, let cook a few minutes, put in cans and seal as in general directions.

Canning Vegetables.

All vegetables intended for canning should be *perfectly* fresh—especially is this true of corn—and of the best quality. To prepare corn, cut with a sharp knife through the center of every row of grains, and cut off the outer edge; then with the back of the blade push out the yellow eye, with the rich, creamy center of the grain, leaving the hull on the cob. Or, simply cut off with a knife, being careful not to cut too close to the cob, and scrape down the cob with the back of the knife to get all the rich milk. Remove the skins from tomatoes in the usual way, by covering with boiling hot water, but do not let them stand in the water but a moment or two or they will be softened more or less, and if to be canned whole their shape will be injured. A bushel of tomatoes makes about twenty quarts. Peas and beans should be shelled *just before* canning. String-beans are prepared as for ordinary cooking. The very complete directions given in "Canning Fruit" preface for preparing, filling, sealing and putting away cans should be consulted and followed in canning vegetables. Especial care should be taken to exclude the light from tomatoes, as it causes the formation of citric acid, which no amount of sugar will sweeten. For this reason many prefer earthen or tin cans for tomatoes, but they can be put up successfully in glass, when they should be buried in sand or oats; or simply wrapped in paper and set away in a box or cupboard in a

dry, cool cellar they keep perfectly. When put up in tin all vegetables must be turned out as soon as the can is opened. If the whole is not used the remainder may be kept a day or two by salting slightly and placing in refrigerator. If put up in glass set away in can.

Canned Beans.—Take Lima, butter or caseknife beans, cook as for the table, boiling one hour; season with pepper and salt and fill jars quite full, seal carefully as directed, and they will keep the year round.

Canned Corn.—Dissolve an ounce tartaric acid in half cup water and take one tablespoon to two quarts sweet corn; cook, and while boiling fill the cans. When used turn into a colander, rinse with cold water, add a little soda and sugar while cooking, and season with butter, pepper and salt.

Canned Corn.—Cut sweet corn from cob, put a handful or two into the can, then a pinch of salt, also a pinch of sugar; take a potato masher or anything else convenient that will go in the can, and press corn down as close as possible, then repeat putting in corn, salt and sugar as before until the can is full; seal up and set away with other fruit. Be sure and not put in any more salt than is required for seasoning when cooked. To cook it, simply turn from the bottle and cook as you would fresh corn. Or cut the corn from cob, pack in glass cans, pound the corn as hard as possible without breaking cans; screw on top but not tight. Put on boiler with cold water and proceed as in third recipe for peaches. After putting on rubbers, screw tight, put back into the water, set the boiler off the stove; let the cans stand till morning, take out, tighten the covers, and keep in a dark place. Can *Peas* and *Beans* same way.

Canned Corn.—Pick sweet corn when milk-ripe, or if bought, have as *fresh as possible*; cut from the cob and scrape to get the juice, fill tin cans and seal air-tight, surround with straw to prevent striking against each other, and put into a boiler over the fire with enough cold water to cover. Heat the water gradually and when they have boiled an hour and a half, puncture the tops of the cans to allow the escape of gasses, then seal them immediately while they are still hot. Continue to boil them for two hours and a half. In packing the cut corn in the can the liberated milk and juices surround the kernels, forming a liquid in which they are cooked. *Peas* and *Beans* are canned same way.

Canned Corn and Tomatoes.—Scald, peel and slice tomatoes, (not too ripe) in the proportion of two-thirds tomatoes to one-third corn; put on in a porcelain kettle, let boil half an hour, and can immedi-

ately in tin or glass (if glass keep in the dark). Some take equal parts of corn and tomatoes, preparing them as above. Others, after cutting the corn from the cob, cook half an hour in custard kettle; prepare the tomatoes as above, cooking in a separate kettle twenty minutes, adding the corn in the proportion of one-third corn to two-thirds tomatoes, mixing well until they boil up once; then can as in general directions.

Canned Pumpkin.—Peel, scrape the pulp and seeds, cut in small pieces, put in a close-fitting steamer and steam two hours; then put in a kettle; to every quart add two ounces sugar, boil five minutes and can. Or, after peeling and removing seeds cut into pieces three or four inches square, stand in oven on the rind and bake until done, when it will peel out of the shell easily. Then mash and can while hot, sealing as fruit. Cannot be told from fresh.

Canned String-Beans.—String fresh string-beans, break in several pieces, cook in boiling water ten minutes, and can like tomatoes.

Canned Succotash.—Cook Lima beans and corn as for eating in the proportion liked, either half and half, or with a less quantity of beans, and can.

Canned Tomatoes.—The tomatoes must be entirely fresh and not over-ripe; pour over them boiling water, let stand a few minutes, drain off, remove the skins, and slice in small pieces into a stone jar, cutting out all the hard or defective portions; some add a little salt; cook for half an hour, or as for eating, in their own juice, skimming off the scum which rises, and stirring with a wooden spoon or paddle; can and seal as in general directions; put up in glass, wrap in paper and keep in dark place. Tin or stone cans may be used.

Canned Tomatoes.—Take ripe, round, firm tomatoes, freshly gathered and not too large to go into the mouth of cans. Prepare only enough at one time to fill one or two cans and drop them at once into the preserving kettle in which should be ready some tomatoes cut fine. Boil until heated through, then put into cans, filling up with the cut tomatoes in which they were cooked and seal.

Canned Tomatoes.—Skin tomatoes as usual, place on sieve to drain and pack as solidly as possible in cans; then set cans in boiler of cold water, heat up and boil half an hour, and fill and seal as in third recipe for peaches.

CATSUPS AND SAUCES.

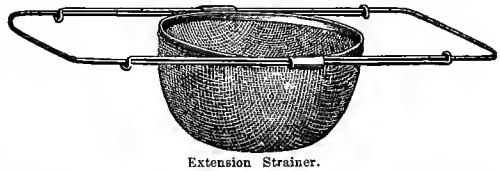
Always select perfect fruit; cook in porcelain or granite iron-ware, never in brass. In making catsup, instead of boiling, some sprinkle the tomatoes with salt and let them stand overnight, then strain and add spices, etc., and a little sugar. Bottle in glass or stone, and never use tin cans; keep in a cool, dry, dark place. If on opening there is a leathery mold on top, carefully remove every particle of it and the catsup will not be injured. To prevent this molding some do not fill the bottles quite to the top with catsup, but fill up with hot vinegar. If there are white specks of mold all through the catsup it is spoiled. If on opening and using a part there is danger that the rest may sour, scald, and if too thick add vinegar. Sauces should always be made with great care in a pan set in hot water, having the saucepan bright and clean if a delicate flavor is desired, especially if the sauce is drawn butter; or the custard-kettle will be found convenient, as the stock or other foundation may first be heated quickly by putting the inner kettle on the stove, and when other ingredients are added and there is danger of burning place again in the outer kettle made ready with boiling water. Butter and those sauces containing eggs should never boil. Wooden spoons or paddles must be used for stirring. A set of paddles of different sizes will be found convenient for stirring sauces, gravies, mushes, and many other dishes, and will not scratch or mar the kettle or pan. When necessary to scrape down the sides of kettle

Paddle.

Spatula.

in which catsup or other mixtures of like character are being cooked, an artist's spatula will be found the best utensil and should be provided in every kitchen rather than destroy the temper of sharpened knives by heat.

The pulp of fruits is used for the foundation of all catsups and wonderfully retains the flavor, notwithstanding all the ingredients added. Use a fine wire sieve or strainer in their preparation—the extension strainer is the most convenient—and a good rule is to allow for every quart of the juicy pulp one pound sugar, two blades mace, three of cinnamon, one teaspoon each whole cloves and pepper corns; boil all down one-third, then skim out spices, add sugar, boil till thick, reduce to a proper consistency with vinegar, and bottle for use. This applies to cherries, plums, grapes, and all kinds of berries.

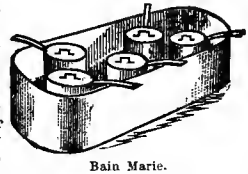


Extension Strainer.

The preparation and appearance of sauces and gravies are of the highest consequence, and in nothing does the talent and taste of the cook more display itself. Their special adaptability to the various viands they are to accompany cannot be too much studied, in order that they may harmonize and blend with them perfectly, and in serving do not pour over but around the meat. Sauces should possess a decided character, and whether sharp or sweet, savoury or plain, they should carry out their names in a distinct manner, although, of course, not so much flavored as to make them too piquant on the one hand, or too mawkish on the other. Brown sauces, generally speaking, should scarcely be so thick as white sauces, and it is well to bear in mind that when intended to mask the various dishes of poultry or meat, they should be of a sufficient consistency to slightly adhere to the fowls or joints over which they are poured. For browning and thickening sauces, etc., browned flour may be properly employed. The caramel coloring answers very well for sauces and gravies, but when they can be made to look brown by using browned flour, catsup, tomatoes, or any color sauce, it is far preferable. As, however, in cooking so much depends upon appearance, perhaps it would be as well for the inexperienced cook to use the caramel. When no browning is at hand to heighten the color of sauce, dissolve a lump of sugar in an iron spoon over a sharp fire;

when it is in a liquid state, drop it into the sauce or gravy quite hot. Care, however, must be taken not to put in too much, as it would impart a very disagreeable flavor.

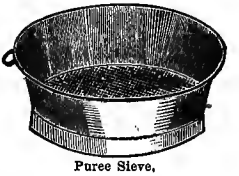
Gravies and sauces should be sent to table very hot, and there is all the more necessity for the cook to see to this point, as from their being usually served in small quantities, they are more liable to cool quickly than if they were in a larger body. The *bain marie* will be found almost indispensable for this purpose. This is a large open vessel kept filled with hot (not boiling) water at the back of the stove or range or in some warm place. In this several stew-pans, or large tin cups with covers and handles, are fitted which are intended to hold all the cooked dishes that are to be kept hot until the rest of the dinner is ready to serve. When a dinner is delayed, there is no better way of keeping all dishes hot, and preserving their flavor. If a *bain marie* is not among the cooking utensils a large dripping-pan of hot water will be found a very good substitute, or lay two or three bricks on back of stove or range on which to set sauces, vegetables, etc., until ready to serve.



Bain Marie.

Those sauces of which cream or eggs form a component part should be well stirred as soon as these ingredients are added to them, and must never be allowed to boil, as they would instantly curdle. White pepper is a much nicer seasoning than black for sauces and all fine cooking, as it does not color and has not so pungent a flavor. An excellent thickening for soups, sauces and gravies is prepared as follows: Bring butter just to the boiling point in a small stewpan, dredge in flour, stirring together until well cooked. This, when not cooked brown, is "White Roux," and when browned, "Brown Roux." Thin this with a part of the soup, sauce or gravy, and add it to the whole, stirring thoroughly. The flour may be browned before using if intended for brown gravies or sauces. A richer thickening is made in the proportion of the yolks of three eggs to eight tablespoons milk or cream. Beat the yolks, add the milk and strain through a fine sieve. When adding to the sauce it must be stirred during the whole time or the eggs will curdle, and the mixture should only just simmer, not boil. If sauce is lumpy after adding thickening rub again through a sieve. Melted butter or American Cooking Oil may be used in place of oil in all

recipes in which the latter is named. Sauces may also be thickened with potato flour, ground rice, baked flour, arrowroot, etc.; the latter will be found far preferable to ordinary flour for white sauces. Milk or water may be used instead of stock in sauces, but the latter is better, giving a finer flavor, though milk is richer. When any green coloring is used if lemon juice is to be added it should not be put in until just before sending to table. Any flavored vinegar preferred may be used instead of the plain. An English salt sold by most grocers is best for seasoning sauces and all cooking, giving a more delicate flavor, with none of the fishy taste found so objectionable in most salt. Where a sieve is to be used in making sauces, use the puree sieve.


Puree Sieve.

Herbs for seasoning are usually dried during the summer. The best kinds are sage, thyme, sweet marjoram, tarragon, mint, sweet basil, parsley, bay leaves, cloves, mace, celery seed and onions. If the seed of any of the seven first mentioned is planted in little boxes on the window sill, or in a sunny spot in the yard, all needed can generally be raised. Gather and dry as follows: Parsley and tarragon should be dried in June and July, just before flowering; mint in June and July; thyme, marjoram and savory in July and August; basil and sage in August and September; all herbs should be gathered in the sunshine, and dried by artificial heat; their flavor is best preserved by keeping them in air-tight tin cans, or in tightly-corked glass bottles. Mint, when used in recipes, usually means "spearmint" or "green mint," though pennyroyal and peppermint are of the same family. The young leaves of from one to six inches in length are the parts used. It grows on any good garden soil, but comes forward earlier in a warm, sunny spot. It is propagated by cuttings or dividing the roots of old plants in the spring, is very prolific, and ought to find a place in every garden. Those who have conservatories should keep a root in pots, to use with spring lamb before the leaves would appear in the open air. Mint leaves for drying should be cut from the stalks just before the plant blossoms, and spread out thinly in some dry, shady place, where they can dry slowly. When dry, put up in paper bags and keep in a dry place until wanted. Celery seed is a very nice addition to the flavoring of sauces, and may be used instead of the fresh celery when the latter is out of season. Pickled

nasturtium seed, for which a recipe is given under Pickles, will be found a good substitute for capers and is often used. Gherkins, (small cucumber pickles) cut in small pieces, are also used instead of capers when the latter are not obtainable. When drawn butter is used in the composition of sauce to which lemon juice or vinegar is to be added, always make it with water, never with milk, as the combination of the latter with the acid would be most unwholesome.

The common practice of preparing mustard for the table with vinegar, or still more, with *boiling* water, materially checks the development of those peculiar principles on which its pungency or strength almost entirely depends, and cold water may cause it to ferment. It should therefore be mixed with water that has been boiled and cooled to lukewarm. Put the mustard in a cup with a small pinch of salt and mix with it very gradually sufficient water to make it drop from the spoon without being watery. Stir and mix well, rubbing the lumps down with the back of a spoon until smooth, and do not add flavoring until this paste is made. Mustard is much better freshly made, and only a small quantity should be mixed at once.

Barberry Catsup.—Three quarts barberries stewed and strained, four quarts cranberries, one cup raisins, a large quince and four small onions, all stewed with a quart of water and strained. Mix these ingredients with the barberries and add half cup vinegar, three-fourths cup salt, two cups sugar, one dessert-spoon each ground clove and ground allspice, two tablespoons each black pepper and celery seed, and one of ground mustard, one teaspoon each cayenne, cinnamon and ginger, and a nutmeg. Let the whole boil one minute; if too thick add vinegar or water. With the quantities given about three quarts of catsup can be made.

Cherry Catsup.—One pint pure cherry juice, half pound sugar, teaspoon each ground cloves and cinnamon. Boil to thick syrup and bottle.

Cucumber Catsup.—Peel, seed and grate on coarse grater, one dozen large green cucumbers; put the pulp in a large towel and wring out all moisture that can be extracted; peel and grate or chop fine four large onions and mix with the grated cucumber, adding one ounce celery seed, heaping teaspoon white pepper, tablespoon salt, half pint salad oil or American Cooking Oil, and sufficient vinegar to make as thin as ordinary catsup. When all are thoroughly

blended put into wide-mouthed glass jars, put a teaspoon oil in top of each jar and seal air-tight; or peel and chop three dozen cucumbers and eighteen onions very fine; sprinkle over them three-fourths pint table salt, put the whole in a sieve and let drain overnight; add a cup mustard seed, half cup ground black pepper, mix well, and cover with good cider vinegar.

Currant Catsup.—Four pounds fully-ripe currants, one and a half pounds sugar, tablespoon ground cinnamon, teaspoon each salt, ground cloves and pepper, pint vinegar; stew currants and sugar until quite thick, add other ingredients and bottle for use; or, take juice of five pounds currants, three pounds sugar, one pint vinegar, two tablespoons ground cinnamon, one each of cloves, allspice and black pepper, one grated nutmeg and a pinch of salt. Cook one-half hour.

Elderberry Catsup.—Pick from the stalk as many ripe elderberries as are wanted to put down, put into a stone jar with enough strong vinegar to cover them, bake in a hot oven three hours and strain while hot. Boil the liquor thus obtained with cloves, mace, peppercorns and four or five shallots, enough to give a considerable flavor; taste, and when flavored as liked, put in one-half pound of the best anchovies to every quart of liquor; stir and boil only until dissolved; bottle in pint bottles and cork carefully, sealing by dipping corks in hot sealing-wax.

Grape Catsup.—Boil, and strain five pounds grapes through a colander, add to the juice one pint vinegar, two and a half pounds sugar, one tablespoon each ground cinnamon, cloves, allspice, pepper, and a half tablespoon salt. Boil again until a little thick, bottle and seal.

Gooseberry Catsup.—Nine pounds gooseberries, five pounds sugar, one quart vinegar, three tablespoons cinnamon, one and a half each of allspice and cloves; the gooseberries should be nearly or quite ripe. Take off blossoms, wash and put them into a porcelain kettle, mash thoroughly, scald and put through the colander, add sugar and spices, boil fifteen minutes and add the vinegar cold; bottle immediately before it cools. Ripe Grapes prepared by same rule make an excellent catsup.

Lemon Catsup.—One pound and a quarter of salt, quarter of a pound of ground mustard, one ounce each of mace, nutmeg, cayenne and allspice, one gallon of cider vinegar, eight or nine garlic cloves, fifteen large lemons; slice the lemons, add the other ingredients, let simmer from twenty to thirty minutes, place in a covered jar, stir every day for seven or eight weeks, strain, bottle, cork and seal.

Liver Catsup.—Rub a very fresh beef liver thoroughly with rolled salt and place it in a vessel that will not crush it; turn and

rub thoroughly for ten days, then mince into small dice and boil in a gallon of water closely covered until reduced to three quarts; strain through a sieve and let settle till next day; add one ounce each ginger and allspice and two ounces whole black pepper, and boil slowly until reduced to three pints. When cold bottle and keep well corked.

Oyster Catsup.—Procure oysters very fresh and open sufficient to fill pint measure; save the liquor, and scald the oysters in it with one pint good cider, strain the oysters and put them in a mortar with a tablespoon salt, one drachm cayenne, and two drachms pounded mace; pound the whole until reduced to a pulp, then add it to the liquor in which they were scalded; boil it again five minutes, and skim well; rub the whole through a sieve, and when cold, bottle and cork closely. The corks should be sealed.

Pepper Catsup.—Take four dozen large red pepper-pods, three quarts vinegar, three tablespoons grated horse-radish, five onions and one clove garlic. Boil until soft, and strain through a sieve. Then add two tablespoons each of black pepper, allspice, mace, cloves and salt. Boil again ten minutes; then bottle. Some add one quart tomatoes and one cup sugar.

Plum Catsup.—To three pounds fruit take one and three-fourths pounds sugar, one tablespoon each cloves, cinnamon and pepper, and a very little salt; scald and put plums through the sieve then add sugar and spices and boil to right consistency.

Tomato Catsup.—Half bushel ripe tomatoes, four ounces salt, three ounces ground black pepper, one ounce cinnamon, half ounce ground cloves, one drachm cayenne pepper, one gallon vinegar; slice the tomatoes and stew in their own liquor until soft, and rub through a sieve fine enough to retain the seeds; boil the pulp and juice down to the consistency of apple-butter (very thick), stirring steadily all the time to prevent burning; then add the vinegar with which a small cup sugar and the spices have been mixed, boil up twice, remove from fire, let cool and bottle. Those who like the flavor of onions may add about half a dozen medium sized ones, peeled and sliced, fifteen minutes before the vinegar and spices are put in.

Tomato Catsup.—Take one bushel firm ripe tomatoes, wipe them off nicely with a damp cloth, cut out the cores, and put them in a porcelain-lined iron kettle or a genuine bell-metal one. Place over the fire, and pour over them about three pints water, throw in two large handfuls peach leaves, with ten or twelve onions or shallots cut fine. Boil until the tomatoes are done, which will take about two hours; then strain through a coarse-mesh sieve, pour the liquid back again into the boiling kettle and add half a gallon good strong cider vinegar; have ready two ounces ground spice, two ounces ground black pepper, two ounces mustard (either ground or in the seed, as you prefer), one ounce ground cloves, two grated nut-

megs, two pounds light brown sugar, and one pint salt; mix these ingredients well together before putting in the boiler; then boil two hours, stirring continually to prevent burning. If you like the catsup "hot," add cayenne pepper to your taste. When cool, fill bottles (reeded bottles are the nicest, they can be procured at the house furnisher's and a set will last some time; they look better than ones of all sizes and styles). Cork and seal with bottle-wax so as to exclude the air. Keep in a cool, dry place for future use. This recipe is preferred to all others—it has been used for years. It keeps well, and has been pronounced by competent judges superior to all others.

Tomato Catsup.—Stew and strain four quarts unpared, sliced tomatoes, add two tablespoons each salt, mustard and black pepper and quarter tablespoon cayenne, more or less as liked, cup of brown sugar and pint vinegar. Boil to the consistency of cream, watching carefully to prevent burning, then set on back of stove and add half a tablespoon each of cinnamon and cloves and a pint of currant jelly, mixing thoroughly; can or bottle while hot. Horse-radish bottles or any small, wide-mouthed bottles are best for this purpose; seal with corks and dip in sealing wax. This will keep two years.

Walnut Catsup.—Procure one hundred walnuts at the time when you can run a pin through them, slightly bruise, and put them into a jar with a handful salt and one quart vinegar; let them stand eight days, stirring every day, then drain the liquor off them, add one-fourth ounce each mace, nutmeg, cloves, ginger, and whole black peppers, small piece horse-radish, twenty shallots, or onions, and one-fourth pound anchovies, and boil half an hour. It may be strained or not as preferred, and if required a little more vinegar can be added according to taste. Bottle and seal.

Almond Sauce.—Blanch and pound sweet almonds and add enough white stock to make it of the consistency of thickened gravy. Pour over boiled mutton-chops.

Anchovy Sauce.—Bone four anchovies and pound them in a mortar to a paste with one ounce butter. Melt a half pint butter and when hot stir in the pounded anchovies and cayenne to taste, simmer three or four minutes and if liked add a few drops of lemon juice. A quicker and easier way of making this sauce is to stir one and one-half tablespoons anchovy essence into one-half pint drawn butter, add a little lemon juice and seasoning to taste; boil one minute and serve. Less of the essence may be used if thought too strong. Serve with baked fish.

Apple Sauce.—Pare, core and quarter tart apples, throwing into cold water until all are pared, to preserve their whiteness; put them

in a saucepan with sufficient water to moisten them and boil till soft enough to pulp; beat them, adding a small piece butter, and some like a little sugar and nutmeg. Serve with roast pork, goose, or duck. May be colored, if desired, with beet root, cochineal, or a little spinach juice. To make *Brown Apple Sauce*, cook the apples in half pint brown gravy and finish as above, leaving out sugar, and seasoning with cayenne instead of nutmeg.

Asparagus Sauce.—Break a bundle of green asparagus in the tender part, wash well and put into boiling salt water, to render green; when tender take out, put into cold water and drain on a cloth until all moisture is absorbed. Put one tablespoon fresh butter in a saucepan with a small bunch parsley and three or four green onions; lay in the asparagus and fry the whole over a sharp fire five minutes; add salt, a large lump sugar and four tablespoons white stock and simmer another five minutes; rub all through a sieve and if not a good color use a little spinach coloring. This sauce should be rather sweet.

Bread Sauce.—Put giblets of a fowl with the neck and legs in a saucepan with one onion, twelve whole peppers, one blade mace, salt to taste, and rather more than a pint water; let simmer one hour, strain the liquor over three-fourths pound bread crumbs, cover and leave one hour where it will keep warm, then beat up with a fork until nice and smooth; boil three or four minutes, stirring until rather thick, add three tablespoons melted butter or cream, and send to table hot with roast fowl or game. A nice way of serving is to fry coarse crumbs a light brown in tablespoon very hot butter, stir over hot fire two minutes without burning. Cover the breasts of roasted birds with these, and serve the sauce poured around the birds, or in a gravy dish. Add the chopped giblets for *Giblet Sauce.* Another good bread sauce can be made by placing a sliced onion and six peppercorns in a half pint milk over boiling water until onion is perfectly soft; strain it over a half pint grated bread crumbs without crust and leave it covered for an hour; beat it smooth, add pinch of salt and two tablespoons butter rubbed in a little flour; add enough sweet cream or milk to make it the proper consistency and boil a few minutes. It must be thin enough to pour.

Caper Sauce.—To a pint drawn butter sauce add three tablespoons capers, either whole or chopped once or twice; a hard boiled egg chopped fine may be added, or just after taking from fire stir in yolk of an egg beaten with teaspoon water. If to be served with fish flavor with teaspoon each lemon juice and essence of anchovy. Or chop two tablespoons capers and add them to a half pint drawn butter, with piece of lemon, teaspoon Worcestershire sauce and a pinch cayenne; put on fire and simmer a few minutes; mix a teaspoon flour with a very little cold water and add to sauce. *Mutton Caper Sauce* is made as follows: Fifteen minutes before

the mutton is done melt two tablespoons butter in a saucepan, stir into it one tablespoon flour; when thoroughly mixed add half a pint of the liquor in which the mutton is boiling, and half a pint of milk, season with pepper and salt, cook a few minutes, and just before serving (in order that their color may not be lost by standing) add two heaped tablespoons capers. Never let sauce boil after adding capers.

Celery Sauce.—Scrape the outside stalks of celery and cut in pieces an inch long, let stand in cold water half an hour, then put in boiling salted water, enough to cover, and cook until tender; drain off water and dress with butter, salt, a little mace, and milk or cream, thickened with a little flour. Or make a dressing by adding to half pint milk or cream the well-beaten yolks of two eggs, a bit of butter, a little salt and pepper and grated nutmeg; bring just to boiling point, pour over stewed celery. Another sauce is made by cutting the tender parts of a head of celery very fine. Pour on water enough to cover them, cover the saucepan and set where it will simmer one hour; mix two tablespoons flour and four of butter; when the celery has boiled one hour add to it the butter and flour, one pint milk or cream, season to taste, boil up once and serve with roast duck, or roast or boiled fowl.

Chestnut Sauce.—Take one-half pound shelled chestnuts, and put them into boiling water for a few minutes; throw into cold water, take off the thin inside skin and put them into a saucepan with a half pint white stock and two strips lemon peel, or a teaspoon juice, and let them simmer an hour and a half, or until chestnuts are quite tender. Put the whole through a hair sieve with a wooden spoon, add seasoning of cayenne and a gill of cream; let it just simmer, but not boil and keep stirring all the time. Serve very hot and quickly. If milk is used instead of cream, two teaspoons butter and one of flour will be required; melt butter, stir in flour, and when smooth add to the mixture. If sauce is not perfectly smooth rub again through a sieve. To make *Brown Chestnut Sauce* take same proportions, using any soup stock, or the broth from the fowl, if boiled, stirring butter and flour over the fire until browned, or adding a teaspoon caramel coloring. Serve either of the above sauces with roast turkey or other roast or boiled fowl.

Chili Sauce.— Twelve large ripe tomatoes, three ripe or two green peppers, leaving out half the seeds, two onions, two tablespoons each salt and sugar, one of cinnamon, three cups vinegar; peel tomatoes and onions, chop separately *very fine*, add the finely chopped peppers with the other ingredients, and boil one and a half hours. Bottle, and it will keep a long time. Stone jugs are better than glass cans. One quart of canned tomatoes may be used instead of the ripe ones. This chili sauce is excellent and much better and more healthful than catsups. If liked more highly spiced add one-

half teaspoon cloves and one-third teaspoon each ginger and nutmeg. A half pint of Worcestershire sauce is sometimes added.

Crab Sauce.—Choose a nice fresh crab, pick all the meat away from the shell, and cut it into small square pieces. Make a half pint drawn butter, put in the fish and season with salt, pounded mace and cayenne to taste; let it gradually warm through and simmer two minutes. It should not boil. Almost equals lobster sauce and served the same.

Cranberry Sauce.—After removing all soft berries, wash thoroughly, place for about two minutes in scalding water, remove, and to every pound fruit add three-quarters of a pound granulated sugar and a half pint water; stew together over a moderate but steady fire. Be careful *to cover* and *not to stir* the fruit, but occasionally shake the vessel, or apply a gentler heat if in danger of sticking or burning. If attention to these particulars be given, the berries will retain their shape to a considerable extent, which adds greatly to their appearance on the table. Boil from five to seven minutes, remove from fire, turn into a deep dish, and set aside to cool. If to be kept, they can be put up at once in air-tight jars. Or, for strained sauce, one and a half pounds of fruit should be stewed in one pint water for ten or twelve minutes, or until quite soft, then strain through a puree or fine wire sieve, and three-quarters pound sugar thoroughly stirred into the pulp thus obtained; after cooling it is ready for use. Serve with roast turkey, roast pork or game. When to be kept for a long time without sealing more sugar may be added, but its too free use impairs the peculiar cranberry flavor. For dinner-sauce half a pound is more economical, and really preferable to three-quarters as given above. Use a porcelain or granite ironware kettle. Some prefer not to add the sugar until the fruit is almost done, thinking this plan makes it more tender, and preserves the color better.

Cream Sauce.—Heat one tablespoon butter in a skillet, add a tablespoon flour and stir until perfectly smooth, then add gradually a cup cold milk or cream, let boil up once, season to taste with salt and pepper, and a little mace or lemon juice if wished, and serve. Butter may be omitted when cream is used if thought too rich. This is very nice for vegetables, omelets, croquettes, delicate meats, fish, or sweet breads.

Currant Sauce.—Half an hour before venison is done pick over an ounce of dried currants, wash them well, put them over the fire in half pint hot water and boil them fifteen minutes; then add two heaping tablespoons bread crumbs, one of butter, a palatable seasoning of salt and pepper, and six whole cloves, and boil the sauce gently; just before serving it add a tablespoon currant jelly beaten with a cup water or stock, or gravy from the game. Serve with venison or other game.

Currant Jelly Sauce.—Three tablespoons butter, one onion, one bay leaf, one sprig celery, two tablespoons vinegar, half cup currant jelly, one tablespoon flour, one pint stock, seasoning. Brown butter and onion, add flour and herbs, then the stock, and simmer twenty minutes. Strain, skim off the fat, add the jelly and stir over the fire until melted; serve with game.

Curry Sauce.—One tablespoon each butter and flour, one teaspoon curry powder, one large slice of onion, one large cup stock, salt and pepper to taste. Cut the onion fine and brown in the butter, add the flour and curry powder, stir one minute, add the stock and season to taste. Simmer five minutes, strain and serve. Good with a boil or saute of fish or meat.

Drawn Butter Sauce.—Rub two tablespoons butter into half a tablespoon flour, beating to a cream, adding, if needed, a little salt; pour on it half a pint boiling water or milk, stirring it *one way* rapidly, and taking care not to let it *quite* boil, as boiling makes it oily and unfit for use. The boiling may be prevented by cooking in the custard kettle as heretofore suggested, or placing the saucepan in a larger one of boiling water, covering and shaking frequently until it reaches the boiling point. Now pass through a sieve and stir in a tablespoon butter cut in pieces. If necessary to reheat, return to custard kettle. This makes one pint sauce. If liked acid, a few drops vinegar or lemon juice may be added just before serving. In the thickening of all sauces, let it be remembered that butter and flour should be well cooked together before the sauce is added, to prevent the flour from tasting uncooked. In butter sauces, however, only enough butter should be used to cook the flour, adding the remainder cut in pieces after the sauce is taken from the fire. This preserves its flavor. An excellent *Pickle Sauce* is made by adding two tablespoons finely chopped pickled cucumbers to drawn butter sauce prepared as above. Or, make with cream and add boiled cauliflowers cut with vegetable cutter, for *Cauliflower Sauce*, excellent with boiled fowl. Another good sauce for fowl is the *Lemon Sauce*, made by adding to the drawn butter sauce the chopped inside of a lemon (without the seeds) and the liver of the fowl chopped fine. A great variety of sauces which are excellent to eat with fish, poultry or boiled meats can be made with the drawn butter sauce by adding different herbs, such as parsley, mint or sweet marjoram. First throw them into boiling water, cut fine, and they are ready to be added, when serve immediately with two hard-boiled eggs chopped fine. This makes a nice sauce to serve with baked fish. The chopped inside of a lemon without the seeds, to which the chicken liver has been added, makes a good sauce for boiled chicken.

Custard Kettle.

Egg Sauce.—Put one cup each water and milk on fire to scald, and when hot stir in tablespoon flour, previously mixed smooth with a very little cold water, add three eggs well beaten and strained, season with salt and pepper, two tablespoons butter and a little white vinegar; do not let boil after eggs are put in; boil four eggs hard, slice and lay over the dish; a little nutmeg and a few thin slices of lemon are sometimes added; pour over sauce, and serve with boiled fish. Or, take yolks of two eggs boiled hard and mash with a tablespoon mustard, a little pepper and salt, three tablespoons vinegar and three of salad oil. A tablespoon of catsup improves this for some. Very nice for boiled fish. Or, to a pint drawn butter sauce, without herbs, add four hard-boiled eggs chopped fine.

Gooseberry Sauce.—Boil one pint green gooseberries in water until quite tender; strain them, and rub them through a sieve. Put into a saucepan three tablespoons French White Sauce, or veal gravy will do, with two tablespoons butter and seasoning of salt, pepper and grated nutmeg to taste; add the pulp from the gooseberries, mix all well together, and heat gradually through. A little pounded sugar added to this sauce is by many persons considered an improvement, as the saccharine matter takes off the extreme acidity of the unripe fruit. Serve with boiled mackerel.

Hollandaise Sauce.—One-half cup broth, milk or water, cup butter, yolks of four eggs, juice of one lemon, a dozen pepper-corns, nutmeg and salt. Boil the broth with the peppercorns, a scrap of broken nutmeg and level teaspoon salt. When flavored strain the broth into another saucepan or tin cup. Put in two-thirds of the butter and the four yolks and beat it with a fork over the fire until it thickens like cream. Then take it off and beat in the rest of the butter in little bits, beating until all is melted. Then squeeze in the lemon juice, or use vinegar for a substitute. The sauce must never fairly boil, only just begin to. It should be cooked in cup set in boiling water. There is a moment, about a minute after set to cook, that the sauce is at its thickest degree, like softened butter. After that a separation or curdling takes place, not very plain to the eye, but that makes the sauce thin and spoils it. Serve with fish, cauliflower, asparagus, or any vegetable. It is golden yellow, shining and smooth, just thick enough to be taken up on the point of a knife, if for fish, but needs to be thinner for vegetable dressing.

Horse-radish Sauce.—Grate very fine a root of horse-radish, mix two tablespoons of it with a teaspoon salt and four tablespoons cream, stir briskly and add by degrees a fourth tablespoon vinegar. Or, take four tablespoons horse-radish and mix well with one tablespoon each sugar and salt, one-half teaspoon pepper and two teaspoons made mustard, with sufficient vinegar to give it the consistency of cream. Especially nice with corned beef, and acceptable with almost any meat. It is sometimes prepared by adding to two

tablespoons grated horse-radish one dessert-spoon olive-oil (or melted butter or cream), and one of made mustard. To prepare *Horse-radish for Winter*, in the fall mix the quantity wanted in the following proportions: A coffee-cup grated horse-radish, two tablespoons white sugar, half teaspoon salt, and a pint and a half cold vinegar. Bottle and seal.

Italian Sauce.—One cup brown sauce (roast meat gravy, strained and skimmed), one teaspoon minced onion, two each of minced mushrooms and parsley, juice of one lemon, cayenne and salt to taste. Pour half the juice from the can of mushrooms into the brown sauce, add the other ingredients and simmer together fifteen minutes. Nice with fried trout or other fish. If fresh mushrooms are used they should not stand after chopping or they will turn black.

Indian Chetney Sauce.—Chop eight ounces sharp sour apples, pared, cored and cut in small square pieces, and add to them eight ounces each tomatoes, salt, brown sugar and stoned raisins, four ounces each cayenne and powdered ginger, two ounces each garlic and shallots, three quarts vinegar, one quart lemon juice; mix the whole well together, and put in a well-covered jar. Keep this in a warm place, and stir every day for a month, taking care to put on the lid after this operation; strain, but do not squeeze it dry; store it away in clean jars or bottles for use, and the liquor will serve as an excellent sauce for meat or fish. Some prefer to cook the apples in the vinegar before adding other ingredients.

Leamington Sauce.—Be very particular in choosing the walnuts as soon as they appear in the market; for they are more easily bruised before they become hard and shelled. Pound them in a mortar to a pulp, strew some salt over them, and let them remain thus for two or three days, occasionally stirring and moving them about. Press out the juice, and to each quart walnut-liquor allow three quarts vinegar, one pint soy, one ounce cayenne, tow ounces shallots, three-fourth ounce garlic, and half pint cooking wine. Pound each ingredient separately in a mortar, then mix them well together, and store away for use in small bottles. The corks should be well sealed. This sauce should be made as soon as walnuts are obtainable, from the beginning to the middle of July. The soy spoken of above is a sauce frequently made use of for fish and is manufactured by both the Japanese and Chinese, that of the former being the best. This article is sometimes adulterated but when genuine it is of an agreeable flavor, thick, and of a clear brown color.

Lemon Sauce.—Put three-fourths pint cream into a very clean saucepan (a lined one is best), with one lemon-peel, one-half teaspoon whole white pepper, and a sprig of lemon thyme, and let these infuse

for half an hour, when simmer gently for a few minutes, or until there is a nice flavor of lemon. Strain it, and add a thickening of three tablespoons of butter and one of flour; stir this well in, and put in juice of one lemon at the moment of serving; mix one cup white stock with the cream, and add a little salt. This sauce should not boil after the cream and stock are mixed together. Milk may be used instead of cream, with another tablespoon flour. An excellent sauce for fowls, fricassees, etc. The recipe makes enough for two fowls. Or, a simple method is to cut three slices lemon into very small dice, add to drawn butter, let boil up once and serve.

Liver and Lemon Sauce.—Wash the liver of a fowl and let it boil a few minutes; peel one lemon very thin, reserve the white part and pips and cut it into very small slices; mince the liver and a small quantity of the lemon rind very fine; add these ingredients to a half pint smoothly made drawn butter, season with a little salt, put in the cut lemon, heat it gradually, but do not allow it to boil lest the butter should oil. Serve with poultry.

Liver and Parsley Sauce.—Wash and score the liver of a fowl, boil it for a few minutes and mince it very fine; scald a small bunch of parsley of which there should be sufficient when chopped to fill a tablespoon; add this with the minced liver to a half pint smoothly made drawn butter, let it just boil and serve with fowl.

Lobster Sauce.—Choose a hen lobster, as this is indispensable in order to render this sauce as good as it ought to be. Pick the meat from the shells, and cut it into small square pieces; put the spawn, which will be found under the tail of the lobster, into a mortar with half ounce butter, and pound it quite smooth; rub it through a hair-sieve, and cover up till wanted. Make three-fourths pint of drawn butter, and add one tablespoon anchovy sauce, one-half ounce butter, salt and cayenne to taste, a little pounded mace if liked, and two or three tablespoons cream. Mix well before the lobster is added to it, as it should retain its square form, and not come to table shredded and ragged. Put in the meat, let it get thoroughly hot, but do not allow it to boil, as the color would immediately be spoiled; for it should be remembered that this sauce should always have a bright red appearance. If it is intended to be served with turbot or brill, a little of the spawn (dried and rubbed through a sieve, without butter) should be saved to garnish with; but as the goodness, flavor, and appearance of the sauce so much depend on having a proper quantity of spawn, the less used for garnishing the better. This makes sufficient to serve with a small turbot, a brill or salmon for six persons. For a very small lobster, use only a half pint drawn butter and season as above. The remains of a cold lobster may with a little care be converted into a very good sauce. Or, break the shell of the lobster into small

pieces; pour over them one pint water or veal stock, add a pinch of salt and simmer gently until the liquid is reduced one-half. Mix two ounces butter with an ounce flour, strain the liquid upon it and stir all over the fire until the mixture thickens; do not let it boil. Add two tablespoons of the lobster meat, the juice of half a lemon, and serve. Improved by a tablespoon of lobster butter if at hand. An economical sauce may be made by chopping the meat of the tail and claws of a good-sized lobster into pieces (not too small). Half an hour before dinner, make half a pint of drawn butter, add the chopped lobster, a pinch of coral, another of cayenne, and a little salt.

Mayonnaise Sauce.—Work the yolks of two raw eggs to a smooth paste and add two salt-spoons salt, half a salt-spoon cayenne, a salt-spoon dry mustard and a teaspoon olive oil; mix these ingredients thoroughly and add the strained juice of half a lemon; take the remainder of half a pint olive oil and add it gradually, a teaspoon at a time, and every fifth teaspoon add a few drops of lemon juice until you have used two lemons and the half pint oil. Or, rub the yolks of three hard-boiled eggs with the yolk of one raw egg to a smooth paste; add a heaping teaspoon salt, two salt-spoons white pepper, and two salt-spoons made mustard; mix thoroughly and work a gill of oil gradually into the mixture alternating with a teaspoon of tarragon vinegar until you have used three tablespoons vinegar. Should the sauce appear too thick add a wineglass of cream gradually. In mixing the oil and lemon juice or vinegar, some put in only a few *drops* at a time, alternately, to insure against curdling. For a *Fish Mayonnaise* this sauce may be colored with lobster-spawn, pounded; and for poultry or meat, where variety is desired, a little parsley juice may be used to add to its appearance.

Mint Sauce.—Take fresh young mint, strip leaves from stems, wash, drain on a sieve, or dry them on a cloth; chop very fine, put in a sauce-tureen, and to three heaped tablespoons mint add two of pounded sugar; let remain a few minutes well mixed together, and pour over it gradually six tablespoons of good vinegar. If members of the family like the flavor but not the substance of the mint, the sauce may be strained after it has stood for two or three hours, pressing it well to extract all the flavor. It is better to make the sauce two or three hours before dinner, so that the vinegar may be impregnated with the mint. Serve with either boiled or roast lamb. The addition of three or four tablespoons of the liquor from the meat is an improvement. This makes sufficient sauce for a three or four-pound joint. When green mint is scarce and not obtainable, mint vinegar may be substituted for it and will be found acceptable in early spring.

Olive Sauce.—Two dozen queen olives, one pint rich stock, the juice of one lemon, two tablespoons salad oil, one of flour, salt, pep-

per, a small slice of onion. Let the olives stand in hot water half an hour to extract the salt, then place in cold water five minutes. Put onion and oil in stewpan, and as soon as the onion begins to color add flour. Stir until smooth, and add stock. Set back where it will simmer. Carefully stone the olives by paring them round in ribbons so that they may recover their shape when stoned. Put them in the sauce, add seasoning, and simmer twenty minutes. Skim carefully and serve. If sauce is liked thin, half the amount of flour given can be used. This sauce is for roast duck and game.

Onion Sauce.—Peel nine large or twelve middling-sized white onions, and put them into water to which a little salt has been added, to preserve their whiteness, and let them remain fifteen minutes. Put in saucepan, cover with water and boil until tender, changing the water, if onions are very strong, when they have boiled fifteen minutes. Drain thoroughly, chop and rub through sieve. Make a pint drawn butter, and when it boils put in the onions, season with salt, stir till it simmers and the sauce will be ready to serve. If directions are carefully followed this *White Onion Sauce* will be delicious. Serve with roast shoulder of mutton or broiled rabbit. To make this sauce very mild and delicate use Spanish onions which may be obtained from first of September to Christmas. Two or three tablespoons cream added just before serving improves it very much. A knife and sieve or small wire strainer should be kept expressly for preparing onions, that their flavor may not be imparted to other dishes. To make *Brown Onion Sauce* slice and fry the onions in butter, add half pint any gravy, simmer until tender, skim off all fat, season with pepper and salt and put through a sieve, reheat and serve. When a high flavoring is liked add one tablespoon mushroom catsup.

Orange Sauce.—Peel half an orange, removing all the pith; cut into slices, and then in fillets; put them in a gill of water to boil for two minutes; drain on a sieve, throwing the water away; place in the saucepan two spoons of demi-glaze, or ten of broth; and, when boiling, add the orange and a little sugar; simmer ten minutes, skim, and serve. The juice of half an orange is an improvement. This is served with ducklings and water fowl; cayenne and mustard may be added if liked.

Oyster Sauce.—Strain the liquor from a half pint oysters and add enough milk or water to make one pint; stir in a half cup butter beaten to a cream with two tablespoons flour. Let this come to a boil, add the oysters and let them boil up once—cooking long hardens them. If wanted really nice the oysters should be bearded. Or add a few drops lemon juice or vinegar, a tablespoon capers, or use a seasoning of cayenne or anchovy sauce. The sauce is richer if cream instead of water is used in making the drawn butter, but in this case do not add the lemon juice or vinegar. Never allow less

than six oysters to each person, unless making a large quantity. Serve with fish or boiled poultry. To make *Brown Oyster Sauce*, use above ingredients, stirring butter and flour together over the fire until a dark brown, and serve with boiled or stewed beefsteak.

Parsley Sauce.—Boil two tablespoons parsley slowly in slightly salted water, drain and cut fine, and add it to one-half pint smoothly-made drawn butter, with one-half teaspoon salt and a tablespoon vinegar. Boil up and serve. If sauce is wanted to look green boil the other ingredients together and pour over the scalded and chopped parsley already in the gravy tureen. Stir once or twice and serve with calf's head, boiled fowl, etc.

Shrimp Sauce.—Free a pint of shrimps from bits of sea-grass and broken shells, throw them into salted boiling water, and boil them for a few moments, until the shells turn red, then drain them and break off the heads, legs and shells; the available part is the flesh of the tails. After the shrimp are prepared, put a tablespoon each of butter and flour in a saucepan over the fire and stir them until they are smoothly blended; then gradually stir in a pint boiling water, season the sauce with two saltspoons salt and a liberal dust of cayenne, put in the shrimp, and serve the sauce with boiled fish. Garnish the dish with a few whole shrimps. Another method of making this sauce is to add to a pint drawn butter sauce a half can shrimps, flavor with two tablespoons essence of anchovies or a teaspoon anchovy paste. At the last moment a few drops lemon juice and a little cayenne may be added.

Tartare Sauce.—Yolks two eggs, gill salad oil or melted butter, salt-spoon salt, half a salt-spoon pepper, a tablespoon good cider vinegar, half teaspoon each mustard and sugar, and a tablespoon gherkins. Beat together lightly in a small bowl the vinegar and yolks, add to these, drop by drop, the salad-oil or melted butter, taking care to stir the same way all the time; when this is done, season the mixture with pepper, salt, and mustard; add also the gherkins finely chopped (or capers may be substituted), and serve in a gravy boat with boiled salmon or cold meats. Or, mince two small English pickles, one-fourth of an onion, and a few sprigs of parsley together. Add them to three tablespoons mayonnaise sauce and the juice of half a lemon. Mix and serve (see mayonnaise sauce). A few tarragon leaves will improve the sauce. This is called the perfection of sauces for fried fish.

Tomato Sauce.—Stew ten tomatoes with three cloves, and pepper and salt, for fifteen minutes (some add a sliced onion and a sprig of parsley), strain through a sieve, put on the stove in a saucepan in which a lump of butter the size of an egg and level tablespoon flour have been well mixed and cooked, stir all until smooth, and if wanted to remove seeds put through a sieve, reheat and serve.

Canned tomatoes may be used as a substitute. Or stew half a dozen tomatoes in a pint stock with a slice of ham cut into dice, a bay-leaf, a blade of mace, three drops pepper sauce and three small pickled onions; stir the whole over a gentle fire until done, then press them through a sieve, add salt, and put the sauce again upon the fire till it is very hot.

French Tomato Sauce.—Cut tomatoes into quarters and put them in saucepan with salt to taste, a good handful of basil, and three or four cloves of garlic; a little water should be put into the saucepan to prevent the tomatoes catching. When they are thoroughly done turn them out upon a hair sieve and wait till all the water has drained from them. Throw away this water and pass the tomatoes through the sieve; put the pulp into a saucepan, boil half an hour, and a moderate quantity of black pepper may be added to taste. When the sauce is quite cold put it into wide-mouthed bottles, cork tightly and tie up each cork with string or wire; dip the neck of each bottle into melted resin and they may then be put away to be used when required. The bottles should be of moderate size, for once opened the sauce will no longer keep good. If before putting on the wire the bottles of sauce are placed upright in a large vessel full of cold water and this is put on the fire until the water boils, the preservation will be more certain still, and the sauce will keep good for any length of time. Care must be taken, however, not to remove the bottles from the vessel until the water has become perfectly cold.

White Sauce.—Stir one tablespoon each butter and flour together over the fire until smooth, add one pint milk, season with salt and white pepper, and let boil up once. Strain if not perfectly smooth. This is the plain white sauce, so nice served with vegetables, and which is also used by many as the foundation for other sauces instead of the rich drawn butter. *Brown Sauce* is made same way, stirring the butter and flour over the fire until a dark brown color, and when it is at hand using a pint froth from boiling meat instead of the milk.

French White Sauce.—As white stock is the foundation of this sauce, it must be prepared first as follows: Cut up four pounds knuckle of veal, any poultry trimmings, and four slices of lean ham, put it into a saucepan which has been rubbed with butter, moisten with half pint water and simmer till gravy begins to flow; then add four quarts water, three carrots, two onions, one head celery, twelve white pepper-corns, a blade of mace, bunch of herbs, tablespoon each butter and salt. Simmer five hours, skim, strain carefully, and the *White Stock* is ready for use. *Consomme* is made exactly the same with double the quantity of meat or half the water. For the sauce put one pint stock in the saucepan with a small bunch pars-

ley, two cloves, half bay-leaf, small bunch savory herbs, three or four mushrooms when obtainable, and salt to taste. When it has boiled enough to extract the flavor from the herbs, etc., strain and boil up quickly again until it is nearly half reduced. Mix one tablespoon arrowroot smoothly with a pint cream and simmer gently five minutes over slow fire; add to it the reduced stock, and if stock is thick continue to simmer slowly for ten minutes, but if thin, stir over brisk fire till it thickens. This is the well known *Bechamel Sauce*, and is the foundation of many others, especially white sauces. Many make it thick, as it is easily thinned with cream or white stock. To make *Brown Stock* or *Sauce* stir three-fourths tablespoon flour with a tablespoon butter over the fire until a dark brown color and add to white stock.

Caper Butter.— Chop one tablespoon capers very fine, rub through a sieve with a wooden spoon, and mix with a salt-spoon salt, quarter of a spoon pepper, and one ounce cold butter. Put a layer of this butter on a dish, and serve fish on it.

Drawn Butter.—Cut one-fourth pound (or four well-rounded tablespoons) butter up into small pieces, put in saucepan, dredge over a dessert-spoon flour, and add four tablespoons water and a seasoning of salt; stir it *one way* constantly till the whole of the ingredients are melted and thoroughly blended. Let it just boil, when it is ready to serve. If the butter is to be melted with cream, use the same quantity as of water, but omit the flour; keep stirring, but do not allow it to boil. Another way of making, which is also used as a sauce, is to mix the flour and water, rubbing down all lumps with a spoon, and put in a saucepan with the water and salt, adding one-half spoon white vinegar and a very little grated nutmeg. Simmer, not boil, until it thickens.

Lobster Butter.—Mix the spawn and coral of a lobster with double the quantity of butter, a little cayenne, and pound in a mortar to a paste. May be used in flavoring lobster sauce and garnishing or decorating cold salmon, etc.

Parsley Butter.—One-fourth pound butter, two dessert-spoons minced parsley, the juice of one large lemon and salt and pepper to taste, well worked together. Serve over or around either meat or fish.

Caramel Coloring.—Put one cup sugar and two teaspoons water in a saucepan over the fire, stir constantly till it is a dark color, then add a half teacup water and a pinch of salt, let boil for a few moments, take off, and when cold, bottle.

Parsley Coloring.—Procure nice young parsley, and wash and dry thoroughly in a cloth; pound the leaves in a mortar until all the juice is extracted, and put juice in teacup or small jar, set in a saucepan of boiling water and warm it just enough to take off its rawness. Let it drain and it will be ready for coloring.

Spinach Coloring.—Wash a peck of spinach, pour on it two quarts boiling water and let it stand one minute. Pour off the water, and pound the spinach to a soft pulp. Put this in a coarse towel and squeeze all the juice into a small frying pan. (Two people, by using the towel at the same time, will extract the juice more thoroughly than one can). Put the pan on the fire, and stir until the juice is in the form of curd and whey. Watch closely and do not boil. Turn on a sieve, and when all the liquor has been drained off, scrape the dry material from the sieve and put away for use. Another mode is to put with the juice in the frying-pan three tablespoons sugar, and cook five minutes; then bottle for use. This is really the more convenient way. Spinach green is used for coloring soups, sauces and creams.

French Mustard.—Slice an onion in a bowl and cover it with good vinegar; after two days pour off the vinegar, add to it a teaspoon each cayenne pepper and salt, a tablespoon sugar, and mustard enough to thicken; set on the stove until it boils; when cold it is fit for use.

Indian Mustard.—Put one-fourth pound each mustard and flour and a half tablespoon salt into a basin, and make them into a stiff paste with boiling water. Boil four shallots with four tablespoons each vinegar and catsup, and one-fourth bottle anchovy sauce, for ten minutes, and pour the whole, *boiling*, over the mixture in the basin; stir well, and reduce it to a proper thickness; put it into a bottle, with a bruised shallot at the bottom, and store away for use. If properly prepared will keep for years. An excellent relish for bread and butter and very nice with meats.

Prepared Mustard.—Three teaspoons ground mustard, one of flour (two if the mustard seems very strong), half teaspoon sugar; pour boiled water cooled to lukewarm on these and mix into a smooth, thick paste; when cold add vinegar enough to make ready for use, and serve with salt. This resembles the French mustard. Another mode of preparing is to make a dressing of one cup vinegar, two eggs, one tablespoon each pepper, sugar and salt, butter size of a walnut; beat well and simmer over the fire to cook the eggs; then add a tablespoon mustard wet in lukewarm water. Mustard may be flavored in various ways, with tarragon, shallot, celery, and many other vinegars, herbs, spices, etc.

Tartar Mustard.—Mix a half cup mustard and a slight seasoning of cayenne with sufficient horse-radish vinegar to render it per-

fectly smooth, rubbing lumps down with back of spoon, adding the vinegar a little at a time, and not making it too thin.

Curry Powder.—An ounce each ginger, mustard, and pepper, three each of coriander seed and turmeric, one-half ounce cardamon, quarter ounce each cayenne pepper and cumin seed; pound all fine, sift and cork tight. One teaspoon of powder is sufficient to season any thing. This is nice for sauces, boiled meats and stews.

Dried Celery and Parsley.—Wash the leaves, stalks, roots and trimmings of celery and put them in a cool oven to dry thoroughly; then grate the root, rub leaves and stalks through a sieve and put all in tightly corked bottle. Delicious seasoning for sauces, soups, stews and dressing. Save all bits of parsley and preserve for future use in same manner, not using the roots; or, take freshly gathered parsley and wash it perfectly free from grit and dirt; put into boiling water which has been slightly salted and well skimmed, and then let it boil for two or three minutes; take out, let drain, and place on a sieve in front of the fire, when it should be dried as expeditiously as possible. Store it away in a very dry place in bottles, and when wanted for use pour over it a little warm water, and let stand for about five minutes. This may be done any time between June and October. Celery salt is made by mixing the root dried and ground as above with one-fourth its quantity of salt. A very nice seasoning, and will keep a long time.

Fried Parsley.—Gather some young parsley; wash, pick, and dry it thoroughly in a cloth; put it into the wire egg basket and hold it in boiling lard or drippings for a minute or two. Directly it is done, lift out basket, and let stand before the fire that the parsley may become thoroughly crisp, and the quicker it is fried the better. Should the kitchen not be furnished with the above article, throw the parsley into the frying-pan, and when crisp, lift it out, dry before the fire, and when thoroughly crisp it will be ready for use. This is used for garnishing.

Spiced Salt.—Dry, powder, and mix by repeated siftings the following: One-fourth ounce each powdered thyme, bay-leaf and pepper, one-eighth ounce each marjoram and cayenne pepper, one-half ounce each powdered clove and nutmeg, and to every four ounces of this powder add one ounce salt. Keep in an air-tight vessel. Nice for spicing sauces, and one ounce of it added to three pounds stuffing, or force meat of any kind makes a delicious seasoning.

CHEESE.

The many appetizing, varied and really elegant dishes concocted with the aid of cheese by modern cooks, render this product of the dairy indispensable to every well appointed table. And while the opinion prevails to some extent in this country that imported cheese is superior to that of home manufacture, this is not by any means true, as is proven by the fact that immense quantities of American cheese are annually exported, most of which is marketed in England, where it is eagerly sought for. The English, however, and other foreign manufacturers, brand their cheese with the name of the locality in which it is made, and hence several fine varieties, as the Stilton, the Cheshire, Gruyere, Parmesan and others have very justly become celebrated. While equally as good cheese is manufactured in America, notably in New York and Northern Ohio, and nearly every state has factories turning out excellent products, it goes abroad with no distinctive brand, and is sold along with other cheese, good, bad and indifferent, simply under the name of American cheese; and as a buyer who may have once been fortunate enough to secure a good American article has no means of knowing that his next purchase will be of the same manufacture, because of the American want of foresight in neglecting to properly brand cheese, and often gets poor stuff under the same general name, we are placed at a great disadvantage in competing with foreign manufacturers. Instead of aiming to make home cheese famous, American manufacturers have taken to catering to the popular pre-

judice in favor of the imported article, and much of what is sold here as English, Swiss and Italian cheese, is made upon our own shores, and is of such excellent quality that the most prejudiced cannot distinguish between it and the real imported brand.

Cheese varies in quality and richness according to the quality of the materials of which it is composed, and is made of the "entire" milk—new milk, or milk with the cream unskimmed—of milk and cream, that is, the morning's milk with the cream of the evening before; of new milk mixed with skimmed milk, and of skimmed milk only. Strong, means of a high flavor and odor but not necessarily sharp. Most new cheeses are relatively mild, and develop their characteristics, especially sharpness, with age. The Romans smoked their cheese to give it a sharp taste. The most celebrated varieties of the foreign cheeses are the following: The Parmesan, a hard, high flavored article, slightly sharp, manufactured in Parma and Piacenza, Italy, which is supposed to get its flavor from the rich herbage of the pastures of the river Po, is made entirely of skimmed milk, and the best is that which has been kept three or four years, none being marketed under six months; it is highly prized for grating and cooking. The best English cheeses are the Stilton, Cheshire and Cheddar, the first of which is finest and richest, made from cream and milk, and requires two years to ripen; the Cheshire is made of entire milk, and the Cheddar, of mild flavor, is made of skimmed milk, like the Parmesan, which it much resembles; the Dunlop is the only Scotch cheese well known in America, and has a peculiarly mild and rich taste; the Gruyere is the best of the Swiss cheeses and has a fine flavor, but the Neufchatel, which comes in little rolls about an inch thick and three inches long, is perhaps best known in America and is cheap and delicious; care must be taken when purchasing to see that it is not musty. The German Limburger, a very strong cheese, which is not considered fit for consumption until partly putrefied, is well known here. French cheeses are generally for winter consumption, and come to us only from October to May. The best known here are the Brie, made of cream, and which comes in flat, round boxes weighing usually four pounds, and the Roquefort, a mixture of the milk of goats and sheep, made in same shape and size; the Dutchman's Head, or Edam, from Holland, prized principally for grating and cooking, is also sold here. The American cheeses are the Pineapple, which is double the price of

ordinary cheese, imitations of English Dairy, American Factory, and California cheese, which is only about half the weight and thickness of Eastern, and instead of being incased in a round wooden box like the Eastern, is handled loose or naked in the wholesale market. None of the American cheeses are classed among strong cheeses. They are good all the year round. The foreign varieties, or equally as good American imitations, may all be had in the larger cities, while excellent, if not the best, American factory cheese is obtainable everywhere. Sage cheese is made by the addition of bruised sage leaves to the curd, which imparts a greenish color and a flavor liked by many. Cream cheese is not properly a cheese, although so called, but is simply cream dried sufficiently to be cut with a knife. Cheese from milk and potatoes is manufactured in Thuringia and Saxony. Cheese may be had in small, round shapes, brickbats, the thin California cheeses, etc., as well as shaped in the ordinary large round hoop, or by the pound therefrom. All cheese, except the foreign skim-milk makes, contains more or less coloring matter, principally annatto, turmeric, or marigold, all perfectly harmless unless they are adulterated.

In families where much cheese is consumed, and it is bought in large quantities, a piece from the whole cheese should be cut, the larger quantity spread with a thickly buttered sheet of white paper, and the outside occasionally wiped. To keep cheese moist a damp cloth should be wrapped round it (wet with white wine or alcohol is better), and the cheese put into a pan or crock kept covered in a cool but not very dry place. To ripen cheeses, and bring them forward, put them into a damp cellar, and to check the production of mites spirits may be poured into the parts affected. Pieces of cheese which are too near the rind, or too dry to put on table, may be made into Welsh rare-bits, or grated down and mixed with macaroni. Cheeses may be preserved in a perfect state for years, by covering them with parchment made pliable by soaking in water, or by rubbing them over with a coating of melted fat. The cheeses selected should be free from cracks or bruises of any kind. The usual mode of serving cheese is to cut a small quantity of it into neat square pieces, and to put them into a glass cheese-dish, this dish being handed round. Should the cheese crumble much, of course this method is rather wasteful and it may then be put on the table in the

Dish of Cheese.

piece, and the host may cut from it. When served thus, the cheese must always be carefully scraped, and laid on a white doyley or napkin, neatly folded. Cream-cheese is often served in a cheese course, and, sometimes, grated Parmesan; the latter should be put into a colored glass dish. Rusks, cheese-biscuits, and salad, or water-cress, should always form part of a cheese course, which is served just before the dessert. It is English to serve celery or cucumbers with it. Thin milk crackers or wafer biscuits (put into the oven just a moment before serving, to make them crisp) should be served with cheese; butter also for spreading the crackers, this being the only time that it is usually allowed for dinner. Macaroni with cheese, Welsh rare-bits, cheese omelets, or little cheese cakes, are good substitutes for a cheese-course. In serving a Stilton cheese, the top of it should be cut off to form a lid, and a napkin or piece of white paper with a frill at the top, pinned round. When the cheese goes from table, the lid should be replaced. Those made in May or June are usually served at Christmas; or, to be in prime order, should be kept from ten to twelve months, or even longer. An artificial ripeness in Stilton cheese is sometimes produced by inserting a small piece of decayed Cheshire into an aperture at the top. From three weeks to a month is sufficient time to ripen the cheese. An additional flavor may also be obtained by scooping out a piece from the top, and pouring therein port, sherry, Maderia, or old ale, and letting the cheese absorb these for two or three weeks. But that cheese is the finest which is ripened without any artificial aid, is the opinion of those who are judges in these matters. A dry cheese is best for grating, and the Parmesan, Edam and Cheddar are largely used for this purpose, but any dry cheese or bits left over may be utilized. If the kind called for in any of the following recipes is not at hand, use the ordinary cheese. Serve as hot and as quickly as possible, for if allowed to cool the flavor and quality of the melted or cooked cheese is spoiled. In buying cheese, that which feels soft between the fingers is richest and best. When mites have taken possession of a cheese, and one wishes to use it, the following recipe will have the effect of destroying them without injury to the cheese;

Stilton Cheese.

Cheese Bucket.

Wipe the cheese, put it into a pot in which mutton has been cooked, whilst the water is yet hot, make the water boil a few seconds, take out cheese, wipe immediately, dry and then put it away in a dry place until required for use. The cheese bucket illustrated will be found the most convenient receptacle for cheese, the close-fitting cover excluding air and insects, and is much more easily moved about than a crock.

Cheese Cakes.—Take twelve ounces curd made as in recipe for cream cheese, (product of four quarts milk), half cup each sugar, and butter, four yolks of eggs and a pinch of salt, flavoring with grated lemon rind, or extract and nutmeg. Rub the curd, as taken from the draining cloth, through a puree sieve, add the other ingredients and mix well together. Line patty-pans with paste, nearly fill with the mixture, bake about fifteen minutes. The curd mixture, though seemingly too firm at first, melts and puffs up in the oven. Dredge powdered sugar over the tops when done. These are very delicious. As substitutes for rennet curd, which is as sweet as pounded almonds, the curd of sour milk and the curd of a custard that is spoiled through letting it boil, can be used if prepared by scalding and draining in the same way, but will not be quite so good.

Cheese Crusts.—Cut stale bread in slices about two inches and a half thick; trim off crust, place on a baking-pan and on each slice of bread put a heaping tablespoon of any mild cheese grated, or a very thin layer of strong, rich cheese; on the top of the cheese put very little salt and pepper, and a bit of butter, and set the pan in a hot oven just long enough to slightly brown the crusts; watch them, because they should only be browned a little; let them cool on the baking-pan, and then transfer them, without breaking them or disturbing the cheese, to the dish on which they are to be served. Cheese crusts may be used at family dinners as a sort of dessert, or served at dinner or luncheon with any green salad or celery.

Cheese Diablotins.—Put a gill milk in a stewpan, with two tablespoons butter; when boiling, stir in two tablespoons flour, keep stirring over the fire until the bottom of the stewpan is dry, then add four eggs by degrees, and a pound grated cheese; mix well, season with pepper, salt, and cayenne, rather highly, mold the paste into balls with the forefinger against the side of the stewpan containing it, drop them into hot lard; fry of a nice light brown, and serve very hot; a quarter of this quantity may of course be made. An excellent dish.

Diablotins.

Cheese Fingers.—Roll pie paste out thin and cut into strips about four inches long and one and one-half wide; strew each thickly with grated cheese, season with pepper and salt, double the paste lengthwise, enclosing the cheese, pinch the edges and bake in quick oven. Wash over with beaten egg just before taking out and sift a little powdered cheese on top. Shut oven door a moment to glaze them well; pile log-cabin fashion on a napkin in a warm dish and serve hot.

Cheese Fondu.—There are many ways of preparing this dish, of which the following are considered the best: Four eggs, the weight of two in cheese, Parmesan or Cheshire if obtainable, the weight of two in butter; pepper and salt to taste. Separate the yolks from the whites of the eggs; beat the former in a basin and grate the cheese, or cut it into *very thin* flakes. Break the butter into small pieces, add it to the other ingredients with sufficient pepper and salt to season nicely, and beat the mixture thoroughly. Well whisk the whites of eggs, stir them lightly in last, and put into oven as quickly as possible. Bake in a souffle dish or small round cake tin. Fill only half full, as it should rise very much. Pin napkin round the dish if there is no ornamental receptacle, and serve very hot and quickly. If allowed to stand after taken from the oven, the beauty and lightness of the fondu will be completely spoiled. If one has not an ornamental receptacle, a pretty way of serving is to line the baking pan with paper cut in a fringe at the top. Or bake in individual molds or tins of small size lined thus with paper, or in thick paper molds of any fancied form, remembering that they must be only half filled when put in oven. Another excellent recipe is to take as many eggs as there are to be persons at table, weigh them in the shell, and take one-third their weight in the best cheese to be had, and one-sixth as much butter as cheese. To the well-beaten eggs add the grated cheese and the butter broken into small pieces, and stir together with a wooden spoon; put over the fire and stir until thick and soft; add salt and pepper to taste and serve on very hot silver or metal plate. Do not allow the fondu to remain on the fire after the mixture is set, for if it boils it will be entirely spoiled. Or, take one cup bread-crumbs, very dry and fine, two scant cups of milk, rich and fresh or it will curdle, one-half pound dry old cheese, grated, three eggs whipped very light, one small tablespoon melted butter, pepper and salt to taste, and a pinch of soda dissolved in hot water and stirred into the milk; soak the crumbs in the milk, beat into these the eggs, butter and seasoning, and lastly the cheese. Butter a neat baking dish, pour the fondu into it, strew dry bread-crumbs on the top and bake in a rather quick oven until delicately browned. Serve immediately in the baking dish, as it soon falls. Economical and delicious.

Cheese Fritters.—Put six tablespoons flour in a bowl and pour a half tablespoon melted butter into the center; add to this, by

degrees, eight tablespoons tepid water, beating all the time, yolk of one egg, half teaspoon each pepper and dry mustard, and three heaping tablespoons grated Parmesan cheese, and last the well-beaten white. Drop a tablespoon at a time into hot clarified fat or lard. As the fritters brown and rise to top, turn and brown the other side; place piece of kitchen paper (any clean, coarse brown paper) in a baking pan in open oven and put the browned fritters upon it for a moment that the paper may absorb the fat, then serve upon a hot plate covered with a hot napkin and garnished with sprigs of parsley.

Cheese Omelet.—Beat up eggs as for ordinary omelet (see Eggs) and add to them the cheese cut in small pieces, a tablespoon to three eggs. The cheese may be stirred in quickly just before frying, or strewn over the omelet in the pan. A seasoning of salt and pepper should be added after putting in pan. Parmesan cheese should be grated and beaten in with the eggs, adding a little more just before folding the omelet, and serving with the grated cheese sprinkled on top. Serve as hot as possible and it will be delicious.

Cheese Pudding.—One-half pound dry cheese, grated fine, one cup dry bread-crumbs, four well-beaten eggs, one cup minced meat—one-third ham, two-thirds fowl—one cup milk and one of good gravy—veal or fowl—one teaspoon butter, and a pinch of soda in the milk; season with pepper and a very little salt. Stir the milk into the beaten eggs, then the bread-crumbs, seasoning, and meat; lastly the cheese. Beat up well, but not too long, else the milk may curdle in spite of the soda. Butter a mold, pour in the pudding, cover, and boil three-quarters of an hour steadily. Turn out upon a hot dish and pour the gravy over it. Or, grate three ounces cheese and five of bread; and having warmed one ounce butter in a quarter pint new milk, mix it with the above, add two well-beaten eggs and a little salt. Bake half an hour.

Cheese Puffs.—Three ounces cream curd, one quart rich milk curdled with rennet, one gill milk, one tablespoon butter, one cup flour, two ounces grated cheese, three eggs. Have the curd scalded and drained dry, as in making cheese or smearkase. Boil the milk with the butter in it, drop in the flour all at once and stir the paste over the fire a few minutes; take off fire and put in the curd and the grated cheese, and pound the mixture smooth; then add the eggs one at a time and beat them in. Drop spoonfuls of this mixture into patty-pans, lined thinly with pie paste, and bake in a slack oven; or else roll mixture very thin, cut in triangular shapes, put a spoonful of the mixture in the middle and pinch up the sides like a three-cornered hat, and bake on a biscuit pan. They will open out in baking. Good to eat with apple-sauce.

Cheese Relish.—Place small piece butter in frying-pan with one-fourth pound thinly sliced fresh cheese and pour over it a cup

sweet milk, quarter teaspoon dry mustard, pinch salt and pepper, stirring all the time, then add gradually three finely rolled crackers and serve at once in a warm dish.

Cheese Sandwiches.—Rub yolks of three hard boiled eggs to a smooth paste with one tablespoon melted butter, season with pepper and salt, and work in one-fourth pound good English cheese, grated, or any cheese may be used. Spread the mixture on very thin slices of bread, and fold. Or place slices of good rich cheese half an inch thick between slices of brown-bread and butter, set them on a plate in oven until well toasted and serve on napkin quickly while very hot.

Cheese Souffle.—Two tablespoons butter, one heaping tablespoon flour, half cup milk, cup grated cheese, three eggs, half teaspoon salt, speck of cayenne. Put the butter in the saucepan and when hot add the flour and stir until smooth but not browned, add the milk and seasoning and cook two minutes, then add the well beaten yolks of eggs and the cheese; set away to cool; when cold add the stiffly frothed whites, turn into a buttered souffle pan or baking dish and bake from twenty to twenty-five minutes. Serve the moment it comes from the oven. The dish in which this is baked should hold a quart.

Cheese Soup.—Mix one and a half cups flour with one pint rich cream, four tablespoons each butter and grated Parmesan cheese with a speck of cayenne; place the basin in another of hot water and stir until the mixture becomes a smooth, firm paste; break into it two eggs and mix quickly and thoroughly, cook two minutes longer and set away to cool; when cold roll into little balls size of American walnut. When the balls are all formed drop them into boiling water and cook gently five minutes; put them in a soup-tureen and pour three quarts of clear boiling soup-stock over them. Pass a plate of finely grated Parmesan cheese with the soup.

Cheese Vol au Vents.—Cut rounds of bread from slices an inch thick, cut out an inner round, leaving a shallow cavity. Dip in beaten egg and fry a light brown. Then fill the cavities with a mixture made by stirring into a half cup of boiling water one tablespoon butter and five tablespoons grated cheese, and when this is melted the well-beaten yolks of two eggs. Season with pepper and salt, beat together one minute and put in a handful bread-crumbs. After filling the rounds of fried bread brown very quickly in oven and serve on folded napkin.

Cheese Vol au Vents.

Cheese Straws.—Sift six ounces flour on the pastry-board, make a hole or well in the center; into this well put two tablespoons cream, three ounces grated Parmesan. or any rich dry cheese, four ounces butter, half a level teaspoon salt, quarter salt-spoon each

pepper and grated nutmeg, together with as much cayenne as can be taken up on the point of a very small penknife blade; mix all these ingredients with the tips of the fingers to a firm paste, knead it well, roll it out an eighth of an inch thick, and with a sharp knife or pastry jagger cut it in straws about eight inches long and quarter of an inch wide; lay the strips carefully on a buttered tin, and bake them light straw color in a moderate oven. These cheese straws make a delicious accompaniment to salad, and may be served as a course at dinner, either with or without crackers, but always with a dressed green salad, or with plain celery. Another mode of making is to rub four tablespoons sifted flour with two of butter, and four of grated cheese, add one egg and season with salt and cayenne pepper, roll very thin, cut in narrow strips three inches in length, and mold either into straws or tie in true lover's knots, bake a pale brown in a hot oven and serve hot on napkin, with salads. Four tablespoons bread-crumbs may be used instead of the egg, and the straws made thus are often served cold for luncheon or tea. Still another excellent recipe is two cups grated cheese, one-third cup butter, cayenne to taste, three-fourths cup flour, or enough to roll as pie-crust, one-half cup warm water; beat all together, roll out and cut in narrow strips four inches long, and bake on writing paper in a hot oven, to a lightbrown. Or, mix three-quarters pint grated cheese, pint flour, pinch salt with lard as pie crust, roll and finish as above. Serve with salad, piled on plate, crossing them in pairs and tying with ribbon of different colors; or, bake in eight-inch lengths and serve in log-cabin style. Use cream, milk or water for mixing.

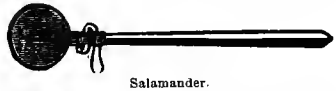
Cheese Straws.

Cheese with Celery.—One-half cup each grated cheese, gravy and butter, or poultry fat, two cups celery cut small, and a little pepper and salt. The celery should be in pieces about an inch long split to look like macaroni; boil ten minutes in water, drain, mix in the cheese, butter, pepper and salt, and bake in a pan, basting the top with spoonfuls of the meat gravy. Serve like a vegetable in tureen or individual dishes.

Cheese with Crackers.—Soak in boiling water round milk crackers split in two, take them out carefully so as not to break them; make layers of these slices in a little *gratin* dish or a deep baking-dish, each slice buttered, spread with a little made mustard, and sprinkled with pepper, salt, and plenty of grated cheese. When all is prepared, bake them in a hot oven for ten minutes.

Cheese with Eggs.—Cut hard-boiled eggs into slices and lay in a well-buttered dish that has been sprinkled with bread-crumbs, and place on each slice of egg a slice of Gruyere cheese of same shape and size; place a bit of butter on each, pepper well, sift a few bread-crumbs over and put into good oven for about five minutes. Serve as hot as possible

Cheese with Macaroni.—Put a pint milk and two pints water into a saucepan with sufficient salt to flavor it; place it on the fire and when it boils quickly drop in a half pound pipe macaroni. Keep the water boiling until it is quite tender (an hour or more), drain the macaroni and put it into a deep dish. Have ready six ounces grated cheese, either Parmesan or Cheshire, sprinkle it amongst the macaroni and some of the butter cut into small pieces, reserving some of the cheese for the top layer. Season with a little pepper, and cover the top layer of cheese with some very fine bread-crumbs. Warm, without oiling, the remainder of one-fourth pound butter, and pour it gently over the bread-crumbs. Place the dish before a bright fire to brown the crumbs; turn it once or twice that it may be equally colored, and serve very hot. The top of the macaroni may be browned with a salamander, which is even better than placing it before the fire, as the process is more expeditious; but it should never be browned in the oven, as the butter would oil and so impart a very disagreeable flavor to the dish. In boiling the macaroni, let it be perfectly tender but firm, no part beginning to melt, and the form entirely preserved. It may be boiled in plain water, with a little salt, instead of using milk, but should then have a small piece of butter mixed with it. Sufficient for six or seven persons.



Salamander.

Cottage Cheese.—Set a gallon or more of clabbered milk on the stove hearth, or back of stove, or in the oven after cooking a meal, leaving the door open; turn it around frequently, and cut the curd into squares with a knife, stirring gently now and then till about as warm as the finger will bear, and the whey shows all around the curd; pour all into a coarse bag and hang to drain in a cool place for three or four hours, or overnight if made in the evening. When wanted, turn from the bag, chop rather coarse with a knife and dress with salt, pepper and sweet cream. Some mash and rub thoroughly with the cream; others dress with sugar, cream and a little nutmeg, omitting the salt and pepper. Another way is to chop fine, add salt to taste, work in a very little cream or butter, and mold into round balls. If wanted to serve immediately, drain the curd through a colander, pressing out all the whey possible with the back of a spoon, dress as above as soon as cold and send to table, cutting the top of cheese in little squares.

Cream Cheese.—Take three pints thick cream and put it into a clean wet cloth, adding a teaspoon salt after the cream is sour; tie it up and hang it in a cool place for seven or eight days; take it from the cloth and put it in another and then into a mold with a weight upon it for two or three days longer. Turn it twice a day, when it will be fit to use Sour cream may be made into cheese same way. If wanted to ripen quickly, cover with

mint or nettle leaves. Or take a small pan of fresh morning's milk, warm from the cow is best, and mix with the cream skimmed from an equal quantity of the last night's milk. Warm it to blood heat, pour into it a cup of water in which a piece of rennet the size of two fingers has soaked all night, and put it in a warm place till the curd has formed. Cut the curd into squares, put it in a thin straining cloth, squeeze it dry, then crumble and salt it to taste. Wash the straining cloth, lay it in the cheese hoop (a bottomless vessel the size of a dinner plate perforated with small holes), put the crumbled curd into the cloth and fold the rest of the cloth over it. Put on the cover and set a weight on it. In six hours turn the cheese, and let stand six hours longer. Then take it out, rub it with fresh butter, and set it in a dark, dry place. Turn it every day for four or five days, when it is fit for use, and it must be eaten immediately when cut. It will keep but a few days, even in cold weather. To make a plain family cream cheese, take three half pints milk to one-half pint cream, warm it and put in a little rennet; keep it covered in a warm place till it is curdled; put the curds into the colander on a cloth to drain about an hour, serve with good plain cream and pounded sugar over it. To color, pound fresh sage leaves in a mortar to obtain the juice, and mix it with the milk while warm after the rennet is put in. Spinach juice is an improvement.

Potato Cheese.—Boil good white potatoes, and when cool, peel them and grate or mash them to a light pulp; to five pounds of this, which must be free from lumps, add a pint of sour milk and salt to taste; knead the whole well, cover it, and leave it for three or four days, according to the season; then knead it afresh, and put the cheeses into small baskets, when they will part with their superfluous moisture; dry them in the shade, and place them in layers in large pots or kegs, where they may remain a fortnight. The older they are the finer they become. This cheese, it is said, never engenders worms, and in well closed vessels, in a dry place, will keep for years. This is celebrated in various parts of Europe.

Pounded Cheese.—To every pound cheese allow three tablespoons butter. Cut cheese into small pieces and pound smoothly in mortar (or use a bowl and potato masher), then thoroughly mix the butter with it; press into a jar, cover with clarified butter and it will keep several days. A good way to dispose of dry cheese; very nice for sandwiches, and the best mode of preparing for those whose digestion is weak. May be flavored by adding a teaspoon mixed mustard, cayenne or powdered mace, to each pound cheese, and curry powder is often used.

Toasted Cheese.—Rub the bottom of a heated frying-pan with a cut onion, then with butter. Put a half pound dry grated cheese into it, stirring fast to prevent burning. When it is melted put in a tablespoon each melted butter and made mustard, and a pinch cay-

enne pepper, and lastly a tablespoon bread-crumbs, which have been previously soaked in cream, then pressed almost dry. Spread smoking hot on rounds or slices of thin toast from which the crust has been pared, and serve at once. For *Toasted Cheese with Eggs* take one-half pound good English cheese, three eggs beaten light, three tablespoons bread-crumbs soaked in cream, tablespoon mustard, a little minced parsley, three tablespoons butter, melted, but not hot. Beat the soaked crumbs into the eggs, then the butter and seasoning, lastly the cheese. Beat very light, spread smoothly on slices of delicate toast and brown quickly upon the upper grating of the oven. The cheese knife will be found useful in preparing cheese for toasting, scooping out the inside of a dry cheese, etc.

Kitchen Cheese Knife.

Ramakins.—Four ounces grated, high-flavored cheese, half Cheshire and half Parmesan if obtainable, or all of one kind, two ounces each butter and bread (without crust), a scant gill milk, one-third teaspoon each mustard and salt, small pinch cayenne pepper, two or three eggs. Crumb the bread and boil it soft in the milk; add the butter, mustard, salt, pepper, cheese, and the yolks of the eggs; beat thoroughly, then stir in the whites of the eggs beaten to a stiff froth. Pour this into patty pans or saucers, which ought not to be more than half filled; bake the paste from five to ten minutes, when it should be puffed high above the edge of the pans. Serve immediately, or they will fall. A good cheese course for dinner and nice for lunch or supper. This batter is equally nice for macaroni. Another excellent recipe for ramakins is to boil half pint milk and half the quantity of cream; melt one ounce butter and a little salt; mix in a spoonful flour, and stir it over the fire five minutes; pour in milk and cream by degrees and work smooth, taking care that it is thoroughly cooked, then take off and add half a pound grated cheese, some coarse ground pepper and an atom of nutmeg, with a very little powdered sugar, the yolks of eight eggs and whites of two, well beaten; when perfectly mixed, add the well-frothed whites of six eggs; the batter should be as thick as cream. Make little paper trays, fill them half full, and bake in a very slow oven eighteen minutes. Or, bake in patty pans or small cups. Serve hot.

Pastry Ramakins.—The remains or odd pieces of paste left from large tarts, etc., answer for making these little dishes. Gather up the pieces of paste, roll out evenly, and sprinkle with grated cheese of a nice flavor. Fold the paste in three, roll it out again and sprinkle more cheese over; fold the paste, roll it out, and with a paste jaggar shape it in any way that may be desired. Bake the ramakins in a brisk oven from ten to fifteen minutes; just before taking from the oven brush with beaten egg and

Paste Jaggar.

sift over with powdered sugar, let brown a moment, dish them on a hot napkin and serve quickly. Where expense is not objected to, Parmesan is the best kind of cheese to use for making this dish. The recipe makes a quantity sufficient for six or seven persons.

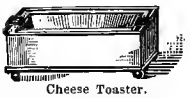
Toast Ramakins.—Three tablespoons grated cheese, two eggs beaten light, one tablespoon melted butter, one teaspoon anchovy sauce, one teaspoon flour wet with cream, a pinch of cayenne pepper. Beat the butter and seasoning in with the eggs, then the cheese, lastly the flour, working until the mixture is of creamy lightness. Spread thickly upon slices of lightly toasted bread and brown quickly in the oven. Or, grate a half pound cheese and melt two ounces butter; while the latter is getting cool mix it with the cheese and well-beaten whites of three eggs; lay buttered papers in a frying pan, put in slices of bread and lay the cheese mixture on top; set it over the fire for about five minutes, then take it off and brown with a salamander.

Scotch Rare-bit.—Cut nice, rich, sound cheese into rather thin slices, melt it in a cheese-toaster on a hot plate, or over steam, and when melted add a small quantity mixed mustard and a seasoning of pepper. Stir the cheese until it is completely dissolved, then brown it before the fire or with a hot salamander. Serve with dry or buttered toasts, whichever may be preferred. If the cheese is not very rich a few pieces of butter may be mixed with it to great advantage. Sometimes the melted cheese is spread on the toasts, and then laid in the cheese-toaster. Whichever way it is served it is highly necessary that the mixture be very hot and very quickly sent to table.

Welsh Rare-bit.—Cut bread into slices about half an inch in thickness, allowing a slice for each person; pare off the crust, toast the bread slightly without hardening or burning it, and spread it with butter. Cut some slices, not quite so large as the bread, from a good rich fat cheese; lay them on the toasted bread in a cheese-toaster; be careful that the cheese does not burn, and let it be equally melted. Spread over the top a little made mustard and a seasoning of pepper, and serve very hot, with very hot plates. To facilitate the melting of the cheese it may be cut into thin flakes or toasted on one side before it is laid on the bread. As it is so essential to send this dish hot to table it is a good plan to melt the cheese in small round silver or metal pans, and to send these pans to table, allowing one for each guest. Slices of dry or buttered toast should always accompany them, with mustard, pepper and salt; or stir together in a saucepan over the fire until smoothly blended, four heaping tablespoons grated cheese, two of butter, one of milk, saltspoon each salt and dry mustard, quarter of pepper and a dust of cayenne. The pan must be hot and rubbed well with butter before putting in the cheese; stir rapidly and when melted put in butter,

next mustard and pepper. Some add a cup bread-crumbs soaked in a little milk, which should be pressed dry and put in last. Or the well-beaten yolks of two eggs may be added after the butter and cheese are melted. Have ready some nicely-toasted slices of bread cut in square or diamond-shaped pieces of any size desired, and serve at once on a hot platter, as it is quite spoiled if allowed to get cold. The mustard may be omitted if desired, and some think it more delicate to dip the toast quickly, after buttering, into a shallow pan of boiling water; have some cheese ready melted in a cup, and pour some over each slice. The best way to serve is to have little plates made hot, place a slice on each plate, and serve one to each person. The Welsh rare-bit makes a decidedly pretty course, served in little chafing-dishes in silver, or plated silver, about four inches square, one of which, standing in a plate, is to be served to each person at table. The reservoir contains boiling-hot water; the little platter holds the slice of Welsh rare-bit, which is thus kept hot. A poached egg is sometimes placed on each slice, and it is then served under the name of *Golden Buck*. Poach the eggs in boiling water seasoned with a little salt, half gill vinegar and teaspoon butter, place a slice of fried or boiled bacon on top of the poached eggs and it is sent to table as *Yorkshire Rare-bit*.

To Toast Cheese.—Grate or slice the desired quantity of cheese and put with a bit of butter into the cheese toaster, which is prepared by filling the bottom with hot water. Our engraving illustrates a cheese toaster with hot water reservoir; the cheese is melted in an upper tin placed in the reservoir. If one of these useful little utensils cannot be had, melt the cheese in a pie tin on back of stove or range, or over a kettle of hot water.


Cheese Toaster.

English Bread and Butter.—This is to serve with a cheese course. Cut an even slice off a large loaf of fresh home-made bread, butter the cut end of the loaf thinly, then hold it against the side with the left hand and arm, and with a sharp, thin knife, cut an even slice not more than an eighth of inch thick; a little practice and a steady grasp of the bread and knife will enable any one to produce regular whole slices; fold each slice double with the butter inside, and serve them on a clean napkin. The slices may be rolled like a napkin, and served, in this case bake the bread in the following manner: When risen in the single loaf pan, invert it upon an ordinary dripping-pan, leaving the other pan still over the loaf, as illustrated, and bake as other bread, taking off upper pan at end of one hour to see if it is done. This bread is more easily rolled than any other, and is also prized for eating as well as rolling; slice and roll as directed in Wedding Rolls.

Bread Knife.

"Steamed" Bread Pan.

Fromage.—Beat two eggs very light, stir in a half pint cream and add a half pound grated cheese and a pinch of cayenne pepper; pour into buttered soup plates, bake fifteen minutes and serve.

Italian Balls.—Boil together tablespoon butter and eight of water, add pinch each salt and pepper, ten tablespoons flour and three of grated Parmesan cheese, stirring all the time, and boil a a minute or two. Take off and stir in thoroughly three well-beaten eggs. Divide mixture into balls and poach them in three-quarters pint boiling milk; when done place on sieve to drain. Make a sauce of tablespoon butter, four of flour and one and a half pints milk; let simmer for fifteen minutes or till it thickens. Put a layer of balls in a small baking dish, then a layer of grated cheese, then a layer of the sauce; repeat till dish is full, strewing grated cheese over the top; brown in oven and serve hot. Very delicious.

Mock-Crab.—Break up a half pound soft rich cheese with a cheese-knife, or fork, mix with it a teaspoon dry mustard, a saltspoon salt, half a saltspoon pepper and a dessert-spoon vinegar; serve it cold with a plate of thin bread and butter or crisp crackers.

Ragamuffins.—Take raised biscuit dough, roll out to inch thickness, sprinkle thickly with grated cheese, roll up like a jelly roll, cut in about inch slices from the end and place in pans, with cut side down; let rise a little while and bake quickly. Baking powder dough may be used, placing at once in oven. Very nice.

Spaghetti Butter.—Spaghetti is macaroni in another form, a solid cord instead of a tube. Take two cups broken spaghetti, one each of minced cheese and milk, butter size of an egg, and two yolks of eggs. Throw the spaghetti into water that is already boiling, and salted. After cooking twenty minutes drain it dry, and put it into the buttered dish in which it is to be baked. Put the cheese and butter and half the milk into a saucepan and stir them over the fire till the cheese is nearly melted; mix the yolks with the rest of the milk, pour that into the saucepan, then add the whole to the spaghetti in the pan, and bake it a yellow brown in as short a time as possible. It loses its richness if cooked too long, through the toughening of the cheese. This butter ought to be yellow as gold.

Scallopade.—Soak one cup dry bread-crumbs in new or fresh milk. Beat into this three well-beaten eggs. Add tablespoon melted butter and a half pound grated cheese. Sprinkle the top with sifted bread-crumbs and bake in the oven a delicate brown. A delicious relish to eat with thin bread and butter.

DRINKS.

Beside the wines and liquors still served at so many tables, though rigorously and wisely excluded from many others, and the universal and well-nigh indispensable coffee and tea, there are innumerable pleasant, refreshing drinks that are easily concocted and within the reach of all. The basis of most of these is the juice of fruits, which, combined with sugar and flavoring in liked proportions, forms an infinite variety of healthful as well as pleasing beverages.

A knowledge of the proper preparation of the two every-day beverages, coffee and tea, should be among the acquirements of every housekeeper. To avoid adulteration, buy coffee in the grain, either raw or in small quantities freshly roasted. In selecting raw coffee choose that which is dry and light; if it feels dense and heavy it is green; buy that at least eight or ten months old, and the claim is made that the longer the raw berry is kept the riper and better flavored it becomes. The best kinds are the Mocha and Java, and some prefer to mix the two, having roasted them separately in the proportion of one-third of the former to two-thirds of the latter. Mocha alone is too rough and acrid, but thus blended it is delicious. Pure Java, if of a high order, does not need other brands of coffee to make it palatable; but, as a rule, above mixing, or one-third each of pure Mocha, Java, and Maracaibo, makes a rich cup of coffee, while a mixture of two-thirds Mandehling Java and one-third "male berry" (so called) Java produces excellent results; or one pound Java to about four ounces Mocha and four ounces of one or two

other kinds; and it is said that from three parts Rio, with two parts Old Government Java, a coffee can be made quite as good, if not superior, to that made of Java alone. West India coffee, though of a different flavor, is often very good. Mexico coffee is quite acceptable, but the producers must clean it properly if they expect to receive patronage. Java, or East India coffee, may be known by its large yellow beans; Mocha comes from Arabia and has small gray beans inclining to greenish. The Rio berries are of the same color with the greenish tinge, but are of larger size, midway between Mocha and Java. In buying roasted coffee ascertain that it has been kept in closely covered air-tight tin box, as if in pine it will be flavored with pine, and purchase of a dealer who roasts frequently, or buys roasted coffee in small lots. Coffee roasted by machinery is of course more evenly browned, but by roasting it at home one is sure of having it perfectly fresh and pure. When buying roasted coffee compare it with the raw beans of the kind desired. If pure and properly roasted the coffee will be of a rich brown color and have increased fifty per cent in bulk, or each bean will be a half size larger than when raw. Coffee loses twenty-five per cent its weight in roasting a pound of raw coffee making only three-quarters of a pound roasted.

Roast coffee with the greatest care—for here lies the secret of success in coffee-making—and in small quantities, for there is a peculiar freshness of flavor when newly roasted. To make the most perfect and delicious coffee, the desired quantity should be roasted just before it is made. But this involves more time and trouble than can be given by most housewives for every-day use. Pick over carefully, wash if berries are not clean, and weigh (the best will not need washing), and dry in a moderate oven, increase the heat and roast quickly, either in the oven or on top of the stove or range; in the latter case stir *constantly* and in the oven stir *often* with a wooden spoon or ladle kept for this purpose. The coffee must be thoroughly and evenly roasted to a dark rich brown (not black) throughout, and must be free from any burnt grains, a few of which will ruin the flavor of a large quantity. It must be tender and brittle, to test which take a grain, place it on the table, press with the thumb and if it can be crushed, it is done. Blow off any loose particles separated by the heat and stir in a lump of butter while the coffee is hot, or wait until about half cold and then stir in a well-

beaten egg. The latter plan is very economical, as coffee so prepared needs no further clarifying. A French method of roasting coffee is to add to every three pounds coffee a piece of butter the size of a nut and a dessert-spoonful powdered sugar, and then roast in the usual manner. The addition of the butter and sugar develops the flavor and aroma of the berry, but the butter must be of the very best. Another French method is to roast, grind to a flour, moisten slightly, mix it with twice its weight in sugar and then press into tablets, using a tablet when needed. Keep coffee in a closely covered tin or earthen vessel. Never attempt other work while roasting coffee but give it the entire attention. Grind quantities as needed, for the flavor is dissipated if it is long unused after grinding, even when under cover. The grinding is a very important part of the preparation of coffee, and the old method, still very generally practiced, was to grind into coarse particles, but it is now claimed that if ground too coarse much of the strength and aroma of the coffee is lost; by grinding as fine as possible these qualities are much more perfectly preserved, and the only objection urged is that it is difficult to make the beverage clear. This may be obviated by filtering, or using the sack described in Filtered Coffee, as the little wire cups opening in center for holding coffee are not fine enough, though some inventive genius will doubtless soon bring forward a strainer of the requisite fineness for this purpose. Many grind coffee moderately fine or to particles the size of pin heads, obtaining therefrom a satisfactory beverage, and claim that this grinding frees the oil, as it should be, and any finer develops properties very injurious. A step further is to reduce the coffee to a fine powder—as fine as flour. If appliances for doing this are not at hand then the dealer must be depended upon, but prepare at home if *possible*, and thus secure perfectly fresh and unadulterated coffee. When necessary to purchase of a dealer be sure that the coffee is roasted and ground frequently, if not daily, and buy only in small quantities sufficient for a week's consumption is a good rule, though for large families it has been bought in five-pound cans, and by keeping closely covered was thought to have lost but little of its strength and flavor. In any case, keep in *air-tight* can.

MAKING COFFEE.

To make coffee from the powder it will be necessary to use a patent pot or put the powder in the sack described below. The pow-

der is claimed to be much more economical than the ordinary ground coffee, requiring only about one-third as much, or one teaspoon to each person (with half pint water), and is also much more quickly made, the boiling water filtering through and the coffee being ready to serve within a minute or two after it is put in the sack. The old-fashioned way of making coffee by boiling is still practiced by probably a majority of housekeepers. "One for the pot" and a heaping tablespoon ordinary ground coffee for each person, is the usual allowance. Mix well, either with a part or the whole of an egg when only a part is used putting in the shell also, and when eggs are scarce some are careful to wash shells before breaking, and keep for this purpose, crushing three or four into the pot instead of the egg; or codfish skin washed, dried, and cut in inch pieces, may be used and enough cold water to thoroughly moisten it, place in a heated, well-scalded coffee-boiler, pour in half the quantity of boiling water needed, allowing one pint less of water than there are tablespoons of coffee. Roll a canton flannel cloth tightly—one must be kept for this purpose and washed and dried after using—and stop up the nose or spout, thus keeping in all the coffee flavor. Boil rather fast five minutes, stirring down from the top and sides as it boils up, and place on back part of stove or range where it will only simmer for ten or fifteen minutes longer. When ready to serve add the remainder of the boiling water Some think the flavor is better preserved to put a small quantity of cold water with the coffee, bring it to boiling point and add sufficient boiling water. Or, another method of making coffee without clearing is to stir the coffee directly into the boiling water, boil and simmer as above, then pour out a large cupful, and, holding it high over the pot, pour it in again; repeat this, and set it on stove where it will keep hot, without simmering. The coffee will be clear if instructions are carefully followed. Another method is to pour boiling water over the coffee, cover closely, boil one minute, remove to the side of the stove a few minutes to settle, and serve. Allow two heaping tablespoons coffee to a pint water. The less time the coffee is cooked the more coffee of ordinary grinding is required, but the finer the flavor. The late Professor Blot protested against boiling the coffee at all, as in his opinion the aroma was evaporated, and only the bitter flavor left. The advantages of boiled coffee are that when the egg is used the yolk gives a very rich flavor, and when the milk or cream is added the

coffee has a rich, yellow look, which is pleasing. It has also a peculiar flavor, which many people prefer to the flavor gained by any other process. The disadvantages are that the egg coats the dry coffee, and when the hot water is added the coating becomes hard, and a great deal of the best of the coffee remains in the grounds after boiling, compelling one to use nearly double the amount of coffee. Also, in boiling, much of the fine flavor is lost in the steam that escapes from the pot, and the tannic acid of the coffee is extracted, which in combination with the milk or cream taken with it hardens the albumen they contain into an indigestible compound that is excessively irritating to the delicate internal membranes.

For these reasons the practice of making coffee without boiling is gradually becoming more general. And for this a fair proportion for good coffee is three tablespoons of the pure ground berry to each quart water, which makes sufficient for three persons. The water must be boiling when poured on the coffee but must not boil afterward. The vessel in which it is made must stand near enough the fire to be kept as hot as possible without boiling for five or ten minutes before using. If made in a pot containing a strainer the coffee will be clear, and if made in an ordinary pot or pitcher it should be stirred for three minutes after pouring boiling water over it, to thoroughly saturate the grounds and so cause them to sink to the bottom of the pot. If coffee is allowed to stand for about ten minutes to settle, and is poured off carefully, it will be perfectly clear. The water used in making coffee should be fresh and have boiled two or three minutes before pouring over the coffee; never take that which has stood long in the tea-kettle. Always have the coffee-pot hot before putting in the coffee. Many think that heating the dry coffee just before making improves its flavor. When serving coffee have the cups hot. They are very easily heated when coffee is poured at table by filling first with hot water from the water-pot, that should always be provided, and turning it into the slop-bowl. If served from butler's pantry, set cups over the heater, or fill first with hot water, as at table. Serve both coffee and tea with the richest cream, but where this cannot be had, a substitute is prepared as follows: Take fresh, new milk, set in a pan or pail in boiling water where it will slowly simmer, but not boil or reach the boiling point, stir frequently to keep the cream from separating and rising to the top, and allow to simmer until it is rich, thick and creamy. In absence of both

cream and milk the whites of fresh eggs beaten to a froth, with a small bit of butter well mixed in, may be used, taking one egg for every two cups, and placing the froth in the cup first; in pouring the coffee or tea it must be turned on gradually and constantly stirred so as not to curdle the egg; or omit the butter and use the whole egg; or for a richer dressing with cream, beat the white of an egg to a stiff froth, mix with an equal quantity of whipped cream, put in plain cream first, then coffee and lastly this mixture. Physicians say that coffee without cream is more wholesome, particularly for persons of weak digestion. There seems to be some element in the coffee which, combining with the milk, forms a leathery coating on the stomach and impairs digestion. The convenient coffee or tea strainer, of which an illustration is given, is applied or detached in a moment, being held in place by a spring, as shown in cut, inserted in the spout. The strainer separates the dregs from the tea or coffee as it is poured. It is made to fit any coffee or tea-pot. The solid rim is of pure britannia and is easily kept clean and bright. A similar strainer is made to attach to the faucets of urns. In serving from the butler's pantry the liquid may be poured into cups through a small handled strainer answering the same purpose. To keep the coffee-pot or tea-pot thoroughly pure, boil a little borax or soda in them, in water enough to touch the whole inside surface, once or twice a week, for about fifteen minutes. No dish-water should ever touch the inside of either. It is sufficient to rinse them in two or three waters; this should be done as soon after they are used as possible. Drain dry, and when ready to use, scald out in two waters. These precautions will aid in preserving the flavor of the tea and coffee.

FILTERED COFFEE.

The French coffee biggin furnishes the easiest means for filtering coffee. It consists of two cylindrical tin vessels, one fitting into the other; the bottom of the upper one is a fine strainer, another coarser strainer is placed on this with a rod running upwards from its center; the finely ground coffee is put in, and then another strainer is slipped on the rod, over the coffee, the boiling water is poured on the upper sieve and falls in a shower upon the coffee,

filtering through it to the coarse strainer at the bottom, which prevents the coffee from filling up the holes of the finer strainer below it. The coffee thus made is clear and pure; the pot must stand where it will keep hot until the water has entirely filtered through. When wanted extra nice the coffee is turned out into a hot measure and poured through the filter again. Let stand a moment on the range and it will be as clear as wine. But unless the pot, measure and water are very hot, the coffee will taste as though it had become cold and then been "warmed over." No eggs or other foreign substances are used to clear or settle the coffee.

The National, Minute and other patent coffee-pots are too widely known to need description here, but the "gude wife" can improvise one equally as desirable and much simpler. Make a sack of fine flannel, or unbleached muslin, half so long as the coffee-pot is deep, or shorter will do, and a little larger than the top; stitch up the side seam to within an inch and a half of the top, bend a piece of small but rather stiff wire in a circle and slip it through a hem made around the top of the sack, bringing the ends together at the opening left at the top of the side seam. Having put the coffee in the sack, lower it into the coffee-pot with the ends of the wire next the handle, spread the ends of the wire apart slightly, and push it down over the top of the pot. The top of the sack will then be turned down a little over the outside of the pot, a part of it covering the "nose," and keeping in all the aroma, the elasticity of the wire causing it to close tight around the pot, holding the sack close to its sides. Instead of a wire (which must be removed to wash the sack after using), a tape may be used by tying the ends after turning the top of sack down. When the sack, with the coffee in it, is in its place, pour the boiling water *slowly* over the coffee, that the infusion may be stronger, close the lid tightly, and let simmer (not boil) fifteen minutes to half an hour. In pouring for the table raise the sack off the nose, letting it remain in the pot or not. This makes good coffee without eggs or anything else to settle it. Good clear coffee is made without the filter, but on the same principle, by putting the coffee in a well-made and closely tied muslin bag, so that none of the grounds may escape and muddy the coffee, which is placed in any clean pot and boiling water poured over. Let it come to the boiling point, and stand a few moments to settle. Should it not do so rapidly enough, pour a few tablespoons cold water around the in-

side edge of the coffee-pot. It is advisable to tie a thread to the bag with which to remove it from the pot.

MAKING TEA.

"Polly put the kettle on, and we'll all take tea."

Of all "cups that cheer," there is nothing like the smoking-hot cup of tea, made with *boiling* water, in a *thoroughly scalded* tea-pot, which is thus both cleansed and heated. Put into the pot the required amount of tea, allowing one teaspoon tea and one tea-cup water for each person, or one gill tea for five persons, though some who like it very strong add "one for the pot," while the rule of others is one teaspoon tea to two cups water, pour over it boiling water, cover the tea-pot so that no steam may escape, and allow the tea to stand in a hot place and infuse, not boil, for seven minutes, when it should be poured at once into the cups, or instead of pouring over the tea all the water needed at first, only pour from a half to three-fourths pint, or simply cover the tea and let it stand to infuse in same manner, then add remainder of boiling water and serve. If allowed to infuse longer than this time, which is sufficient to draw out the strength of the leaf, the tannin is developed, which gives an acrid, bitter taste, and, being a powerful astringent, is destructive to the coating of the stomach. The tea will be quite spoiled unless made with water that is actually *boiling*, as the leaves will not open, and the flavor not be extracted from them; the beverage will consequently be colorless and tasteless,—in fact, nothing but tepid water. Where there is a large company, it is a good plan to have two tea-pots instead of putting a large quantity of tea into one pot; the tea, besides, will go further. When the infusion has been once completed, the addition of fresh tea adds very little to the strength; so, when more is required, have the pot emptied of the old leaves, scalded, and fresh tea made in the usual manner.

Tea is one of those luxuries which custom clothes in the garments of necessity. There is, however, in connection with tea one point which should not be forgotten. To maintain ordinary health the body requires immediate nourishment early in the morning, and for that reason tea, which retards the action of the natural functions, should be banished from the breakfast table, and should appear at lunch and after dinner. Certain rules should be followed by habitual tea-drinkers, if they wish to use their favorite beverage without

njurious effects: After a full meal, when the system is oppressed; for the corpulent and the old; for hot climates, and especially for those who, living there, eat freely, or drink milk or alcohol; in cases of suspended animation; for soldiers and others marching in hot climates; for then, by promoting evaporation and cooling the body, it prevents in a degree the effects of too much food, as of too great heat. It is a mistake to make tea strong, if the full flavor is desired. Professional tea-tasters use but a single pinch to a cup of boiling water. In China and Russia, where tea is made to perfection, it is very weak, boiling water being poured on a few leaves, the decoction covered for a few minutes, and then drank hot and clear. Two minutes is long enough for tea to stand, and it should never be boiled, or the fine aroma which exists in the volatile oil will be thrown off by evaporation, leaving as flavoring only the principle of the tannic acid extracted by boiling. If tea be ground like coffee, or crushed immediately before hot water is poured upon it, it will yield nearly double the amount of its exhilarating qualities. Freshly boiled soft water is the best for either tea or coffee, and the tea should be added as soon as it boils, as boiling expels all the gases from the water; but if soft water can not be had, boil hard water from twenty to thirty minutes before using; the boiling drives off the gases in this case, but it also causes the lime and mineral matters, which render the water hard, to settle, thus softening it; and to avoid the limy taste often in water boiled in a tea-kettle, put a clean oyster shell in the kettle, which will always keep it in good order by attracting all particles that may be impregnated in the water. If hard water must be used in making tea, a little carbonate of soda put into the tea-pot will both increase the strength of the tea and make it more nutritious, the alkali dissolving the gluten to some extent. The best tea-pot is that which retains heat longest, and this is a *bright* metal one, as it radiates the least heat, but the metal must be kept bright and polished; some still prefer the old-fashioned earthen pot. The most elegant mode of serving tea is from the tea-urn, various forms and designs of which are made in silver and plated ware. Always have a water-pot of hot water on the waiter with which to weaken each cup when desired. To insure "keeping hot" while serving in a different tea-pot from that in which the tea is made, the simple contrivance known as the "bonnet," or "cozy," is warranted a sure preventive against that

most insipid of all drinks—a warmish cup of tea. It is merely a sack, with a loose gathering-tape in the bottom, large enough to cover and encircle the tea-pot, with a small opening to fit the spout, and a slit though which the handle will be exposed. Make it with odd pieces of silk, satin or cashmere, lined, quilted or embroidered; draw this over the tea-pot as soon as the tea is poured into it; draw up the gathering, string tightly at the bottom, and the tea will remain piping hot for half an hour. Some make a simple, quilted, oval case entirely covering the pot and reaching quite to the teapot stand, lifting it off each time the tea is poured.

Tea or Coffee Stand.

The tea-float is a very useful addition to the tea-pot. The tea is placed in the float, and the float in the tea-pot. Boiling water is added as in ordinary tea-making. The float rises to the surface and thus retains the tea at the hottest part of the water, instead of its sinking to the bottom, which is the coldest part. By this application of natural laws and the chemistry of tea-making all the strength of the tea is withdrawn, and the infusion is far stronger than when prepared in the usual way. A smaller quantity of tea is therefore required when the tea-float is used. The float can be procured of any grocer or tea dealer. Some consider high priced teas less desirable for general use than the medium qualities, both on account of their prices, and because, owing to their purity and strength, they abound in deleterious properties.

The tea-pot should not only be emptied after being used, but made perfectly clean *inside* as well as *outside*. After a thorough wiping turn it upside down, that the drops may run from the spout, and when ready to be put away twist the corner of the towel and wipe the inside of the spout, and put the tea-pot in its place with the cover raised; when it is again required pour in boiling water to heat it thoroughly. It is well to keep a small tea-kettle for the express purpose of boiling water for tea, thus surely avoiding for this delicate drink the water which has boiled and re-boiled repeatedly during the day for filling up the various kettles.

The green teas are the Gunpowder, considered the best, and Hyson sorts, with their different varieties, both of which are manufactured in China and Japan, while only the former is obtained from

Java. The black teas are manufactured in China, Assam and Java, and from the two former countries come the Congo and Pekoe sorts under the latter of which the Oolong, a general favorite, and Souchong varieties are classed. Java exports the Congo, and also a black tea made up into little balls the size of a pea, known as the Imperial. India gives the English Breakfast and Caper varieties. As is now well known the difference between green tea and black lies in the fact that in the former fermentation has been arrested by "firing," the color of the leaf being in this way partially preserved and fixed, while with the latter, by a much longer process, fermentation up to a certain point is permitted, and the leaves are not "fired" until they have become oxidized by exposure to the air. Only green tea is manufactured in Japan, and is considered superior to that of China and Java, where the black teas are principally produced. The Chinese give an artificial coloring to the green teas exported, employing for this purpose native indigo and gypsum. In Japan, tea is not grown for export only, but is the chief article of home consumption; and the domestic teas as procured in that country are probably the only samples of unadulterated green tea to be had, and are known as the green Japan and uncolored Japan. In common usage Japan tea means the green variety, which is used largely in tea mixtures, while the uncolored is used more often by itself as is also the Gunpowder and Hyson. The first pickings of teas are considered choicest, containing more of the oil, and prices are established in that way, consequently each variety will have a first, second and third grade. A cup of the finest tea will show particles of the oil upon its surface.

The Chinese employ numerous odoriferous plants for the purpose of giving special scents to different varieties of tea. Some mixtures well liked are as follows, and it is most generally conceded that mixed tea is preferable: An excellent English mixture of black teas combines cheapness with fineness of flavor, and is composed of one pound of Congo tea with a quarter pound each of Assam and Orange Pekoe; a mixture of black and green teas is four parts of black to one of green, but a very fine mixture in point of flavor is one-half Oolong (black), one quarter each Gunpowder and green Japan, or three-fourths green Japan and one-fourth Oolong, or three-fourths English Breakfast and one-eighth each Gunpowder and green Japan; or half each English Breakfast and any green tea. Where

a mixture of uncolored Japan is used it is with an equal part of Oolong. Where health is taken into consideration the mixture using less of the green should be preferred, as owing to the different process of drying the green contains more of the injurious tannin.

To preserve the strength of tea or coffee requires a close receptacle. Nothing is better than the tin cans with close covers, japanned on the outside surface, kept for sale for this purpose. They are made neatly labeled on the side for "tea" or "coffee," so that there is no mistaking the one for the other, and no loss of time in getting what is wanted.

CACAO AND CHOCOLATE.

Cacao (improperly called cocoa) and Chocolate, are obtained from the seeds of *Theobroma cacao*, a small tree that grows in Mexico, Central America, the West Indies and other islands. The seed receptacle resembles a large black cucumber, containing from ten to thirty beans, which are roasted like coffee. The husks are then taken off, and are called cacao shells. The best cacao is made from the bean after the husks are removed.

Cacao is rich in nutritive elements. Like milk, it has all the substances necessary for the growth and sustenance of the body. The active principle is theobromine, a substance which resembles the alkaloids of coffee and tea, except that it contains more nitrogen than theine and caffeine. Another important difference between cacao and coffee or tea is the large amount of fat or cacao-butter contained in the kernel. These kernels consist of gum, starch and vegetable oil, and are marketed in four different forms: cacao shells, which are the husks of the kernel; cacao nibs, the crushed kernel; ground cacao, the kernels ground fine, and chocolate, the kernels ground to a fine powder and mixed to a stiff paste with or without sugar, and sometimes a little starch. It is very nutritious, but being rich in fatty matters is difficult to digest. For this reason many skim off the oil that rises to the surface as the beverage cools after boiling, and some manufacturers now remove the fats. A small cake weighing about two ounces will satisfy hunger, and is a good lunch for travelers, especially if eaten with fruit. Cacao and chocolate, while very nutritious, are perfectly free from the possible injurious

influences of tea and coffee; and the more finely powdered they are the more palatable and nutritious are the beverages made from them. Actual boiling is advantageous in the preparation of either, as it thoroughly incorporates them with the liquid used. Nearly all brands of cacao and chocolate are recommended to be prepared at table; but it is much better to prepare them before the meal, and allow to boil a minute or two before serving. But too long boiling spoils the flavor. The custard kettle should be used in making cacao or chocolate, especially when milk is used, thus preventing the possibility of burning. A good proportion is one tablespoon of either cacao or grated chocolate to each person, with one-half pint milk, cream and milk, or milk and water, as used. If sweetened before sending to table, the sugar must be stirred in after it has boiled, and a grain of salt is added by some after taking from the fire to remove the flat taste noticed. Excellent brands of chocolate are Baker's, Runkle's and Blooker's; the two former come in cakes, both sweetened and unsweetened, and the latter in a fine dry powder, ready for use, which saves the trouble of grating and is preferred by many. Allow a large teaspoon of the powder to each cup milk, and mix to a paste with a little cold milk, then add boiling milk.

In the preparation of the above, and *all* beverages and foods, be sure that the water used is pure and fresh. If there is any reason to suspect that it is not, have it *boiled* before using. As several pints of water are daily taken into the body, this is one of the most important foods we have, and good water should be one of the indispensables in every household. Distilled water is the nearest ally to absolutely pure water, but can not be prepared by any easy process at home and is made chiefly by chemists and druggists in their trade. It is sometimes very essential in illness. The purest waters we get in a natural state are, it is said, melted ice and snow. Rain water contains gases it absorbs in passing through the air, but is the best and purest water to use when filtered; spring or well water, though usually looking transparent enough and tasting well, is impregnated with saline matter; river water has a smaller quantity of saline matter than spring water, but its organic impurities are in all likelihood far greater, and before it can be utilized for drinking it must have its impurities removed by filtering. Filters are now comparatively inexpensive, and every family valuing health should possess one. There are many good ones, the new upward filter possessing some advan-

tages over other kinds. To cool water without ice, put it into an earthen jug with a wet cloth wrapped about it, and hang in an open window where a breeze is blowing through; the evaporation from the surface of the jug abstracts the heat from the water within.

Broma.—Have three pints milk, or half milk and water, scalding over boiling water; mix two or three tablespoons broma smooth with a few spoonfuls boiling water, and when the milk is hot stir it in, having first mixed half a gill or more of milk with the broma; leave it ten minutes, or until slightly thickened, then serve.

Cacao Nibs.—Put a gill of the cacao nibs in a pot with two quarts water, and boil gently one and a half to two hours. There should be a quart of liquid in the pot when done. If the boiling has been so rapid that there is not this quantity, add more water, and let it boil once again. Many people prefer half broken cacao nibs and half shell. If the stomach is delicate, this is better than all nibs. Sugar and cream are used, as with coffee. When making *Cacao Shells* use twice the quantity of shells, or less may be used with same amount water, and boil as above; or, if milk is liked, put over the fire with one quart water, and when nearly done add a quart milk.

Chocolate.—Take six tablespoons scraped chocolate, or three of chocolate and three of cacao, dissolved in a quart boiling water, boil hard fifteen minutes, add one quart rich milk, let scald and serve hot; this is enough for six persons. *Cacao* can also be made after this recipe. Some boil either cacao or chocolate only one minute and then serve, while others make it the day before using, boiling it for one hour, and when cool skimming off the oil; when wanted for use, heat it to the boiling point and add the milk. In this way it is equally good and much more wholesome.

Chocolate.—For twelve people take six ounces chocolate, pour over it one pint boiling water, add eight ounces sugar and cook until it becomes a smooth paste. Then add enough sweet cream for the number of cups. Heat the whole in a custard kettle and it is ready for use. This will of course be very rich.

Meringued Chocolate.—Three pints fresh milk, three tablespoons Baker's chocolate, grated, two tablespoons sugar, powdered for froth. Heat milk to scalding. Wet up chocolate with one cup boiling water and when the milk is hot stir this into it. Simmer gently ten minutes, stirring frequently. Boil up briskly once, take from the fire, sweeten to taste, taking care not to make it too sweet, and stir in the whites of two eggs whipped stiff, *without* sugar. Pour into the chocolate pot or pitcher, which should be well heated; have

ready in a cream pitcher the well-whipped whites of three eggs with three tablespoons powdered sugar. Cover the surface of each cup with the sweetened meringue before distributing to the guests. If liked, substitute scented chocolate for Baker's.

Vienna Chocolate.—Put into a coffee-pot set in boiling water one quart of new milk (or a pint each of cream and milk), stir into it three heaping tablespoons grated chocolate mixed to a paste with cold milk, let it boil two or three minutes, and serve at once if possible, but if it has to stand a moment or two longer, set where it will keep hot, but not boil. If not wanted so rich use half water. Serve with sweetened whipped cream over the cups.

Whipped Chocolate.—Wet three tablespoons chocolate with a little boiling water; scald one quart milk, stir in the chocolate paste and simmer ten minutes; put a whip-churn into the boiling mixture and churn steadily over the fire until it is a yeasty froth. Serve at once. Very delicious and easily prepared; or, melt four ounces grated chocolate over a boiling kettle, add gradually three cups boiling water and one ounce sugar. Set it upon the fire, and when scalding hot pour it upon the yolks of two eggs, well beaten, with one and one-half gills cold water, and a pinch of cinnamon, and return it to the fire for a few moments to cook the egg. It must not boil, but should be beaten with an egg-beater all the time. Serve very hot.

Army Coffee.—Coffee (or tea) may be made quickly by placing the required quantity of cold water in the pot and adding the coffee tied up in a sack of fine gauze or piece of muslin. Bring to boiling point, boil five minutes and serve. Make *Tea* in the same way, except that the tea is put loose in the water and simply allowed to boil up once.

Black Coffee.—It is well to make in a pot with a filter. Use one cup ground coffee to every quart boiling water; put the coffee into the filter and pour the boiling water through it very gradually; let it stand where it will keep hot while the water is being poured upon it; do not stir or shake the coffee-pot, and serve the coffee as soon as all the water is added. When the black coffee is wanted strong and bitter, it may be boiled for a few moments. Serve in "after dinner" coffee-cups at the close of the meal or in the parlor in half an hour.

Clear Coffee.—Coffee can be made without straining or clarifying, in any kind of tin or iron vessel, in this way: Have ready water that is actually boiling; heat the coarsely ground coffee one minute in a frying-pan, stirring all the time. For one quart use two tablespoons ground coffee. When coffee is hot pour boiling water upon it and stir with a spoon one minute; let stand by side of fire where it will keep hot but not boil, for one minute, then stir it again for

one minute; keep by the fire for two minutes to let it settle, then pour it into cups carefully enough to leave the grounds in the bottom of the coffee-pot. The object in stirring is to thoroughly saturate the coffee with the boiling water, so that the grounds will sink to the bottom by their own weight.

Crust Coffee.—Brown in oven to *almost* charring, outside crusts, slices or any small pieces of white, rye or Graham bread (the latter is richer and gives a finer flavor), being as careful as in roasting coffee that it is not burned. Make in proportion of two quarts hot water to four or five slices, or their equivalent in small pieces, boil from an hour to an hour and a half and serve as other coffee, which it should resemble in color. Make as second recipe for Iced Tea and *Iced Crust Coffee* will result.

Iced Coffee.—Make more coffee than usual at breakfast time and stronger. Add one-third as much hot milk as coffee and set away. When cold put upon ice. Serve as dessert with cracked ice in each tumbler. Or, make strong coffee and when it is cold mix it with an equal quantity of fresh cream, sweeten to taste and half freeze. *Iced Tea* may be made the same way.

Imperial Coffee.—For two persons, take four rounding teaspoons coffee tied up in a piece of Swiss muslin (leave plenty of room for expansion); pour on two cups boiling water, cover closely, and set back on the range about ten minutes. Break one egg in a large coffee-cup, give it a good whip with an egg-beater, divide it half in each cup, add the usual quantity of sugar, pour on the hot coffee, add warm milk and one spoonful cream.

Steamed Coffee.—Put coffee into the pot and pour boiling water on it; place this pot (which is made to fit) into the top of the teakettle and let cook from ten to twenty minutes while water in kettle is kept boiling all the time. This makes a clear, delicious coffee.

Vienna Coffee.—Filter instead of boiling the coffee, allowing one tablespoon ground coffee to each person and "one for the pot." Put a quart of cream into a custard kettle or pail set in boiling water and put it where it will keep boiling. Beat the white of an egg to a froth and mix well with three tablespoons cold milk. As soon as the cream is hot remove from fire, add the mixed egg and milk, stir together briskly for a minute and then serve.

Warmed-over Coffee.—Save all that is left after each meal, drain it off into a jar or earthen vessel, and when there is enough for a single meal, turn it into the coffee-pot, beat an egg thoroughly and stir well into it on the stove, and let it just come to boiling; then take it off, pour in half cup cold water, and if the coffee was good when first made, it will be just as good the second time. When a large quantity of coffee has been made for a party, the grounds

should be drained and put away in a stone jar; make coffee as usual except using double the quantity. They will keep good for weeks

Whipped Cream Coffee.—For six cups of coffee of fair size, take one cup sweet cream whipped light with a little sugar; put into each cup the desired amount of sugar and about a tablespoon boiling milk; pour the coffee over these and lay upon the surface of the hot liquid a large spoonful of the frothed cream, giving a gentle stir to each cup before serving. This is an elegant French preparation. Chocolate served in this way is delicious.

White Coffee.—Use coffee that instead of being browned is only baked to a light yellow color and is not ground, or at most the berries are only bruised, taking one-half milk and one-half water. It requires twice as much coffee as the ordinary. For eight cups take two cups light baked coffee berries, four cups boiling water, five cups boiling milk. The berries may have been parched before, but when wanted heat them over again and throw them hot into the boiling water, close the lid and let stand to draw for one-half hour, then add the boiling milk through a strainer. When the milk is first set on to boil, put in a tablespoon or two of sugar to prevent burning at the bottom. Serve sugar with the coffee as usual, and, if for a party, a spoonful of whipped cream in each cup.

Wine Coffee.—Put three ounces finely-powdered coffee in the top compartment of the percolator or coffee-pot, pour a quart boiling water over it, let filter through, add half a pint more boiling water; let filter through, and pour it out into a *hot* measure, and pour through the filter again. Let stand a moment on the range, and the coffee will be clear as wine. Care must be taken to have everything used very hot.

Cafe au Lait.—First heat the coffee-cups and then fill each one-third full of hot but not boiled cream, filling up with good clear coffee. Or when cream cannot be had use boiled milk, in any proportion liked, being guided by the strength of the coffee. Half and half is a good rule, though some prefer more and others less coffee. A little cream turned into the cup with the hot milk just before filling up with coffee is a great improvement. *Frothed Cafe au Lait* is made as above, putting spoonfuls of the whipped whites of eggs, slightly sweetened, on the top of each cup, heaping a little in the center.

Coffee for One Hundred.—Take five pounds roasted coffee, grind and mix with six eggs; make small muslin sacks, and in each place a pint of coffee, leaving room for it to swell; put five gallons boiling water in a large coffee urn or boiler having a faucet at the bottom; put in part of the sacks and boil two hours; five or ten minutes before serving raise the lid and add one or two more sacks, and if you continue serving several times add fresh sacks at regular

intervals, taking out from time to time those first put in and filling up with boiling water as needed. In this way the full strength of the coffee is secured and the fresh supplies impart that delicious flavor consequent on a few moments' boiling. To make coffee for twenty persons, use one and a half pints ground coffee and one gallon of water.

Coffee Syrup.—Take half pound best ground coffee, put it into a saucepan containing three pints water, and boil it down to one pint; boil the liquor, put it into another saucepan, well scoured, and boil it again. As it boils add white sugar enough to give the consistency of syrup; take it from the fire, and when it is cool put in a bottle and seal. When traveling, if you wish for a cup of good coffee put two teaspoons of the syrup into an ordinary cup, and pour boiling water upon it, and it is ready to use. A weaker syrup is made thus: To every quarter pound ground coffee allow one small teaspoon powdered chicory, and one pint water. Let the coffee be freshly ground, and, if possible, freshly roasted; put it into a filter with the chicory and pour *slowly* over it the above proportion of boiling water. When it has all filtered through, warm the coffee sufficiently to bring it to the simmering point, but do not allow it to boil; then filter it a second time, put it into a clean and dry bottle, cork it well, and it will remain good for several days. Two tablespoons of this essence are quite sufficient for a breakfast cup of hot milk. This essence will be found particularly useful to those persons who have to rise extremely early, and having only the milk to make boiling, is very easily and quickly prepared. When the essence is bottled, pour about three tea-cups of *boiling* water slowly on the grounds, which, when filtered through, will be a very weak coffee. The next time there is essence to be prepared, make this weak coffee boiling, and pour it on the ground coffee instead of plain water; by this means a better coffee will be obtained. Never throw away the grounds without having made use of them in this manner, and always cork the bottle well that contains this preparation, until the day that it is wanted for making the fresh essence.

Iced Tea.—To have it perfect and without the least trace of bitter, put tea in cold water hours before it is to be used, the night previous if for breakfast or twelve-o'clock dinner, and in the morning if for tea; the delicate flavor of the tea and abundant strength will be extracted, and there will not be a trace of the tannic acid which renders tea so often disagreeable and undrinkable. Use only the usual quantity of tea. Put broken ice in it a few minutes before serving. Iced tea can be served with a light froth like that of ale on top, if shaken with the ice in it in two glasses placed one over the other—the brims together. Another method is to prepare tea in the morning, making it stronger and sweeter than usual; strain and pour into a clean stone jug or glass bottle, and set aside in the ice-chest until

ready to use. Drink from goblets without cream. Serve ice broken in small pieces on a platter nicely garnished with well-washed grape-leaves. *Iced Coffee* may be made same way. Iced tea may be prepared from either green or black alone, but it is considered an improvement to mix the two. Tea made like that for iced tea (or that left in the tea-pot after a meal) with a slice or two of lemon, juice of half a lemon, to each glass, well sweetened, and some pieces of cracked ice, makes a delightful drink, and is called *Lemon Tea.*

Tea for Forty.—Have two and one-half gallons boiling water ready, put a quarter pound tea in a box made of perforated tin, or in a muslin bag, and drop it into the water, which must then be kept from boiling and set where it will be kept hot. May be served like coffee with whipped cream or a meringue of whites of eggs on each cup.

Tea au Lait.—Beat a teaspoon or so of sugar with the whipped white of an egg; stir in a glass of new milk and then a cup very hot tea, beating all up well together and sweetening to taste. A very palatable mixture and valuable for persons who suffer much from weakness.

Strawberry Acid.—Dissolve five ounces tartaric acid in two quarts water and pour it upon twelve pounds strawberries in a porcelain kettle; let it simmer forty-eight hours, strain, taking care not to bruise the fruit; to every pint juice add one and one-half pounds sugar and stir until dissolved, then leave it a few days; bottle and cork lightly; if a slight fermentation takes place leave the cork out a few days, then cork, seal and keep bottles in a cold place. Drink, mixing desired quantity with ice water. To make *Royal Strawberry Acid* take three pounds ripe strawberries, two ounces citric acid and one quart water; dissolve the acid in the water and pour it over the berries; let them stand in a cool place twenty-four hours, draw off, and pour in three pounds more berries and let stand twenty-four hours; add to the liquor its own weight of sugar, boil three or four minutes each day for three days, then cork tightly and seal. Keep in a dry and cool place.

Iced Buttermilk.—There is no healthier drink than buttermilk, but it must be creamy, rich buttermilk to be good. And to provide for this, when skimming the milk take plenty of milk with the cream, using a dipper for the purpose instead of a skimmer. It should stand on ice to cool, though if very rich and thick a little ice in it is an improvement. As a drink for men at work in the hot sun buttermilk is far preferable to cider or beer, as it is not only cooling and refreshing, but strength-giving; for the butter taken from the milk is only the carbonaceous or heat-producing element, and all the nourishing qualities that make it so valuable as food are left in the buttermilk.

Cider.—Cider should be made from ripe apples only, and for this reason, and to prevent fermentation, it is better to make it late in the season. Use only the best flavored grafted fruit, rejecting all that is decayed or wormy. The best mills crush, not grind, the apples. The utmost neatness is necessary throughout the process. Press and strain juice as it comes from the press through a woolen cloth into a perfectly clean barrel; let stand two or three days if cool, if warm not more than a day; rack once a week for four weeks, put in bottles and cork tightly. This will make perfect unfermented cider. Do not put anything in it to preserve it, as all so-called preservatives are humbugs. Lay the bottles away on their sides in sawdust.

Bottled Cider.—Take good sweet cider (if a tart flavor is wished let it just begin to ferment), put on stove, *skim thoroughly* (as the great secret is to remove all pumice from the cider), heat to boiling point; but do not allow it to boil, and then pour in bottles or jugs, and seal while hot. Some put two or three raisins in each bottle or jug. This keeps all winter. It certainly makes a richer drink than when fresh, and as cider is pronounced a great remedy for colds, all should know this simple way of keeping.

Mulled Cider.—Dilute cider with an equal quantity of water, and for every two quarts mixture allow the yolks of three or four eggs; beat eggs smooth, mix with a little cold cider, stir into the diluted cider and boil up, stirring rapidly all the time, using the whip-churn or egg-beater as in Whipped Chocolate. Sweeten to taste and season with allspice, *unground*, and drink either hot or cold.

Curry Cordial.—Boil one pint good milk and add a teaspoon curry powder and sugar to taste. Drink while hot. Good on a frosty morning.

Raspberry Cordial.—Three quarts black raspberries and one quart vinegar; let stand in stone jar two or three days, mashing thoroughly, strain, and to every pint syrup add one pound white sugar and set in cool place, stirring frequently. When the sugar is thoroughly dissolved, strain and bottle. No cooking is required; it destroys the fruit flavor. For use, mix in a glass with ice-water according to taste; nice in hot weather, or in sickness, particularly fevers.

Almond Cream.—Wash, and pound in a mortar two ounces Jordan almonds, one-half ounce bitter almonds, that have been scalded and skimmed, together with a tablespoon orange-flower water and two ounces loaf sugar. Add a few drops water occasionally, while pounding, to avoid too much oiliness. When this mixture looks smooth and creamy, put it into a clean basin, add one pint water and stir with a silver or thin wooden spoon. Leave it thus two hours, when

strain off the cream, which should be kept either on ice, or in some exceedingly cool place, or it will perhaps turn sour. Serve with an equal quantity of water.

Currant Cup.—To a pint currant juice add one pound sugar, and ice-water to taste; mix and use at once.

Fruit Cup.—Pare the yellow rind very thinly from twelve lemons, squeeze the juice over it in an earthen bowl, and let it stand overnight if possible; pare and slice thinly a very ripe pine-apple, and let it lay overnight in a half pound powdered sugar; crush one quart berries and let them lay overnight in half pound powdered sugar. If all these ingredients cannot be prepared the day before they are used, they must be done very early in the morning, because the juices of the fruit need to be incorporated with the sugar at least twelve hours before the beverage is used. After all the ingredients have been properly prepared as above, strain off the juice, carefully pressing all of it out of the fruit; mix it with two pounds powdered sugar and three quarts ice-water, and stir until sugar is dissolved. Then strain again through a muslin or bolting-cloth sieve and put on the ice or in very cool place until wanted for use.

Harvest Drink.—One quart water, tablespoon sifted ginger, three heaping tablespoons sugar, half pint vinegar; add spices to taste if wished.

Jelly Drink.—A little jelly or fruit syrup dissolved in a glass of ice-water with a little sugar is a refreshing drink.

Lemon Drink.—Seven pounds white sugar, two quarts boiling water; let boil ten minutes, then take off and let stand till cool; add two ounces tartaric acid, one-half ounce gum arabic, fifty-four drops essence of lemon.

Oatmeal Drink.—Take four tablespoons Scotch oatmeal, put into a small jug and fill up with clear, cool water; shake well and allow it to settle. This makes a most refreshing drink in hot weather and quenches thirst more than any other liquid.

Soda Foam.—Two pounds white sugar, whites of two eggs, two ounces tartaric acid, two tablespoons flour, two quarts water and juice of one lemon; boil two or three minutes, and flavor to taste. When wanted for use take a half teaspoon soda, dissolve in half a glass water, pour into it about two tablespoons of the acid, and it will foam to the top of the glass.

Lemonade.—The method of making this universally popular and refreshing beverage varies according to the taste of individuals, some liking the flavor of the rind, others not, and some preferring more, others less sugar. It will be well to remember that when the rind or peel is used the lemonade is spoiled by standing, the soaked rind giving it a bitter taste, and to be good it must be served imme-

diately after making. Instead of using cracked ice, many prefer to half freeze lemonades, sherbets, and all drinks of the kind, serving in glasses as usual, and this is considered much the more elegant way. Or the same effect may be produced by pounding ice in a bag into fine particles and add to the lemonade, previously cooled on or with ice, just before serving. Or, if necessary to prepare hastily, crack the ice into small bits and place some in the bottom of each glass before filling, beside adding it to the quantity of liquid. Always roll the lemons with the hand on the table before using, as this breaks up the fibers and the juice can then be extracted more easily and thoroughly; and in making lemonade always remove the seeds. The best way of securing the flavor of the rind is to rub the lemons with lumps of sugar, or if there are no lumps sprinkle some of the sugar on a plate and roll the lemons over it; this extracts the oil of the rind, and the sugar used, which is now called the "zest," is added to that intended for sweetening. Some boil the peel in a little water and strain it for flavoring, or let it stand in water an hour or two.

A very nice *Every-day Lemonade* is made as follows: Roll six lemons well, peel, cut in halves, and with the lemon squeezer squeeze the juice over two cups white sugar, add the pulp and let stand till the sugar dissolves, add one gallon water and lumps of ice, pour into pitcher and serve. Some add soda after the glasses are filled, and stir rapidly for *Sparkling Lemonade*. If the flavor is liked add the zest from two or three of the lemons. Or, if wanted stronger, take the juice of one dozen lemons, three quarts water, and eight ounces sugar, or sweeten to taste; partially freeze, or add pounded ice. For *Lemon Frappee* add the whipped whites of six eggs. Some use a half pint lemon juice to three pints water and one pint sugar. Another excellent recipe requires one-half pound loaf sugar, three large or four small lemons, and a quart boiling water. Rub some of the sugar, in lumps, on two of the lemons until they have imbibed all the oil from them, and put with the remainder of the sugar into a jug; add the lemon juice (but no seeds), and pour over the whole the quart of boiling water. When the sugar is dissolved, strain lemonade through a fine sieve or piece of muslin, and when cool it will be ready for use; much improved by adding the well-beaten white of an egg. *Tutti Frutti Lemonade* is made thus: Pare the yellow rind thinly from two oranges and six lemons and steep it four hours in a quart of hot water. Boil a pound and a half loaf sugar in three pints water, skimming until it is clear. Pour these two mixtures together; add to juice of six oranges and twelve lemons, mix and strain through a jelly-bag until clear, and keep cool until wanted for use. If the beverage is to be kept several

Lemon Squeezer.

days, it should be put into clean glass bottles and corked tightly. If for a small party, half the quantity will be sufficient. The juice of oranges improves any lemonade. When a lemon squeezer is not at hand slice the lemons thinly into a crock or pitcher over the sugar, let stand a few minutes and pound with the potato masher to extract the juice, add the water and strain. If it is thought that the slices of lemon add to the appearance of lemonade, cut one lemon in very thin slices for the purpose, sprinkling sugar over them, and add last, or put a slice or two in each glass. *Orangeade* is made same as lemonade, substituting oranges and using a little less sugar.

Effervescing Lemonade.—Work into one pound granulated sugar thirty-three drops oil of lemon, and sift through hair sieve; sift into this two and a half ounces tartaric acid and then two and a half ounces carbonate of soda. Keep the compound air-tight and perfectly dry. Use by stirring two teaspoons of it into a glass of ice-water. Buy the materials of reliable druggist, and keep in tightly corked bottles.

Egg Lemonade.—This recipe makes fifty glasses. Eight quarts water, three pounds sugar (six or seven cups), two dozen lemons, two oranges, whites of eight or ten eggs; grate the rinds of eight or ten lemons and the oranges into a large bowl, using a tin grater, and take less or more according to the size and degree of ripeness of the fruit. Put a little sugar in the bowl and rub together with the back of a spoon. Squeeze in the juice of all, add the sugar and some water, and then the frothed whites of eggs and beat the mixture until the sugar is dissolved. Put in remainder of water, strain into a vessel containing a quantity of cracked ice, and when served fill a glass three parts full, invert another on top, the rims close together, and shake up to make the foam. Use half or quarter of the recipe if this quantity is too large.

Hot Lemonade.—To six lemons allow three-quarters pound lump sugar and a pint boiling water; rub the lemons with some of the sugar, peel them very thin, strain the juice, put it with the sugar into a jug or pitcher and pour over it four pints boiling water; cover the jug well with a cloth to keep in the steam and drink hot. Or, take the juice of one lemon for one glass and sweeten to taste. Excellent for a cold.

Milk Lemonade.—Loaf sugar, one and a half pounds, dissolved in a quart boiling water, with half a pint lemon juice and one and a half pints milk.

Picnic Lemonade.—Roll the lemons; peel, and squeeze the juice into a bowl or tumbler—never use tin—and strain out seeds, as they give a bad taste. Boil the pulp in water, a pint to a dozen pulps, to remove the acid. A few minutes' boiling is enough. Strain the

water into the juice of the lemons; take a pound white sugar to a pint liquid, boil ten minutes, bottle, and it is ready for use. Put a teaspoon or two of this syrup to a glass of water. Or, roll the fruit in a little granulated sugar spread upon a marble or other hard surface to obtain the zest, squeeze the lemons into a bowl, remove seeds and add sugar and zest. Bottle and add a teaspoon or two to water as wanted.

Pocket Lemonade.—One ounce powdered tartaric acid, six ounces powdered white sugar and one drachm essence of lemon; mix and dry thoroughly in the sun, divide into twenty-four equal parts, and wrap carefully in paper; each powder makes a glass of nice sweet lemonade. Most excellent and refreshing when traveling.

Mead.—Three pounds brown sugar, one pint molasses, one-fourth pound tartaric acid; pour over the mixture two quarts boiling water and stir till dissolved. When cold add half ounce essence sassafras, or flavor with fruit juices, orange or lemon peel or aromatic herbs, and bottle. To make a nice drink put three tablespoons of it in a tumbler, half fill with ice water, add a little more than one-fourth teaspoon soda and drink while foaming.

Blackberry Nectar.—To each quart water take one pound crushed berries, a sliced lemon and teaspoon orange flower water; mix and let stand in earthen bowl three hours; strain thoroughly, squeezing all juice from fruit; dissolve one pound sugar in the liquid, strain again and put on ice until ready to serve; or half freeze it. Any other berries may be used in their season.

Cherry Nectar.—Select the finest and ripest of May-Duke or Morello cherries. Pound well with stones in them. The stones are retained because they add to the native flavor of the pulp. Press out the juice through a hair sieve, add a little water and give one boil, filter through a flannel bag, add a small quantity syrup, a little lemon juice and a little more water. Do not make too sweet. The tendency in all these cordials is to extinguish the sub-acids of the fruit in too much sugar. Put into a freezer surrounded by ice; keep as cold as wished by surrounding with ice. Do not dilute it by putting ice into the beverage itself.

Cream Nectar.—Put into a porcelain kettle three pounds loaf sugar, two ounces tartaric acid and one quart water; set on the fire, and when warm add the whites of two eggs beaten to a froth, stir it well for a few minutes but do not let boil. When cool, strain and add a teaspoon essence of lemon and bottle. Put two tablespoonfuls in a glass, fill it half full of cold water and stir in one-fourth teaspoon soda. Drink while effervescing.

Grape Nectar.—Stem and squeeze well two pounds Catawba grapes in a coarse cloth, add to the juice three tablespoons loaf

sugar and when this is dissolved a cup cold water; set on ice till cold, pour into pitcher over a lump of ice and drink at once. Add more sugar if liked, or if grapes are not quite ripe. Very good.

Welsh Nectar.—Cut the peel of three lemons very thin, pour upon it two gallons boiling water, and when cool add the strained juice of the lemons, two pounds loaf sugar and one pound raisins, stoned and chopped very fine. Let stand four or five days, stirring every day, then strain through jelly-bag and bottle for present use.

Orangeade.—Put thin peel of three oranges in one pint syrup (made by boiling three-fourths pound loaf sugar in one pint water). Press out the juice of twelve fine large oranges through a fine hair sieve into a crock or pitcher. Add the syrup and three pints cold water, mix, and let stand in ice for an hour.

Lemon Sherbet.—Grate the rinds of two lemons into a bowl and squeeze in the juice; make a boiling syrup of one pound sugar and one pint water and pour it hot over this, and let remain till cold, or as long as convenient, to extract the flavor. Then add one pint water, strain into the freezer and freeze as usual. When pretty well frozen whip whites of three eggs to a froth, stir them in, beat up and freeze again. Or soak tablespoon gelatine in a little cold water and add it to one pint boiling water; then add pint each sugar and water and juice of five lemons and half-freeze; or boil pint and a half sugar and three pints water half an hour; add juice of ten lemons, strain and half freeze. For *Orange Sherbet* make as either of above recipes using twice as many oranges, and if not very acid add juice of a lemon. For *Pineapple Sherbet* use one large pine-apple or one and a half cans. Cut hearts and eyes from the fruit, chop fine and add pint sugar and juice from can and the soaked table-spoon gelatine dissolved in half pint boiling water; then add half pint cold water and half freeze as above; or cook fruit in pint water twenty minutes, and then pulp through a sieve; boil a syrup of pint each sugar and water fifteen minutes and then add fruit pulp and cook fifteen minutes longer, add juice from cans and freeze.

Milk Sherbet.—Boil two quarts milk; when cold put into freezer. Take the juice of six or seven lemons, according to size, and one pound and a half sugar, dissolved in as little water as possible. Whip whites of two eggs and stir in the milk; add the lemon juice after it begins to freeze a little; then mix thoroughly and freeze.

Pine-apple Sherbet.—One pine-apple, four lemons, two quarts water, two teacups sugar; steep the pine-apple in the water for two hours; strain and add the juice of the lemons and sugar; whip the whites of five eggs, add to them three tablespoons sugar, place all in freezer and half freeze. Adding the sugar to the whites gives body to the sherbet; it is excellent. To one-half gallon rich lemonade

add one can prepared pine-apple; whip one pint cream and sweeten, add the whites of three well-beaten eggs and stir them both in just before freezing. Serve in glasses.

Strawberry Sherbet.—Crush a pound berries and add to them one quart water, a sliced lemon, and one teaspoon orange flower water, if at hand. Let stand in an earthen bowl for three hours; then strain, squeezing all the juice out of the fruit. Dissolve one pound powdered sugar in it, strain again, and put on ice until ready to serve. Or mash two quarts berries and one pint sugar together and let stand two hours, then add pint water and strain, rub through a sieve, soak a tablespoon gelatine in cold water to cover, add half pint boiling water and pour this to the mixture and half freeze. *Raspberry Sherbet* is made same way. For *Currant Sherbet*, take pint each juice, water and sugar, one tablespoon gelatine, and juice of one lemon; soak gelatine in a little cold water, and dissolve it in half pint boiling water, add other ingredients and freeze; or boil one quart water and pint sugar half an hour; add pint currant juice and juice of a lemon, let cool and freeze.

Currant Shrub.—Make the same as jelly, but boil only ten minutes; when cool, bottle and cork tight, as canned fruits. *Raspberry, Strawberry* and *Blackberry Shrubs* can be made in the same way; when used, put in two-thirds ice-water; or place currants in crock and cover with a little water; put in a kettle of hot water and when heated through, drain, let stand overnight and finish as Raspberry Shrub.

Gooseberry Shrub.—Pour enough boiling water over green gooseberries to cover them, and place a cloth over them; let stand till cold, drain, and place juice on stove, and when boiling pour again over the berries, cover, cool, drain, and proceed as before. Then drain, let stand overnight, and finish as Raspberry Shrub.

Raspberry Shrub or Vinegar.—Place red raspberries in a stone jar, cover with good cider vinegar, using about one quart vinegar to two gallons fruit, let stand two or three days, strain through a jelly-bag, squeezing carefully; let stand overnight so it will become perfectly clear; measure and place on stove, and boil and skim until it boils up clear; add one pint sugar to every pint juice as just measured, and cook half an hour. Let stand till cold, then can and seal as directed in Canning Fruits. Some use one-third vinegar (one quart to two quarts fruit) but if fruit is juicy the above proportions make a much finer flavored shrub. Black raspberries may be used, or strawberries, making *Strawberry Shrub*, and blackberries, using for latter only a pint sugar to one quart juice, making *Blackberry Shrub.* Some, after straining, let it simmer on back of stove two hours, while others let boil ten minutes, in either way canning when hot, but the above method has been "tried and not found wanting."

Always procure very ripe, juicy fruit. For a drink use two or three teaspoons to one glass water, according to strength desired.

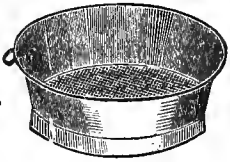
Effervescing Soda.—Mix half a teaspoon powdered bicarbonate of soda thoroughly with two tablespoons syrup of any flavor liked; add six or eight times as much cold water; while stirring it mix in half teaspoon powdered tartaric acid and drink at once. This is for immediate use. Or mix the syrup and water in above proportions and fill into bottles; put in each bottle half a drachm each of crystallized bicarbonate of potassa and crystallized tartaric acid and cork immediately. The above quantity is for soda bottles; wine bottles will require double the quantity.

Lemon Syrup.—Take the juice of twelve lemons, grate the rind of six in it, let it stand overnight, then take six pounds white sugar and make a thick syrup. When it is quite cool strain the juice into it and squeeze as much oil from the grated rind as will suit the taste, and bottle. A tablespoon in a glass of water will make a delicious drink on a hot day, far superior to that prepared from the stuff commonly sold as lemon syrup. Or, boil two pounds loaf sugar with two pints water for fifteen minutes and put in a basin until cold. Pound one ounce citric acid to a powder and mix with it one-half drachm essence of lemon and add to the syrup, mix well and bottle for use. Two tablespoons of the syrup are sufficient for a tumbler of cold water, and will be found a very refreshing summer drink.

Orange Syrup.—Use fully ripe thin-skinned fruit; squeeze the juice through a sieve and add a pound sugar to every pint; boil slowly ten minutes, skim carefully, and bottle when cold. Two or three tablespoons of this in a glass of ice water will be found a refreshing summer drink. It may also be used with melted butter for pudding sauce.

Tisane.—To make *Prune Tisane*, take of French plums or prunes two ounces and a half; cut them in two and boil them for an hour in a sufficient quantity of water to make a quart of tisane; strain through a sieve. *Date, Fig* and *Jujube Tisanes* are made in a similar manner.

Currant Water.—Pick over one pound currants and half pound raspberries and add one-half pint water, bruising or crushing all together with a wooden spoon. Put the pulp into a preserving kettle with one-half pound crushed loaf sugar. Stir over the fire till just about to simmer, put through a puree sieve and add three gills syrup (made with sugar and water as in Orangeade) and one and one-half pints water. Let cool and bottle for use.


Puree Sieve.

Apple Water.—Cut tart apples in small pieces, rejecting the

cores, and put over the fire in enough boiling water to cook them, with half their weight in sugar; simmer half an hour, strain through a jelly-bag, cool in ice and drink with cracked ice.

Pine-apple Water.—Peel and slice a nice large pine-apple, and pound to a pulp. When well mashed put it into a basin, pouring upon it one pint boiling syrup as in Orangeade, add the strained juice of one lemon, stir all together and cover. Let stand for two hours untouched, then filter through a fine silk sieve and add a quart water.

Ice-Cream Soda Water.—Put sufficient syrup of any flavor liked and a large tablespoon ice-cream into a large tumbler; mix together with a spoon, fill up with bottled soda water made as in Effervescing Soda and quaff at once. If desirable, pounded or shaved ice may also be added to the contents of the tumbler before the soda water is poured in.

Strawberry Water.—Crush with one-half pound finely sifted sugar one pound ripe red strawberries, and put them with one-half pint cold spring water. Filter this through a sieve into a pan, adding two pints water and the juice (strained) of one lemon.

EGGS.

There is only one opinion as to the nutritive properties of eggs, although the qualities of those belonging to different birds vary somewhat, and among all nations they are a favorite article of food. They are pleasing to the palate, highly nutritious, and easy of digestion, and are said to contain all that is required for the construction and sustenance of the human body; so that eggs, even at a fancy price, are the cheapest of food and should form part of the daily bill of fare of every family. Either eggs or cheese or the two combined are good substitutes for meat, and in combination with vegetables are capable of sustaining strength equivalent to a meat diet. The eggs of different birds vary much in size and color. Those of the ostrich are the largest; one laid in the menagerie in Paris weighed two pounds, fourteen ounces, held a pint, and was six inches deep, which is about the usual size of those brought from Africa. Travelers describe ostrich eggs as of an agreeable taste; they keep longer than hens' eggs. The eggs of the turkey are almost as mild as those of the hen; the egg of the goose is large, but well-tasted. Ducks' eggs have a rich flavor; the albumen is slightly transparent, or bluish, when set or coagulated by boiling, which requires less time than hens' eggs. Guinea-fowl eggs are smaller and more delicate than those of the hen. Eggs of wild fowl are generally colored, often spotted, and the taste usually partakes somewhat of the flavor of the bird they belong to. Those of land birds that are eaten, as the plover, lapwing, ruff, etc., are in general much esteemed; but those of sea-fowl have, more or less, a strong fishy taste. The eggs

of the turtle are very numerous; they consist of yolk only, without shell, and are delicious. Those of the common hen are most esteemed as delicate food, particularly when "new-laid," and those of the bantam have a peculiar, delicate flavor. The quality of eggs depends much upon the food given to the hen. Herbs and grain make a much better food than grain only; when the hens eat too many insects the eggs have a disagreeable flavor. The eggs of ducks and geese are often used in cooking, but are of too coarse a nature to be eaten alone; those of the turkey and pea-hen are highly esteemed for some purposes, and plovers' eggs are considered a rare table delicacy. Eggs are employed in a great many articles of cookery, entrees, and entremets, forming an essential ingredient in pastry, creams, custards, etc., but are considered most easily digestible when little subjected to the art of cooking. The lightest way of dressing eggs is by poaching. The fresher they are the better and more wholesome, though new-laid eggs require to be cooked longer than others. Eggs over a week old will do to fry but not to boil. Do not mix eggs in tin; always use earthenware. When eggs are wanted for boiling or packing, test them by putting in water in a vessel with a smooth level bottom; the fresh eggs will sink quickly to the bottom, those that sink slowly are suspicious, and those that float are very likely to be bad; or, those which lie on the side are good, but reject those which stand on end as bad. Still another test is to look through each egg separately toward the sun, or toward a lamp in a darkened room; if the white looks clear, and the yolk can be easily distinguished, the egg is good; if a dark spot appears in either white or yolk, it is stale; if they appear heavy and dark, or if they gurgle when shaken gently, they are "totally depraved." The best and safest plan is to break each egg in a saucer before using in cooking, and never use one the least spoiled, as if only one egg is slightly tainted it will "leaven" the whole.

MAKING OMELETS.

There are numerous kinds of omelets, and, if properly made, they generally give satisfaction. As a rule an omelet is a wholesome, inexpensive dish, but yet one in the preparation of which cooks frequently fail, owing to ignorance of detail. The ingredients used may be varied indefinitely, but the process is always the same. Beat

the yolks lightly (twelve beats is said to be the magic number), as too much beating makes them thin and destroys the appearance of the omelet, then add the milk, the salt, pepper, and flour if any is used, and lastly the whites beaten to a stiff froth. Some claim that salt mixed with the eggs prevents them from rising and gives the omelet a flabby appearance, and so sprinkle with a little salt just before turning out on dish, or salt at table. Have the frying or omelet pan hot and dry. The best way to insure this is to put a small quantity of fat into the pan, let it simmer a few minutes, then pour it out, wipe the pan dry with a towel, and put in a tablespoon butter or American Cooking Oil and pour in the omelet, which should at once begin to bubble and rise in flakes; care should be taken that the butter does not burn, thereby spoiling the color of the omelet. Slip under it a thin, broad-bladed knife, and every now and then raise it up to prevent burning, but never turn, as this flattens and toughens it. As soon as the under side is hard enough to hold together, and the eggs begin to "set," fold over, shake the skillet so as to entirely free the omelet, carefully slide it on a hot platter, and serve at once. It should be cooked in from three to five minutes. Properly made, omelets are not exactly rolled up, but there is a knack to be learned of shaping in the pan by shaking them while cooking over to one side of pan, the side farthest away, while the handle is uplifted; loosen the edges with a knife when it is cooked nearly enough to shake; this is especially the case if a large pan is used, so that the eggs will cook in a small space upon one side of pan instead of spreading all over and becoming too dry, but a small-sized omelet pan, six or eight inches in diameter, is best, so that the mixture when put in pan may be at least half an inch thick. One reason of omelets and all fried eggs sticking to the frying-pan is allowing the pan to get too hot. They seldom stick when poured into a pan that is kept not too hot till wanted. The pan should be used for no other purpose, and should be rubbed smooth, or polished, after using. To bake an omelet, place in the frying-pan on top of stove until it begins to "set" in the middle, then place in a rather hot oven; when slightly browned, fold if liked, or turn a hot dish on top of the pan, upset the latter with a quick motion, and so dish the omelet with the under side uppermost. It should be baked in from five to ten

Omelet Pan.

minutes. When a large quantity of eggs is used, instead of making into one large omelet, divide and make several, sending each to the table as soon as done. Three or four eggs make a good-sized omelet, either fried or baked; some think it an improvement to add a tablespoon cream to every two eggs. Ham, chicken, and all kinds of meat omelets are made by chopping the meat fine and placing between the folds before dishing. In making vegetable (asparagus, tomato, cauliflower, etc.) omelets, cook the vegetables as if for the table; place them in the center of the omelet just before folding, or scald a little parsley, pour off water, chop and mix with omelet just before cooking; old cheese grated and added to a plain omelet is also a favorite dish.

Baked Eggs.—Break eight eggs carefully into a well buttered dish, put in pepper and salt, bits of butter and three tablespoons cream—or some sprinkle chopped pickles, such as gherkins, cauliflower, etc., over them; put in moderate oven and bake about twenty minutes or until whites are well set; serve very hot. Or, beat six eggs with one tablespoon flour and six of sweet milk; melt a piece of butter in the frying-pan and when hot turn the whole in, and bake in very hot oven; to be served as soon as done. A more elaborate and very elegant dish is the following: Pour enough chicken, game or veal gravy into a neat baking dish to cover the bottom well and stir with it a teaspoon mixed parsley and onion finely chopped. Set the dish in the oven until the gravy begins to hiss and bubble, when break six eggs into it so that they do not crowd one another. Strew bread-crumbs thickly over them, pepper and salt to taste and return to the oven three minutes longer, then pour the rest of the gravy, which should be hot, over the whole; add more bread-crumbs as fine as dust and bake until eggs are "set." Send to table in baking dish. Or take up the eggs carefully one by one and lay them on rounds of toasted or fried bread on a hot flat dish; add a little cream, and if liked some very finely chopped parsley and onion, to the gravy left in the baking dish, and turn it into a saucepan; boil up once quickly and pour over the eggs. Or add to yolks of six hard-boiled eggs one pint grated bread-crumbs, two tablespoons butter and salt and pepper to taste; fill the halved whites with this, put together in whole form again and pack closely in a baking dish. A little dressing will be left, which stir into a batter with one egg beaten light, half pint bread-crumbs and pint sweet milk; pour this over the eggs and bake in oven until a nice brown. *Baked Eggs with Ham* is another delicious dish. Chop fine a cup cold ham and mix with it a cup

bread-crumbs and a high seasoning of salt and pepper; put into buttered patty-pans, set in dripping-pan and put into oven to heat; as soon as they are hot take the pan out of the oven, break an egg into each patty-pan on the ham and bread and return to oven to just set the whites of the eggs, then serve the baked eggs hot in the little patty-pans, setting each one on a tiny plate.

Boiled Eggs.—In boiling, eggs are less likely to crack if dropped in water not quite to the boiling point. They will cook soft in three minutes, hard in five, *very hard* (to serve with salads, or to slice thin—seasoned well with pepper and salt—and put between thin slices of bread and butter) in ten to fifteen minutes. The wire egg stand for holding eggs while being boiled, and afterward for the table, is very convenient. By using this all risk of breaking the eggs when dropping them into the boiling water or fishing them out is avoided. The eggs are all put in and all removed at the same time, insuring uniformity in cooking. When a part are to be cooked longer than the rest they can be put in first, and those cooked less, afterwards, and all removed together. To cool the shells the stand with the eggs can be dipped for an instant in cold water. These stands are made in several sizes, holding from four to twelve eggs. There is an objection to the ordinary way of boiling eggs not generally understood. The white, under three minutes' rapid cooking, is toughened and becomes indigestible, and yet the yolk is left uncooked. To be wholesome, eggs should be cooked evenly to the center, and this result is best reached by putting the eggs into a dish having a tight cover (a tin pail will do) and pouring boiling water over them in the proportion of two quarts to a dozen eggs; cover and set away from the stove; after cooking about seven minutes, remove cover, turn the eggs, replace cover, and in six or seven minutes they will be done, if only two or three eggs; if more, in from ten to twenty minutes. The heat of the water cooks the eggs slowly to a jelly-like consistency and leaves the yolk harder than the white. The egg thus cooked is very nice and rich. Another method of cooking is to put the eggs on in cold water and let it gradually come to a boil, which will be in about ten minutes, when they are immediately taken out and served. The inside, white and yolk, will then be of the consistency of custard. Serve in egg stand, or in a dish enfolded in a warm napkin, placing an egg glass at each plate; or if well done, shell and halve quickly and serve on hot plate with a hot French mustard poured round them, dipping a spoonful on each. Drop eggs a moment into cold water and they will shell more easily. If intended for salad leave them in the cold water for some time for the yolks to harden.

Wire Egg Stand.

Breaded Eggs.—Boil hard and cut in round thick slices, season with pepper and salt and dip each in beaten raw egg, then in fine bread-crumbs, or powdered cracker crumbs, and fry in fat like doughnuts. Drain off every drop of grease and serve hot. A nice way of serving is to spread triangles of fried bread with anchovy paste, lay them in a hot platter and arrange the sliced egg on these; pour over all a cup drawn butter into which a raw egg has been stirred.

Broiled Eggs.—Toast pieces of bread on both sides, butter, and break six eggs carefully upon them, sprinkle with salt and pepper, and pass a clean red hot shovel or salamander over them until they are well set. Squeeze the juice of an orange over them, strew with a little grated nutmeg and serve as quickly as possible. Dip the toast into warmed cream and it is much more delicious.

Buttered Eggs.—Break four eggs into a bowl and beat well; put two tablespoons butter into another bowl, which place in boiling water and stir till butter melts; pour that and the eggs into a lined saucepan, hold over a gentle fire and as the mixture begins to warm pour it two or three times into the bowl and back again, that the two ingredients may be well incorporated. Keep stirring the eggs and butter one way until they are hot, *without boiling*, and serve on hot buttered toast. If the mixture is allowed to boil it will curdle and so be entirely spoiled.

Curried Eggs.—Slice two onions very thin and fry in butter to a nice brown, add a tablespoon curry powder and one pint good broth or stock, stew till onions are quite tender, add a cup cream thickened with arrowroot or rice flour, simmer a few moments, then add eight or ten hard-boiled eggs, cut in slices, and heat them well, but do not boil. If a white instead of a brown dish is wished the onions must be stewed in butter, and the sauce made of veal broth mixed with a little milk and flour. Pepper and salt to taste. Serve hot. Or mix two teaspoons curry powder into a paste with a little gravy from one and one-half pints, and rub it, adding the rest of gravy until it is completely incorporated; let it then simmer gently until it is reduced to little more than a half pint; thicken it with a little flour and butter, boil six eggs hard, cut them into slices, yolk and white together, warm up for five minutes, and serve very hot. Another excellent recipe: Cut each egg into four slices; put two tablespoons butter or olive oil into a frying-pan, and when well heated throw into it a large sliced onion and apple; fry briskly till well browned; add a cup either milk, cream, water or stock in which has been mixed a dessert-spoon strong curry-powder; simmer about ten minutes and thicken with the beaten yolk of an egg. Arrange the sliced eggs in a hot dish, pour the curry over them, or just stew them in it for a few minutes. Some epicures have the yolks only of

the eggs curried and the whites minced fine to form a garnish. Tomatoes, chopped, savory herbs, celery, green peas, sliced cucumbers, button mushrooms, fresh or pickled, orange or lemon juice, young capsicums, pickles of any kind, shred lemon rind, shallot or garlic in small quantity, or indeed almost any sort of vegetable may be employed in the curry. Fillets of anchovies may be used as a decoration round the rim of the dish, but observe that only cream or yolk of egg should rightly be made use of for thickening a curry.

Deviled Eggs.—Take a sufficient number of the hard-boiled yolks of eggs, dip them first into some beaten egg, then dip them into oil and roll them in cayenne pepper and salt; make a little tray by twisting up the corners of half a sheet of oiled writing paper, place the eggs in it, put it upon a gridiron over a clear fire and shake it about till the eggs are quite hot. Serve with equal quantities of olive oil and chetney sauce made very hot. In default of chetney sauce, Chili vinegar may be employed. Or dip the hard-boiled yolks into beaten egg well seasoned with pepper and salt, then into bread-crumbs, and drop into hot lard until browned over.

Forcemeat Eggs.—Boil six eggs hard, and while boiling make a forcemeat by mixing a cup minced chicken, veal, ham or tongue with a half cup bread-crumbs, two teaspoons mixed parsley, onion, summer savory or sweet marjoram chopped fine, and one raw egg beaten light. Take shells of eggs off carefully, divide in halves, and cut a piece of the white off at each end that they may stand firmly when dished, and coat them thickly with the forcemeat. Set on upper grate of very hot oven to brown, and serve piled neatly on hot dish. Pour a cup of hot, rich gravy over them into which a little lemon juice has been squeezed, and serve. Or leave eggs whole, cover with forcemeat, put in a frying-basket and set into boiling fat for two minutes. Nice for lunch, tea or picnics.

French Eggs.—Boil hard, remove shells, roll in beaten egg, then in cracker crumbs and fry in butter until brown. Pour over them a gravy made in pan of butter, crumbs and cream. An excellent side dish for dinner.

Fricasseed Eggs.—Put a half pound stale bread and a pint milk or good meat broth seasoned with pepper and salt in saucepan and boil three minutes, mash well and mix and boil until a thin paste is made, stirring constantly; mix with this six or eight hard-boiled eggs, cut in slices or dice, seasoned with pepper and salt, stir over the fire five minutes and serve hot. Or put the broth on the fire in saucepan with the seasoning, adding also parsley and a suspicion of onion, and let come to a boil. Rub the slices of egg with melted butter, then roll them in flour. Lay them gently in the gravy

Saucepan.

and let this become smoking hot upon the side of the range, but do not let it actually boil lest the eggs should break. They should lie thus in the gravy for at least five minutes. Have ready upon a platter small slices of nicely fried bread, lay the sliced eggs evenly upon this, pour the gravy over all and serve hot.

Fried Eggs.—After frying ham drop the eggs one by one in the hot fat and dip it over them until the white is set, or cook from three to five minutes, as liked. They may be served alone or on the ham dusted over with pepper and salt, or they may be fried in other fat and served with broiled ham, or on toast sprinkled with catsup or a sauce of any kind. Fried eggs may also be served on slices of Bologna sausage tossed over the fire in hot butter or salad oil. Place an egg on each piece of sausage, arrange among them some parsley leaves fried crisp, and serve as hot as possible. French cooks pour over fried eggs a hot mixture of chopped onions and bread-crumbs, a little water and a few drops vinegar seasoned with salt. The fried egg pan is very nice where it is desired to retain the shape of the egg. A nice way of frying eggs is to have as many as are required broken in cups or saucers, and heat over the fire a frying-pan two-thirds full of fat until it smokes. Put the eggs into the smoking hot fat and fry for two minutes, putting in at once only as many eggs as will float; as soon as they are fried take out of fat with skimmer and lay on slices of broiled ham or bacon cooked while the eggs are being fried. Serve the dish very hot.

Fried Egg Pan.

Holland Eggs.—Cook seven eggs hard and cut in long slices; wash and clean a large herring, cut in small pieces; take the roe from a carp or other fish and fry in butter; butter a baking dish, put in the boiled eggs and pour over them five tablespoons cream; on each egg put a piece of herring and some of the roe, and thus fill up the dish with alternate layers; mix some chopped parsley with a little more cream and pour all over the eggs, and bake.

Italian Eggs.—Beat six eggs, add two ounces grated Gruyere cheese, and about half tablespoon butter. Put all together on the fire until quite thick, take off and season to taste. A favorite dish in Switzerland.

Nugget Eggs.—Break the shells of a dozen eggs, separate yolks from whites and keep each yolk by itself; beat whites to a froth and add a little salt, pepper and thick cream; pour this into a well buttered deep dish and arrange the yolks upon the top; put the dish into a gentle oven and when set serve them hot. The whites of the eggs should have been beaten for at least a quarter of an hour.

Onion Eggs.—Boil twelve eggs hard and slice ten, whites and yolks together; fry six sliced onions in butter, drain, lay on a dish, and put the sliced eggs over them; cover and keep hot while this sauce is made: Grate yolks of the two remaining eggs and mix with little cream, grated nutmeg and pepper, boil up once and pour over eggs and onions. Serve very hot. A nice dish for those who like onions.

Pickled Eggs.—Pint strong vinegar, half pint cold water, teaspoon each cinnamon, allspice and mace; boil eggs till very hard, and take off the shell; put spices, tied in a white muslin bag, in cold water, boil, and if water wastes away add enough so as to leave a half pint when done; add vinegar, and pour over eggs, put in as many eggs as mixture will cover, and when they are used, the same will do for another lot. If liked, ginger and cloves may be used instead of the cinnamon and mace, and some add mustard. Or after boiling (hard) and removing shell, place in jar of beet pickles and the white will become red; cut in two in serving. Or, for sixteen eggs, take one quart vinegar, one-half ounce each black pepper, Jamaica pepper and ginger; boil eggs twelve minutes, dip in cold water and take off shell; put vinegar with pepper and ginger into a saucepan and simmer ten minutes; place eggs in a jar, pour over the seasoned vinegar boiling hot, and when cold cover closely to exclude the air; ready for use in a month.

Plovers' Eggs.—Boil from ten to fifteen minutes, and they are good either hot or cold. Serve in napkin. Esteemed a great delicacy.

Poached Eggs.—Break the eggs into the egg poacher or drop one at a time in salted water, to which a small lump of butter may be added, or a little lemon juice, or vinegar, using a teaspoon to a pint water; some say drop in when simmering, others when boiling, not letting it boil again after putting in the eggs; others have water boiling, salt, then place it where it will stop boiling, drop in eggs, and let simmer gently till done. It is even said they will be more tender if put on in cold water and left until the water comes to a boil. Always take great care in keeping the yolk whole. Use an egg poacher if possible. Break the egg carefully into the little cups and place them on the stand. Dip the stand into well-salted water, which has been brought to simmering point. When done each cup in shape of a shell is taken off the stand and carefully tipped over a piece of buttered toast, leaving the egg in the pretty form of the cup. If one has not a poacher, muffin rings may be placed in the water, or the cup in which the egg is broken may be turned over it, after it is dropped in the water; and some cook the eggs in cups set in

the hot water; others stir with a spoon and drop in the eddy thus made, stirring till egg is cooked. The yolk should only be just so much done as to fix itself firmly in the center of the white; if the yolk is allowed to harden the egg is quite spoiled; if the yolks are liked whitened or filmed over, cover the pan in which the eggs are poached, or dip the hot water on them with a spoon, as the fat is dipped over fried eggs. Take up with a perforated skimmer, when not cooked in egg poacher or cups. To serve them, toast squares of bread three-quarters of an inch thick, moisten with a little water, put a very little melted butter upon each slice, place on a heated platter, lay an egg on each square, sprinkle with pepper and salt, and if liked, a few drops vinegar or essence of anchovy. Or drain nicely and serve in individual dishes alone or over broiled ham or boiled spinach. Some put a bit of butter on each egg. Serve with Worcester sauce if desired; or pour hot cream over them, seasoned with butter, pepper and salt. Some poach eggs in milk, serving them in sauce dishes with some of the milk, and seasoning with pepper and salt. For *Egg Vol Au Vents*, fry rounds of bread from which an inner round has been cut, but not quite through, trim the poached eggs to fit the cavities thus made, and pour over them a cup of hot gravy or chicken broth. A very handsome dish is made by trimming and serving poached eggs around slices of fried beets, squeezing a little lemon juice over. For *Poached Eggs with Mushrooms*, mince some cold chicken and stir over the fire with a beaten egg and pepper and salt, place this first in the rounds of bread, and on top of this the poached eggs, carefully trimmed, then pour over them some sliced mushrooms that have been cooked in highly seasoned veal or poultry gravy. *Spanish Eggs* are poached eggs served on boiled rice, flavored with cinnamon, and seasoned with a little butter and salt.

Egg Poacher.

Ringed Eggs.—Roughly chop yolks of half-dozen hard-boiled eggs; cut whites into rings; put yolks into middle of dish, with whites round them; lightly sift some bread-crumbs over, sprinkle essence of anchovy upon the top and add a dessert-spoon salad oil and a little red pepper, place in an oven for five minutes and serve.

Scalloped Eggs.—Moisten bread-crumbs with milk or meat broth and season with salt and pepper; place a layer of this in a well-buttered dish; slice some hard-boiled eggs, and dip each slice in a thick drawn-butter sauce to which a well-beaten egg has been added; put a layer of them upon the crumbs, then a slight layer of minced ham, veal or chicken, then bread, etc., finishing with dry, sifted bread-crumbs;

bake until well heated; or, put upon the layer of bread-crumbs a layer of minced ham, seasoned with onion and parsley; set in oven, closely covered, until smoking hot. Have four eggs stiffly beaten, season with pepper and salt, add two tablespoons cream or one of melted butter, and pour this evenly upon the layer of ham. Put the dish back into the oven uncovered and bake until the egg is set.

Individual Scallops are made of lightly minced hard-boiled eggs, whites and yolks together, or yolks only. Butter scallop shells, or little tins made to resemble them in shape, strew in a portion of the egg, then sprinkle some seasoned grated toast over the egg, and so on alternately until shells are filled; sprinkle a little Chili vinegar on top, lay a piece of butter upon each, and place them in oven until sufficiently done. Grated Parmesan cheese, essence of shrimps or anchovies, chetney sauce, catsup, or truffles, may be added to give them the flavor liked.

Scallop.

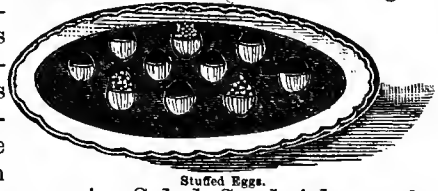
Scrambled Eggs.—Warm sweet milk in a deep earthen pie plate, allowing two tablespoons to each egg (or less, with a large number of eggs), add a bit of butter size of walnut, or omit the butter and use cream in above proportion or only half as much, and a little salt and pepper. When nearly to boiling point drop in the eggs, broken one at a time in a saucer; with a spoon or thin-bladed knife gently cut the eggs, and scrape the mixture up from the bottom of the plate as it cooks. If it begins to cook dry and fast at the bottom, move the dish back instantly, shifting it over the heat as needed, or even raising it, if cooking too fast, for success depends wholly on cooking gently and evenly, proportions being of secondary importance. Take from stove before it has quite all thickened, and continue turning it up from bottom of dish a moment longer. If served in another dish (it keeps warmer served in same) have it well heated. The mixture should be in large flakes of mingled white and yellow, and as delicate as baked custard. Or for plain scrambled eggs omit the milk; some beat eggs before scrambling, just enough to mix whites and yolks, and minced ham is sometimes added. Scrambled upon a plate that has been heated very, *very* hot and rubbed with a bit of butter, they are relished by those who like eggs but little cooked. Serve scrambled eggs hot over slices of moist buttered toast, or fried bread spread with anchovy paste, if liked, and the dish is called *Mumbled Eggs.* Or beat up the eggs with pepper, salt and a little chopped thyme; rub the sauce-pan or baking dish with onions before putting in the eggs, cook as above and send to table as *Savory Eggs.* A great variety of dishes may be made by adding to the beaten eggs (with two tablespoons milk to each egg if liked), any of the following: For savory dishes—chopped tongue, oysters, shrimps or prawns, preserved sardines, dried salmon, anchovies, herbs, truffles, pickles, potted meats, sausages, shred lemon-peel,

onions, artichokes, shallots, asparagus tops, green peas, beets, mushrooms, cheese, bacon, lobster spawn, dried beef cut fine, cold meat, rice, croutons, cold macaroni, or any cold vegetables; for sweet mixed eggs the following may be employed: blanched almonds, angelica, blanched chestnuts, conserves of any kind, stoned raisins, candied orange, citron, or lemon peel, blackberries and other fresh fruits, etc.

Shirred Eggs.—Place small earthen dishes, each large enough to hold an egg, in a dripping-pan with a little hot water; put in each a bit of butter and a raw egg, taking care not to break the yolk, dust a little salt and pepper over them, set in hot oven and just harden the whites; serve one dish to each person, sending to table set upon pretty plates. If liked each egg may be sprinkled with bread-crumbs and browned with hot salamander before sending to table. Two eggs are often served in each dish, and a nice flavor is given by sprinkling a little finely chopped ham and parsley in the dishes before putting in the eggs. Any small saucers will do for this purpose, though the little scalloped shells are much prettier. Some prefer to beat the eggs before baking.

Shredded Eggs.—Boil six eggs hard and cut the whites in thin strips or shreds; make a pint of white sauce, and toast six slices of bread; put a layer of sauce on each, then part of the white shreds, and rub part of the yolks through a sieve over all; repeat this and finish with a third layer of sauce. Place in the oven about three minutes; garnish with parsley, and serve. It is said that when hard-boiled eggs are wanted for this or any other purpose, boiling them an hour or more renders them as easily digested as soft-boiled eggs.

Stuffed Eggs.—Boil one dozen fresh eggs until well done, pour off hot water and cover with cold; then peel and cut the eggs in halves, either lengthwise or crosswise, take out the yolks and mash them with a piece of butter size of an egg, one cup finely minced boiled ham, and a dressing of one teaspoon each black pepper and salt, a dessert-spoon each mustard and celery seed, tablespoon sugar, and three tablespoons vinegar. Mix all well together and fill the halved whites with the mixture, press them together and serve on a glass dish garnished with fresh tender lettuce, or serve in halves with the false yolks well rounded up. If wanted for picnics wrap in tissue paper to preserve their form. Spread the mixture left over between thin slices of buttered bread, and very nice *Salad Sandwiches* result; or put the dressing left over on a plate, place the halved eggs on it ends downward and set in the oven to brown before serving.



Stuffed Eggs.

Another nice dish is *Creamed Eggs*, made as follows: Prepare eggs as above and mash the yolks well with a little butter, onion juice and salt, fill the halved whites with this, rounding up, and place in a baking dish; make a rich cream gravy of milk, cream and butter, seasoned with white pepper, salt and a small pinch sugar, and pour into the dish, leaving a narrow rim of the whites and the yolks of eggs showing above; sprinkle grated cheese on the gravy, and put in the oven to brown. Serve in baking dish. Delicious.

Eggs a la Maitre d'Hotel.—Cut five hard-boiled eggs in quarters, lengthwise, and place in dish; pour over them a hot gravy made of cream and milk with a little butter, a seasoning of white pepper and salt, a small pinch sugar, and a thickening of flour. Serve hot. A tablespoon chopped parsley and juice of half a lemon may be added to gravy if liked. Very nice.

Egg Balls.—Pound the yolks of eight hard-boiled eggs in a mortar and moisten with beaten yolks of three raw eggs, little salt, pepper, powdered mace or nutmeg. Make into round balls, and put through soup about two minutes before serving, or poach them and serve on buttered toast or with any sauce preferred. Some add a little flour to the paste before making into balls.

Egg Charlotte.—Cut thin slices of stale bread divested of crust, dip into warmed butter, and line a small mold; take enough hard-boiled yolks of eggs for the mold; chop and add to them half their quantity of bread-crumbs soaked in cream, season with pepper, add a couple of shred shallots and place these ingredients in the mold; beat up a raw egg with a tablespoon cream and add; lay upon the top some thin slices of bread dipped into liquid butter and put it into a tolerably hot oven to get nicely browned; turn it out into a dish to serve. For a *Sweet Charlotte*, sugar, orange-flower or rose-water, and a few blanched almonds, some shred lemon-peel, etc., should be employed instead of the shallot and savory seasoning.

Egg Fritters.— Cut hard-boiled eggs in two, remove yolks, and mix with them chopped cold chicken, lamb, veal or sardines, a little minced onion or parsley and a few soaked bread-crumbs; season, and moisten with gravy or the uncooked yolk of an egg or cream, fill in the cavities level, put the two halves together, roll in beaten egg and bread-crumbs, put in wire egg-basket, and dip in boiling lard; when slightly brown, serve with celery, tomato sauce, or make a sauce from lemon juice, sardines, parsley, and sliced onion, stewed in vegetable broth, and a good spoonful cream; let all cook together and when well reduced pour over the dished eggs and serve hot; or for six eggs make a stuffing of the yolks, two teaspoons butter, one of cream, two or three drops onion juice and salt and pepper to taste. Fill eggs and fry as above.

Egg Gems.—Mix together any kind of cold meat (chopped fine), with an equal quantity of bread-crumbs; add pepper, salt, a bit of butter and a little milk; fill buttered gem-pans with the mixture, then carefully break an egg on the top of each; season with pepper and salt, and sprinkle some very fine cracker crumbs on top; bake eight minutes; a little grated cheese may be added to the cracker, if desired.

Egg Mayonnaise.—Beat four eggs well with a tablespoon vinegar, some pepper and salt, and by degrees add oil enough to give it the proper consistency, so that it forms a smooth cream. Slice yolks of hard-boiled eggs, mince the whites, pour the mayonnaise sauce over the yolks, which arrange in a dish, and place the whites in tufts round the margin, together with branches of chervil, tarragon, watercress, endive, lettuce, etc., or sliced pickled cucumbers.

Egg Puree.—Mash yolks of six hard-boiled eggs together with one ounce butter, two tablespoons gravy or milk, and seasoning to taste; place in buttered dish, stick small pieces boned anchovy on top, and pour over it the beaten yolk of a raw egg; bake until quite hot, and serve immediately.

Egg Sandwiches.—Cut hard-boiled eggs into moderately thin slices, and lay them between slices of bread and butter cut as thin as possible; season with pepper, salt, and nutmeg. For picnic parties, or when one is travelling, these sandwiches are far preferable to hard-boiled eggs *au naturel.*

Egg Soup.—Beat yolks of four eggs with a teaspoon butter; season well to taste, and, while stirring, pour in a pint and a half boiling-hot stock; strain into a saucepan, put over the fire, keep stirring until it is very nearly boiling, and send to table in a small tureen. For a maigre soup, water takes the place of the stock, flavoring with either essence of anchovy or shrimp. Or take a quart good, clear, cold soup; beat yolks of twelve eggs and whites of four, strain into the soup and mix well together; put into a tureen, well buttered, and let it stand over a pot of boiling water, or put it into a gentle oven until properly set. Strew over it a few chopped pickled peppers (red or green), and serve quite hot. This makes a thick soup.

Eggs with Cucumbers.—Pare some cucumbers and cut into pieces the size of dice. Put in a saucepan with a slice of ham, an onion stuck with cloves, and a few spoons good gravy; simmer slowly, shaking occasionally until done. Take out the ham and onion; stir in yolks of two eggs beaten in a cup cream; put into a dish, lay half a dozen poached eggs on top, and squeeze over some lemon juice.

Egg Terrace.—Boil new-laid eggs ten minutes, shell, cut in two. and take a small slice off the ends, so they will stand. Take out yolks and beat in a mortar, after having passed them through a hair sieve, together with an equal quantity of butter, a little salt, pepper, nutmeg, two raw eggs, and a large tablespoon chopped parsley. Mix very thoroughly, and put in a dish. Fill the eggs with this mixture. Make some good highly flavored forcemeat (see Meats), and smooth a layer of it on a plate, place the filled eggs round it, put a second layer of the forcemeat in the centre, and arrange the other eggs upon it; baste gently with butter, and set for a few minutes in the oven to heat through and color the eggs. Instead of forcemeat, the stuffing may be used for the layers. Serve with tomato sauce. This dish may be served as an entree, or for breakfast, luncheon or supper.

Egg Terrace.

Eggs with Cheese.—Cut hard-boiled eggs into slices; lay them in a buttered dish that has been sprinkled over with bread-crumbs; upon each piece of egg lay a slice of Gruyere cheese corresponding in size; place a good bit of butter upon each; pepper well, sift a few bread-crumbs over, and put in oven for about five minutes. Serve hot.

Eggs with Mushrooms.—Slice, fry, and drain twelve button mushrooms and two onions; boil six eggs hard, and slice them, whites and yolks separately, add a tablespoon butter and seasoning of pepper and salt, and simmer the whole in a half pint good gravy. Put in the sliced yolks last, and let them remain a minute only. Serve very hot, and garnish with thin rings of some of the white of the eggs. Or cut two mushrooms into dice and fry for one minute in a tablespoon butter; beat six eggs, a little salt, pepper and a half cup milk or cream together and put in sauce-pan; add the mushrooms and three tablespoons butter and stir until it begins to thicken; take from fire and beat rapidly until quite thick and creamy. Pour over slices of hot toast, garnish with points of toast and serve immediately.

Eggs with Peas.—Put a pint of fresh, tender green peas into a covered vegetable dish; add four tablespoons each olive oil and water, season with pepper, salt and nutmeg, cover closely and place the dish over boiling water until the peas are done; then make indentations on their surface with a spoon and into each of these break an egg; beat an egg and pour upon the top; and when well set, serve it in the dish in which it was dressed. Or boil in salt water, half pint tender green peas; drain, and when cold, mix with the yolks of eight eggs, and whites of four, strained and seasoned. Heat some butter in a frying-pan and put in eggs and peas. Keep

stirring with a spoon till eggs are set; turn into a dish, and serve with mint sauce. Any cold peas can be used.

Eggs with Syrup.—Make a syrup with a little more than a half pint water and two tablespoons sugar, boiling with it some thickly-sliced lemon peel; strain through a sieve and when cold add to it yolks of eight eggs and whites of two; mix well and flavor with orange flower water; pour into deep dish and either put it in oven or place over boiling water until firm.

Eggs with Tomatoes.—Peel a dozen tomatoes, medium size, cut up in a saucepan with a little butter, pepper and salt; when sufficiently boiled, beat five or six eggs, and just before serving turn them into the sauce-pan with the tomatoes, and stir one way for two minutes, or until they are well done.

Eggs with Vinegar.—Heat some butter in a frying-pan until of a good dark-brown color; break six or eight eggs into a dish; season any flavor desired, and slide gently into frying-pan. When done, turn carefully into a dish; put a good tablespoon strong vinegar into the frying-pan, bring it quickly to a boil, pour upon the eggs, and serve hot as possible.

Hen's Nest.—Boil six or eight eggs hard and cut whites from yolks in long thin strips, or shavings, set aside to warm in very gentle oven, buttering them now and then while preparing the rest.

Hen's Nest.

Pound a cup minced meat or fish very fine in a mortar, mixing in gradually the yolks of eggs, a teaspoon parsley and pepper and salt to taste. When all are reduced to a smooth paste, mold with the hands into small, egg-shaped balls. Place in the center of a dish, arrange the shred eggs around them, in imitation of a nest, and send to table with small rounds of fried bread. A cup hot drawn butter sauce poured round the nest is an appetizing addition.

Ox-Eyes.—Take slices, an inch thick, from good light bread or roll, and cut into circles with a paste-cutter three inches in diameter; with a smaller cutter one and one-half inches in diameter cut out the middle of each circle or cake, leaving the ring intact. Fry the rings in butter, a bright yellow color; butter a dish well, lay the rings in, and pour over them enough sour cream to moisten well, and put, very carefully, a raw egg into each ring. Dredge with a little salt, and put a very little sweet cream on top of each egg. Set in oven, and if pretty hot cover lightly with paper. When set, the yolks being soft, they are ready to serve. Send to table garnished with parsley or water-cresses.

Temperance Egg-Nog.—Beat well the yolks of two fresh eggs, add two tablespoons each powdered loaf sugar, and orange flower

water. Stir quickly, and add a cup boiling water. Drink as hot as possible.

Bread Omelet.—Boil one cup milk or cream and pour over one cup bread crumbs and let stand a few minutes, pressing through a sieve if wished. Beat lightly the yolks of six eggs in a bowl, add milk and bread, season with salt and pepper, add well-frothed whites and pour into hot pan prepared with a tablespoon butter; finish as in Plain Omelette. Some add a little grated nutmeg and also cut in squares, turn, fry to a delicate brown, and serve. Or add one tablespoon flour, one onion chopped fine, half pint chopped parsley, pepper and salt; finish as above and serve as a *French Omelette;* or omit milk and flour and use only half cup bread crumbs and add three tablespoons soft butter and two of grated cold ham and a *Savory Omelette* will result. Less eggs may be used in any of the recipes.

Cheese Omelet.—Boil in pint new milk until dissolved a half pound good rich cheese, sliced thin. Stir in four eggs beaten very light. Toast some bread, butter evenly, putting on a little mustard, keep stirring the omelet and add a little salt; when thickened, which will be in five minutes, if fire is good, pour the omelet over the dished toast and serve very hot.

Corn Omelet.—Beat three eggs lightly, separately if wished extra nice, add third cup milk, three-quarters pint sliced cold boiled corn, three tablespoons butter, season and finish as Plain Omelet.

Cream Omelet.—Beat together yolks of three eggs, one and a half tablespoons corn starch and teaspoon salt. To this add half cup milk and well-frothed whites. Have the omelet pan with a close fitting cover, *hot*, put in tablespoon butter, when it bubbles pour in omelet, cover and place where it will not burn. Cook eight minutes, fold and turn on a hot dish, pour around it a cream sauce and serve at once.

Meat or Fish Omelet.—Take cold meat, ham or tongue, fish, game, or poultry of any kind; remove all skin, sinew, etc., and either cut in small pieces or pound to a paste in a mortar, with seasoning to taste of spices and salt; then fry in a buttered frying-pan till it begins to brown, and pour the beaten eggs upon it, or beat it up with the eggs, or spread it upon them after they have begun to set in the pan. In any case serve hot, with or without a sauce, but garnished with fried parsley, pickles, or sliced lemon. The right proportion is one tablespoonful of chopped meat to four eggs. A little milk, gravy, or water may be added to the eggs while being beaten. Potted meats make admirable omelets in the above manner. For *Mixed Omelet* equal portions of cold chicken or turkey may be

used with ham or tongue, seasoning if liked with a little chopped onion, pepper and sweet herbs. Put in the pan with a ladle and fry in flat cakes.

Milk Omelet.—To lightly beaten yolks of three eggs add three tablespoons milk, or more if wished, and stir in lightly the well beaten whites; cook as in first recipe, or bake in oven as described in general directions and serve as a *Baked Omelet*, adding salt just before placing on dish.

Mushroom Omelet.—Lightly fry some pickled button mushrooms in either fresh butter or oil. When fresh button mushrooms can be obtained, they should be cleaned and dipped into lemon-juice, and afterwards either lightly fried in butter, and the eggs poured over them; or simply, without being fried, laid upon the eggs when poured into the pan; add a little pepper, salt, and lemon-juice, and serve when sufficiently done.

Olive Omelet.—Stone and halve a tablespoon Italian olives; add them to the yolks of seven and the whites of five eggs, beaten up with the juice of an orange. Heat some olive-oil in a frying-pan, pour in the omelet, and directly it is well set, double it up, and serve it upon a napkin folded in a dish.

Orange Omelet.—Three eggs, teaspoon each orange juice and grated rind of orange; beat yolks and whites separately, then mix them carefully together and put in a buttered, heated frying pan. If liked, strew fresh sugar over it and glaze with salamander. Make *Lemon Omelet* same way.

Oyster Omelet.—Cook fifteen oysters rare done in little saucepan separately, with a tablespoon milk, scrap of butter and thickening to make white sauce of the liquor; break the four eggs in a bowl, put in a tablespoon milk and beat with the wire egg whisk; add a pinch of salt. Shake a tablespoon melted lard about in the large omelet frying pan and before it gets very hot pour in the omelet and let it cook rather slowly. When nearly done in the center place the oysters with a spoon in the hollow middle and pull over the further edge to cover them in; slide on to the dish, smooth side up. Garnish with parsley and lemon.

Plain Omelet.—Put the yolks of three or four eggs into a bowl and beat lightly; add one tablespoon butter broken into small pieces; this makes a much lighter omelet and should always be added; now gently stir in the well frothed whites and a little pepper. Have the hot omelet pan prepared with one tablespoon butter and

as soon as it bubbles, stir the omelet once or twice and pour it in; lift it with a large two-pronged fork (a carving fork will do), carefully raising the edges with the fork as fast as they cook, and turn them toward the center until the omelet lies in the middle of the pan in a light mass, cooked soft or hard to suit the taste; the inside must always be creamy. When the omelet is done to the degree desired, add salt, turn upon a hot dish without touching it with either fork or spoon, and serve at once. Another excellent method is to beat three eggs, without separating the whites and yolks, with a little salt and pepper, and put them into a frying pan containing an ounce of butter, browned; let the omelet stand for a moment, and then turn the edges up gently with a fork, and shake the pan to prevent its burning or sticking at the bottom. Five minutes will fry it a delicate brown, fold over and serve on a very hot dish; never cook an omelet until it is just wanted; the flavor may be very much enhanced by adding minced parsley, minced onions or shallot, or grated cheese, allowing a level tablespoon of former, and half the quantity of latter, to the above proportion of eggs. Shrimps or oysters may also be added; the latter should be scalded in their liquor, and then bearded and cut into small pieces. Be careful not to have omelet greasy, burnt, or too much done, and cook over a gentle fire, that the whole of the substance may be heated without drying up the outside. They are sometimes served with gravy; but *this should never be poured over them*, but served in a tureen, as the liquid causes the omelet to become heavy and flat, instead of light and soft. In making the gravy, the flavor should be delicate, and arrowroot or rice flour should be used for thickening. For *Cheese Omelet* make a plain omelet as above, and as soon as it begins to thicken sprinkle in three tablespoons grated cheese. A very nice *Chicken Omelet* is made by adding to the plain omelet just before folding a cup of cooked chicken chopped fine and and warmed in cream sauce.

Omelet.

Potato Omelet.—Boil two tablespoons potato flour in three-fourths pint milk for half an hour, with sugar to taste, and flavor if desired. Beat separately the whites and yolks of five eggs, stir through the milk, and bake fifteen minutes in hot oven. Or take two mealy potatoes, mash well with enough cream to pass them through a sieve and add a little white pepper and salt (or sugar, if for a sweet omelet); beat six new-laid eggs, put with the potatoes; butter a frying-pan and heat well; pour in the omelet, and as soon as it sets turn over the ends and serve hot. With a sweet omelet, a little cinnamon or grated lemon peel, ginger or nutmeg, may be employed.

Puff Omelet.—Stir into the yolks of six eggs and whites of three beaten very light, one tablespoon flour mixed with a cup cream

or milk, and salt and pepper to taste; melt a tablespoon butter in a pan, pour in the mixture and set the pan into a hot oven; when it thickens, pour over it the remaining whites of eggs well beaten, return it to the oven and let it bake a delicate brown. Slip off on large plate, and eat as soon as done.

Sweet Omelet.—(Baked). Mix yolks of four eggs with four heaping teaspoons powdered sugar; add teaspoon vanilla and carefully cut into this the well-frothed whites; pour it on a thick metal dish well buttered and bake till brown, about ten minutes. Place dish on a hot platter and serve at once. If liked, dust with sugar just before placing in oven, and the chopped rind of half a lemon may be added. This may be baked in an iron frying-pan and slipped carefully upon the hot platter.

Sweet Omelet.—(Fried). Mix with the beaten yolks of seven eggs two teaspoons powdered loaf-sugar, the grated rind of half a lemon, and a little cream; add the beaten whites, whip up all together and fry quickly so as not to scorch it; when set, turn in the ends, sift pounded loaf sugar upon it, and glaze with a red-hot salamander or shovel; or use sugar with any plain omelet recipe instead of pepper and salt. For a *Fruit Omelet* enclose in the center any kind of jelly, marmalade or jam—currant or grape jelly is best. To make a *Chocolate Omelet*, put over the eggs when slightly firm a tablespoon scraped chocolate mixed to a paste with two eggs; fold as soon as set, sprinkle powdered sugar or cinnamon over and serve.

Vegetable Omelet.—Make a puree by mashing up ready-dressed vegetables together with a little milk, cream or gravy, and some seasoning. The most suitable vegetables are cucumbers, artichokes, onions, sorrel, green peas, tomatoes, lentils, mushrooms, asparagus tops, potatoes, truffles, or turnips. Prepare some eggs by slightly beating and straining them; pour them into a nice hot frying-pan, well-buttered; spread the puree in the center, and when perfectly hot, fold and serve. Or, cold vegetables may be merely chopped small, then fried in a little butter, and some beaten and seasoned eggs poured over.

Water Omelet.—Break eggs in a bowl, stir rather than beat, and to each three eggs add a teaspoon or so cold water, salt and pepper to taste, (or salt after cooking) and a little scalded and chopped parsley. Put tablespoon butter in a hot omelet pan, pour in eggs, cook as above in first recipe and serve. The water makes the omelet light and moist.

Waverly Omelet.—Boil one pint and a half milk and pour it over one tablespoon each butter and flour well mixed and cook three or four minutes, stirring all the time. Let cool and then add

four eggs, yolks and whites beaten separately, a little salt and pour in a buttered quart baking dish and bake twenty minutes.

To Keep Eggs.—Put a two-inch layer of salt in bottom of stone jar, then a layer of *fresh* eggs, large end down, then salt, then eggs, and so on till jar is full, with a layer of salt at top; cover and put in a cool place, but not where they will freeze. This is a simple, easy, and inexpensive way, and has been tested for years. Or, dip the eggs in melted wax, or a weak solution of gum, or in flax-seed oil, or rub over simply with lard, each of which renders the shell impervious to air, and pack away in oats or bran. For one's own use the latter is a good method, keeping the eggs perfectly, but it discolors the shells, and renders them unfit for market. Or, mix together three pounds quick lime, ten ounces salt, one ounce cream tartar and a gallon and a half boiling water and cover closely. This solution may be poured over the eggs the day after preparing. They will keep well but the shells will become very brittle.

There has always existed a great difference of opinion as to which end down eggs should be placed in packing for winter use. A well known poultry breeder gives what seems to be a sound reason for packing them larger end down. He says: "The air-chamber is in the larger end, and if that is placed down the yolk will not break through and touch the shell, and thereby spoil. Another thing, if the air-chamber is down, the egg is not as liable to shrink away. These are two important reasons deducted from experiments, and they materially affect the keeping of eggs."

FISH.

As a food, fish ranks just below meat on the one hand and above vegetables on the other. It is easier of digestion but less nutritious than meats, if salmon is excepted, which is extremely hearty food, and should be eaten sparingly by children and those whose digestion is not strong. But, though it is not recommended that fish should be the only animal food of which one partakes, its value as a part of the diet is indicated by the larger proportion of phosphorus which it contains, and which renders it especially fitted for the use of those who perform much brain work. There can be no doubt that fish might with advantage enter much more largely into our family diet than it does at present, as it would not only afford a pleasant variety in fare, but would also supply certain elements of blood which are not obtained in sufficient quantity from either meat or vegetables. On the score of economy, too, fish should receive more attention from the housekeeper. The white kinds are least nutritious; and the oily, such as salmon, eels, herrings, etc., most difficult of digestion. Fish must be fresh, the fresher the better—those being most perfect which go straight from their native element into the hands of the cook—and they may be known to be perfectly fresh when the form is rigid and the eyes full and bright. If fish is kept on ice until used it will retain much of its freshness, but if not kept cool it will lose the delicate flavor, which nothing can bring back. The season of the year has a most decided influence upon the quality of fish. In general, fish are in the best condition just before they spawn, but as soon as the spawning is over they are unfit for food, being sometimes positively unwholesome. This circumstance is of

such importance that it has been made a subject of legislative action, regulating the times during which only certain fish may be caught. When fish are in season, the muscles are firm and they boil white and curdy; when transparent and bluish, though sufficiently boiled, it is a sign that they are not in season or not fresh. For further hints on selecting fish see Marketing.

Salmon, mackerel, herring and trout, and all fresh water fish, soon spoil and should be prepared for table as soon as possible after they are caught. Clean them on a dry table, not in a pan of water, using as little water as is compatible with cleanliness. Remove all scales (if hard to scrape off these may be loosened by plunging the fish into boiling water, but it must be taken out instantly or it will break the skin and spoil the fish), and scrape out entrails, every particle of blood, and the white skin that lies along the backbone, being careful not to crush the fish more than is absolutely necessary in cleaning. When a large fish for boiling or baking is not to be stuffed, do not split open but draw it at the gills. Rinse thoroughly in cold water, using only what is necessary for perfect cleanliness, drain, wipe dry, and place on ice until ready to cook. If to be cut up before cooking wash while whole, else much of the flavor will be lost. It is a common error to wash fish too much, as by doing so the flavor is also injured. If the fish is to be boiled, a little salt and vinegar should be put into the water, to give it firmness, after it is cleaned. Fresh cod-fish, whiting and haddock are none the worse for being a little salted and kept a day, but even better; and if the weather is not very hot, they will be good for two days. To remove the earthy taste from fresh-water fish, sprinkle with salt, and let stand overnight, or at least a few hours, before cooking; rinse off, wipe dry, and to completely absorb all the moisture, place in a folded napkin a short time. Fresh-water fish should never be soaked in water except when frozen, when they may be placed in ice-cold water to thaw, and then cooked immediately. Salt fish may be soaked overnight in cold water, changing water once or twice if very salt. To freshen fish, always place it skin-side up, so that the salt may have free course to the bottom of pan, where it naturally settles. When fish is cheap and plentiful, and a larger quantity is purchased than is immediately wanted, the surplus should be potted, or pickled, or salted and hung up; or it may be fried, that it may serve for stewing the next day. All cold fish left from any mode of

cooking may be used in making salads, croquettes, etc. If a portion of a salmon is not used, parboil and set it aside in the liquor, boiling up when wanted. It is said that fish may be preserved by sprinkling with sugar, which does not harm its flavor, and that salmon thus treated has a more agreeable taste. Those who live remote from the sea and cannot get fish hard and fresh should wet it with a beaten egg before mealing or breading to prevent its breaking. All fish which have been packed in ice should be cooked immediately after removal, as they soon grow soft and lose their flavor.

To bone and skin a fish, cut down the middle till bone is reached, then cut the fillet or strip out from the side, avoiding the bone; lay fillet on board, remove from skin by turning the blade of knife between the flesh and skin and keeping it perfectly parallel with the board and thus cutting and separating the skin and flesh. To simply bone a fish, remove back bone by running a thin sharp knife along under it, and with a smaller knife loosen and take out the long bones one at a time.

Boning Knife.

Fish should always be well cooked, being both unpalatable and unwholesome when underdone, and the mode of cooking considerably affects their properties as food. Plain boiling, baking, broiling and roasting appear to be the favorite methods. Nearly all the larger fresh fish are boiled, the medium-sized are baked or broiled and the small are fried. For boiling, a fish weighing from four to seven pounds, should be chosen; for baking, from four to nine pounds, though the best size is six or seven; if wanted for broiling select those weighing about three pounds and a half and split in two; for frying, a pound to a pound and a half weight is best. The very large ones are cut up and sold in pieces of convenient size. The method of cooking which retains most nourishment is broiling, baking is next best, and boiling poorest of all. Steaming is better than boiling. In baking or boiling place a fish as nearly as possible in the same position it occupies in the water. To retain it there, shape like the letter "S," pass a long skewer through the head, body, and tail, or tie a cord around tail, pass it through body, and tie around the head. Or it may be formed in circle with tail in its mouth. Lake Superior trout and white-fish are the best for baking, and white-fish is also nice for broiling. The gudgeon is a cheap fish, rather bony, and is generally fried. The blue-fish is excellent boiled or baked with a stuffing of bread, butter and onions. Green

or sea-bass are boiled with egg sauce, and garnished with parsley. Salmon are baked or boiled, and smelts are cooked by dropping into boiling fat. The sheep's-head, which requires most cooking of all fish, is always stuffed and baked. The cod is undoubtedly the best fish for all purposes that comes to eastern markets, and are packed in ice and sent over the country, but because so plentiful and cheap and always to be had are not so much appreciated as other fish not so easily obtained. While all delicate fish lose flavor soon after they are caught, the cod not only retains but improves in flavor if kept a day or two, with the addition of a little salt to give it firmness. The "shoulder" is most highly esteemed. As food for invalids, white-fish, such as the ling, cod, haddock, coal fish and whiting, are the best, while flat fish, as soles, skate, turbot and flounder, are also good. In garnishing fish great nicety is required. The principal garnishes used are slices or quarters of lemon, fried or raw parsley, fresh fennel, pickles, scraped horse-radish, small pieces of toast, the liver of the fish, lobster coral, tomatoes quartered, sliced cucumber, sliced orange, fried oysters, fried gudgeons or smelts, etc. The latter when served as a garnish for a large fish should be fried in the shape of rings. This is easily done by putting tail of fish in its mouth, and holding it with a wooden tooth-pick. After it is fried, the pin is withdrawn, as the fried fish will hold its shape. Place these rings around the fish, with an additional garnish of parsley and lemon slices; or the rings may be served alone in a circle around the side of a platter, with a tomato or a tartare sauce in the center. If *Fried Parsley* be used it must be washed, and picked and thrown into fresh water; then when the lard or dripping boils throw in the parsley right from the water and instantly it will be green and crisp and must be taken up at once. Fish with very good sauce is more appreciated than almost any other dish. The liver and roe, in some instances, should be placed on the dish, in order that they may be distributed in the course of serving; but to each recipe is appended the proper mode of serving and garnishing. One of the most essential things in serving fish is to have everything hot, and quickly dished, so that all may go to the table at once. Serve fresh fish with squash and green peas, salt fish with beets and carrots, salt pork and potatoes and parsnips with either. If a fish is to be served whole do not cut off the head and tail. It also presents a better appearance to stand the fish on its belly rather

than lay it on its side. Always serve fish, if possible, with its appropriate sauce, which is an almost marvelous improvement to some kinds, reminding one of the old gentleman who used to remark that "the egg sauce was the best of the fish."

Eels must be dressed as soon as possible, or they lose their sweetness; cut off the head, skin them, cut them open, and scrape them free from every string, rubbing them with salt, or dipping into hot water to remove the slime adhering to them. They are good except in the hottest summer months, the fat ones being best.

In cooking fish, care must be taken not to use the same knives or spoons in the preparation of it and other food, or the latter will be tainted with the fishy flavor, and it is well to have special utensils for preparing and cooking fish, and used only for that purpose.

The amateur cook should not be affrighted at the number, names and length of recipes given under this (or any other) head, but undertake any of them without fear of failure. The mode of preparing is in most cases really simple, and the directions so plain that success is sure. Instead of serving fish boiled or fried in the same old way, try some of the newer and more attractive and appetizing methods under baking, frying, boiling, etc., as *court au bouillon*, which is merely boiling the fish in a vegetable broth flavored with certain herbs and spices. The collared, curried and potted fish will be found very delicious changes, and are easily prepared. Some additions may be needed to the stock of spices and herbs before beginning, but once used they will be considered as indispensable as pepper and salt and be thereafter kept on hand with as little trouble. and at very small expense. The French owe their fame as cooks largely to their skill in combining ingredients, flavors and seasonings, and their artistic methods of serving, producing from bits of cold fish, meat, or vegetables and stale crusts, with the addition of condiments, dishes both handsome and delicious. Go thou and do likewise.

In buying fish there is opportunity for the exercise of great care and judgment, even more than in buying meats, as freshness is essential to delicacy in fish. The sooner it is cooked after leaving the water the pleasanter the flavor. For particular directions in selecting, consult the chapter on marketing.

The fish to be had in the markets of all the larger cities are enumerated below; the fresh-water during Spring and Fall, and salt-water through the Winter also.

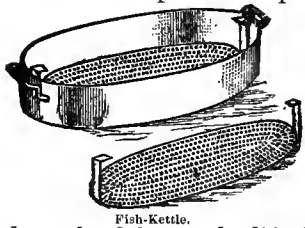
FRESH-WATER FISH.	SALT-WATER FISH.
Black Bass,	Sea or Green Bass,
Croppies,	Blue-Fish,
Herring,	Cod,
Ring Perch,	Flounders,
Pickerel,	Haddock,
Blue Pike,	Halibut,
Wall-eyed Pike,	Salt-water Herring,
Brook Trout,	Mackerel,
Lake or Mackinaw Trout,	Spanish Mackerel,
Siskiwit,	Pompano,
Sturgeon,	Kennebec Salmon,
White Fish.	California or Oregon Salmon,
	Sheeps-head,
	Red Snappers,
	Smelts.

Baked Fish.—After the fish has been properly cleaned and rinsed, wipe dry with a cloth and rub well inside with salt and pepper. When large enough, stuff the fish with a bread stuffing, or a delicate forcemeat, and insert skewers, sew or wind with a cord to keep it in form, and dredge well with salt and pepper and flour. The fish should be placed on a trivet, a perforated tin sheet, or a large tin plate, or if nothing better is at hand, a tin pot cover and this set into the baking pan. This keeps it off the bottom of the pan, thus preventing its burning, and the fish can be much more easily dished in perfect form. Plenty of butter, olive oil, or American cooking oil should be used to prevent its becoming dry, and the fish should be frequently basted while baking. Or score or cut gashes across the fish, half an inch deep and two inches long, cut strips of pork to fit and put them in the gashes, dredge as above, cover the bottom of the pan with hot water and place in a moderate oven, baking slowly first hour, then increase to a very hot oven. Baste every fifteen minutes from the drippings in the pan, and after basting dredge each time with a little salt, pepper, and flour. The water in the pan must be often renewed, as the bottom must only be just covered each time. A good-sized stuffed fish should bake an hour and a half to two hours (some bake fifteen minutes for each pound), and when done will be nicely browned if above directions are followed. Take up on a hot platter, remove the strings, garnish and serve with a gravy made from the drippings in the pan, or any sauce preferred. Some like fish baked

Trivet.

in the marinade given in Boiled Fish; or put into the baking pan before preparing the fish two tablespoons butter, a carrot, turnip, potato, and onion, cut in slices, two blades mace, teaspoon white pepper, tablespoon celery seed, six cloves and a cup vinegar; set in the oven until the fish is ready to bake when use it for basting, adding hot water as needed, serving it (strained) with the fish as a sauce, with the addition of a little flour to thicken. Almost any fish may be baked, though those most commonly cooked in this way are Lake Superior trout, blue-fish, black-fish, pike, rock-fish, bass, white-fish, shad and mackerel. Any of the larger kinds of fish may be baked in slices. Fish too small to be stuffed should be dipped in beaten egg and sprinkled with bread-crumbs before baking. Should the oven become too hot put a piece of buttered writing paper over the fish to prevent its becoming scorched. Mackerel is sometimes baked entirely enveloped in greased writing paper, and is then served in the paper. When herrings are liked to look red some add a little cochineal and saltpetre to the drippings.

Boiled Fish.—For boiling, a fish-kettle is almost indispensable, as it is very difficult to remove a large fish without breaking from an ordinary kettle. The fish-kettle is an oblong covered boiler, in which is suspended a perforated tin plate, with a handle at each end, on which the fish rests while boiling, and with which it is lifted out when done and placed over a kettle to drain a moment or two. From this tin it is easily slipped off to the platter on which it goes to the table. When no fish-kettle is at hand, wrap and pin in a cloth (some flour it), lay in a circle on a steamer tin, a sieve or plate, and set in a kettle. When done the fish may be lifted out gently by the cloth and thus removed to the platter. Some simply spread a napkin on the plate under the fish, leaving the four corners outside the kettle, with which to lift it out; or a towel or napkin may be put under the plate, the ends brought together and tied over the fish, and when done it may be lifted from the kettle, plate and all, by putting a fork under the knot, and so prevent all possibility of the fish breaking from its own weight, as it might when lifted from the plate in a cloth, unless done very carefully. All large fish (except salmon, which is put on in hot water to preserve its color) should be put on in cold water, but small ones in boiling water, for the reason that fish cooks so quickly that almost as soon as it touches the boiling water it is done, and if a large one were put on in boiling water the outside would be done and the inside raw. Large fish must be cooked *very* gently or the outside will break before the inner part is done, thus creating a waste and spoiling the handsome and appetizing appear-



Fish-Kettle.

ance of the fish; if necessary to add a little water while the fish is cooking, it should be poured in carefully at the side of the vessel; but the less water used the better. Fish should *never* be allowed to boil hard, but the water should be brought to the boiling point as quickly as possible, when all scum must be taken off, and the fish kept simmering until done. Simmering is a gentle bubbling of the water. Should it begin to boil rapidly, draw it to back of range, or throw in a little cold water. In boiling fish, allow five to ten minutes to the pound, according to thickness, after putting into the water, and some will be done when the boiling point is reached. To test, pass a knife along a bone, and if done the fish will separate easily. Remove the moment it is done, or it will become "woolly" and insipid. Salmon and all dark-fleshed fish require longer boiling than the white-fleshed kinds. A whole mackerel needs about a quarter of an hour to do it properly; herrings, and many other sorts of fish, scarcely half so long. The addition of salt and vinegar to water in which fish is boiled, seasons the fish, and at the same time hardens the water, so that it extracts less of the nutritious part of the fish. Some rub vinegar or lemon juice on the outside of the fish before putting it in the water. When only salt is added to the water in which fish is boiled it is, in French parlance, *a l'eau de sel*; when sea-water is used the fish is said to be dressed *a l'Hollandaise;* when the water is flavored with vinegar, spices and onions, the fish is served as *au court bouillon*, and simmered in a small quantity of water with a seasoning of savory herbs, it is *a la bonne eau.*

A good recipe for *Court Bouillon*, is the following: Four quarts water, one onion, one slice carrot, two cloves, two tablespoons salt, one of vinegar, one teaspoon pepper, juice of half a lemon and a bunch sweet herbs. Tie the onion, carrot, cloves and herbs in a piece of muslin and put in the water with the other ingredients. Cover and boil slowly an hour, then put in the fish and boil as directed. This is also called *Marinade*, and a more highly flavored preparation is made thus: Cut fine two carrots, three onions, half a dozen shallots, a clove of garlic, and put them into a stewpan with a piece of butter, a bunch of parsley, a little celery, and a bunch of sweet herbs; fry the whole for a few minutes, then add, very gradually, two quarts water, pint vinegar, one or two tablespoons salt, two dozen peppercorns, same of allspice, and two cloves. Simmer the whole together one and a half hours, strain the liquor, and put it by for use, when fish is to be boiled; if carefully strained after the fish has been taken out it may be used several times, adding a little water each time. Fish dressed in it should simmer very gently, or rather stew than boil, as it affords to mackerel, fresh herrings, perch, roach, and any of the small river fish, the advantage of dissolving, or so thoroughly softening their bones as to render them more agreeable in eating. Large fish should be cut into steaks before being marinaded. Instead of the vinegar a cup each of essence of an-

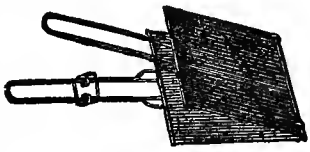
chovies, and catsup may be used; or fennel, chives, thyme, and bay leaves, may be added. Or, choose a kettle that will suit the size of the fish, into which put the above proportions of water and vinegar with a piece of butter, some fried onions and carrots, pepper, salt, two or three cloves, and a bunch of sweet herbs (first frying all in a little butter), using less of each than given above if not liked so highly flavored; simmer fifteen minutes, skim or strain, let it become cold, then put in the fish, first rubbing it with lemon juice and salt, and let it simmer until done. Serve with anchovy sauce and juice of lemon, or on a napkin surrounded with parsley, with a caper or pickle sauce, or any kind of fish sauce, in a sauce-boat. The fresh-water fish, or those which have no decided flavor, are much better marinaded or boiled *au court bouillon*. The sea-fish, or such as have a pronounced flavor, can be boiled in simple salted and acidulated water, and another plain stock for fish is to two quarts cold water put half a cup of vinegar, tablespoon salt, a teaspoon each whole cloves and whole peppers, a bay leaf and half a lemon sliced if wished. Fish of the shape of herrings should, for boiling, be curled round with their tails skewered in their mouths; small fish, such as smelts, etc., should be run five or six on a skewer through their eyes. Many prefer to serve boiled fish upon a napkin, rather than with a sauce poured over it; and a plain white sauce is thought to be better with boiled salmon than anything less simple, serving cucumbers or melon in slices apart; silver eels may have a sauce over them, and salt cod, boiled, is often served masked with mashed parsnips or potatoes. With bass, blue-fish and carp, serve anchovy, caper, or tomato sauce. Sturgeon and some other fish are better if just basted and frothed before the fire after being boiled; cod's head and shoulders are much better when thus treated. Pike, boiled, can be first stuffed with forcemeat, but it is best when baked. Fennel should be boiled with mackerel, and gooseberry sauce served with it; grated loaf-sugar is generally offered with mackerel, and mint is also eaten with it. Mustard is served with boiled cod, smelts, herrings, and perch. Drawn butter sauce with lemon juice or eggs is also a favorite accompaniment with all boiled fish.

It is quite appropriate to serve a boiled middle cut of salmon or any large fish at a dinner; it is the best cut, easier and cheaper to serve, and one never cares to supply more than is necessary. This cut is better slowly boiled, also, in the acidulated salted water.

Boiled Salmon.

Broiled Fish.—Fish weighing between half a pound and four pounds are nice for broiling, though about three pounds and a half is the best size. The small fish should be fried whole, and the larger ones scored, or split down the back. See that the fish is

properly cleaned, wipe dry with a cloth, and either rub it with vinegar or dredge it with flour, then dip it into olive oil, or egg and bread-crumbs; or roll it well in chopped herbs; though many simply rub it over with butter. Always use a double broiler, if possible, and before putting the fish into it, heat hot, and rub over with butter to prevent the fish sticking. The size or thickness of the fish will have to be the guide in broiling; if the fish is small it will require a clear, hot fire; if large the fire must be moderate, otherwise the outside of the fish will be burned before the inside is cooked. Some brown the fish handsomely over the coals and then put it in the oven to finish cooking; when the fish is very thick, or broiled with a stuffing, as mackerel sometimes is, this is a good plan. But when fish are split they are very easily broiled over the fire. If the fish is taken from the broiler to be put into the oven it should be slipped on to a tin sheet that it may slide easily into the platter when served, for nothing so mars a dish of fish as to have it come to the table broken. In broiling, the inside should be exposed to the fire first, and then the skin. Great care must be taken that the skin does not burn. To turn the fish when broiling on a gridiron, separate carefully with a knife any part of it that sticks to the iron, then, holding a platter over the fish with one hand, turn the gridiron over with the other, leaving the fish on the platter, from which it can be easily turned back to the gridiron to finish cooking. Mackerel will broil in from twelve to twenty minutes, young cod (also called scrod) in from twenty to thirty minutes, blue-fish in from twenty to thirty minutes, salmon in from twelve to twenty minutes, and white-fish, bass, mullet, etc., in about eighteen minutes. As soon as the fish is done, sprinkle with pepper and salt, spread butter all over it with a knife and set in oven a moment that the butter may soak into the fish. Some put over the fish a few drops lemon juice and a little chopped parsley before spreading with butter, and this is especially nice for shad, which is much more delicious broiled than cooked in any other way. Soaking fish in a marinade before broiling is considered a great improvement, and the French soak it in olive oil made savory with spices. When broiling the more delicate kinds of fish the gridiron or broiler may be strewed with sprigs of fresh aromatic herbs, oiling the fish well before putting it to broil, and cooking very slowly. Smoked salmon should be merely heated through. When wanted to broil quickly, fish may be first parboiled, but the skin will doubtless be more or less broken and its appearance thus marred. Broiled fish may be either masked with a sauce—tartare, tomato, curry or any sharp sauce—or served upon a puree of sorrel, tomatoes, or beans, or upon an oil or caper sauce. When possible,



Double Broiler.

garnish with parsley, celery or lettuce. The salmon, trout, perch, pickerel, shad, mackerel, black-fish, blue-fish, haddock, white and flat-fish, are all very excellent broiled, as are also cutlets of any kind of fish, but the Spanish mackerel, from the Gulf, and pompano are especially prized for cooking in this manner. The California salmon is the most highly esteemed of its kind for many uses, and the cutlets are very nice broiled.

Collared Fish.—A side of salmon, a fine mackerel or eel, or a piece of sturgeon large enough for a handsome roll will make a good collar. Split the fish, remove the head, tail and fins and bone carefully, but do not skin it (when an eel is used it must of course be skinned), wipe dry, rub well on both sides with spices, salt and very finely shred herbs, roll as tightly as possible, tie securely with broad tape and put a cloth round it; place it in boiling hot vinegar and water—equal parts of each—seasoned with bruised bay leaves, salt and a bunch of sweet herbs; simmer very slowly until the fish is done. A larger sized collar of sturgeon or salmon requires two hours' simmering to cook it well; eel or mackerel will be done in fifteen or twenty minutes. Take it up, reduce the liquor by boiling, strain, and when cold pour over the fish and set away until wanted. The cloth need not be removed until just before the fish is served. If to be served hot, the fish may be tied only with tape and baked; garnish with sprigs of fresh fennel or grated horseradish. Serve whole or sliced. When boiled, the bones, head, etc., may be tied in a muslin bag and boiled in the liquor with the fish to give it a richer flavor. Minced oysters, anchovies or lobster, mixed with raw yolk of egg, may be spread inside salmon or sturgeon before rolling with the spices. If kept long the liquor of the fish must be drained off and boiled up from time to time, and when cold poured again over the fish.

Crimped Fish.—The fish must be as fresh as possible; cut into nice shaped slices about two inches thick, and put into a saucepan of salted water that has been brought to a boil, checking with a little cold water when the fish is put in; take out the fish in a few minutes, carefully place on a cloth to drain, dredge with flour or wash over with yolk of egg and broil slowly over a clear fire. Serve with anchovy, oyster, or caper sauce in the dish. Salmon, cod, shad, rock-fish, bass and halibut are all excellent crimped.

Curried Fish.—Salmon, cod, eels, flounders and flat-fish generally, may be made into curries, and must first be carefully boned, then fried and a boiling gravy seasoned with curry powder poured over them; when the whole boils remove from fire and add some bits of butter and beaten yolk of egg. A little chopped onion fried in butter is often used in curries, and oysters are always a nice addition. The French method of currying fish is to first make some

butter hot in a pan and add the curry powder; the fish is then put in (either raw or cold), and when done add gravy mixed with the well-beaten yolk of an egg; when this sauce becomes smooth and thick serve all together with a rim of tomatoes. Eels may be cut into lengths and are nicer to first slowly simmer in gravy. Some simmer the curry powder slowly in the gravy two hours on the day before using, to take off the rawness of the turmeric. The curry itself should be made only a short time before it is wanted for the table or the flavor will be impaired, Cucumber and melon are often introduced in this dish, as well as curds, cream, rice, garlic, etc.

Deviled Fish.—Take any kind of small fish, or cutlets of fish (raw, or previously cooked and grown cold), soak them half an hour in either soy, Chili vinegar, catsup, or any stock sauce; drain and broil them, and serve with a horseradish, chutney, piquant, or mustard sauce. The fish may be rolled in curry powder, if preferred.

Dried Fish.—Fish may be simply salted well and dried in the air, afterwards smoking them if liked, or rubbed over with pepper and salt and cured by hanging in a dry place indoors, which is generally thought the better way. Codfish is most frequently plainly salted, without being spiced or smoked. Hake is merely dried by exposure to the air, without having been previously salted. Small fish only require to remain twenty-four hours in a sufficient quantity of salt. Most others should be split open, and the backbone removed; sprinkle with salt, and hang up to drain for a day and a night then rub with a little salt, moist sugar (and pepper or spices, if liked), and at the end of twenty-four hours put them to dry, and afterwards slowly smoke them. A great deal depends upon the pains bestowed upon it to cure fish at home successfully. Beside those above mentioned, mackerel, haddock, herrings, salmon, pike and trout will be found very nice thus cured.

Fricasseed Fish.—The fish to be fricasseed should be first tossed (lightly fried) in oil or dripping until about half done, then slowly stewed in gravy rendered savory with spices, shred onion, a bunch of sweet herbs, etc., flavored with vinegar or lemon juice. When the fish is sufficiently dressed, thicken the sauce with yolk of egg, and serve all together in a dish decorated with sliced lemon or orange. Less flavoring is needed for a fricassee than for a stew on account of the fish having gained greater savoriness through being partially fried. Large fish should always be boned and, if necessary, skinned, then fricasseed in small slices or rolls. Minced anchovies, as well as oysters, are an admirable addition. A fricassee should be sent to the table as hot as possible; when the fish is sufficiently dressed it should be served, instead of allowing it to sodden in the saucepan. Flat-fish, perch, cod-sounds, eels, salmon, cat-fish, and most kinds of river and pond fish are thus fricasseed.

For a *Fricassee of Cod*, wash and cut two pounds of fresh codfish in two-inch squares, removing skin and bones; put over the fire in sufficient cold water to cover it an inch, with one teaspoon salt, and let it slowly approach the boiling point; then take it from the water with a skimmer, lay it on a warm dish, cover it with a towel wet in warm water, and place it where it will keep warm without drying. Strain the water in wich the fish was boiled and use one pint of it together with one tablespoon each butter and flour to make a white sauce, first melting together the butter and flour, and then gradually stirring in the water; season the sauce to taste with salt and pepper, put the fish into it and heat until the flakes begin to separate; then remove the saucepan from the fire, stir in the beaten yolk of one egg and a tablespoon vinegar; if parsley is obtainable, add one tablespoon chopped fine; serve as soon as done. Toast or two inch slices of fried bread may accompany the dish. Three tablespoons of salad oil may be added to the sauee, a few drops at a time, with the vinegar, if desired. Halibut and bass are excellent when cooked in this way.

Fried Fish.—The smaller kinds of fish, as brook trout, perch, sun-fish, and smelts, usually called pan-fish, and the small bass and pickerel, are best for frying, either by "tossing" or sauteing in a small quantity of fat or oil in a pan (commonly called frying), or by immersing in hot fat or oil like doughnuts, the latter being generally considered the better method. Hot lard, beef drippings, olive oil, or American cooking oil may all be used for frying fish, though many prefer the oils, chiefly because of the difficulty of procuring pure lard or fat, and as the oil can be clarified and used over and over again it is quite as economical as lard or dripping. The secret of frying to perfection by immersing is to have the lard or oil so deep that it entirely covers the fish and so hot as instantly to form a crust over the entire surface. If the fish is large and further cooking is necessary, the heat must be reduced. Test the fat (as directed in Fritters) before putting in the fish, for if it is not hot enough the fish will absorb it and thus become greasy and unwholesome. The fish-kettle heretofore illustrated may be used for frying fish, or one may be ordered of any tinner. Have an oval pan made of tin and an oval basket or plate fitting into it, made with a heavy wire edge and fine wires running across half an inch apart; or have it made of coarse wire cloth bound with tin, and at each end there must be a long wire loop for a handle. A fish fried in this is very easily taken up; lift the frame from the kettle, let it stand for a moment across the kettle that the lard may drip, loosen from the frame with a knife and slide it off on the hot platter. If a fish-kettle cannot be had a wire basket in which the fish is placed and lowered into the fat is a great convenience. Fish for frying should have the heads cut off, be thoroughly cleaned and wiped perfectly dry, then rub over with

flour, or meal, or a mixture of half each, or dip once or twice into beaten egg and bread-crumbs, or a batter. When browned on one side, turn, and when done drain quite dry, sprinkle with salt and send to table on a napkin folded in a dish nicely garnished, serving a sauce apart. Finely shred herbs may be sprinkled over some kinds of fish, as eels and mackerel, before frying, but flat-fish generally should be done with bread-crumbs and egg and sent to table a clear, golden yellow. Chopped onions are fried and served with fresh herrings. If a sufficient quantity of fat is used a good thick fish will not require more than ten minutes' frying, and smelts and other such small fish are done in five minutes or less. Smelts, gudgeons and oysters are often fried to use as a garnish with other fish. The larger fish may be cut into cutlets or steaks, rolled in beaten egg and cracker or bread-crumbs and fried in this manner. Some dip fish in milk before breading them, then into the crumbs, then into beaten egg and again in the crumbs, while others roll them first in the crumbs, and finish same. Prepare them in this manner for sauteing or frying in a pan, and use a thick-bottomed pan, with lard or oil enough to keep them from scorching or sticking to the bottom of pan. Never use butter as it takes out the sweetness and gives a bad color. If the fish is large remove the backbone and cut crosswise into five or six pieces. Put into the pan skin side uppermost and fry slowly; when brown on one side turn over carefully and brown the other. When done (in about an hour) remove to hot platter and serve at once. The roe and backbone, when previously removed, may be cut up and fried with the other pieces. Salt pork is sometimes put into the pan with the fish, or fried first, and yields sufficient fat for frying the fish, and the slices of pork may be served as a garnish for the fish. Fish is perhaps more often fried or sauted thus in a pan than by immersing in hot fat, but the latter is much the nicer method, as the fish is cooked more evenly and its shape is better preserved, though some think them more savory when sauted. Eels for frying should be skewered to form a circle. Large fish may be first slightly fried and afterwards stewed in a gravy or marinade. All the best known varieties of fish are excellent fried. Serve with tomato or any highly flavored sauce or slices of lemon.

Pickled Fish.—Fish of a rich oily nature is principally used for pickling, as the dry-fleshed kinds do not answer so well. Smelts, well rubbed with salt and powdered spice, may be packed in a jar, and boiling hot vinegar poured over them. The ordinary method practised in pickling salmon, shad, herrings, mackerel, etc., is to boil them nicely in a small quantity of salted water, to which some add onions; take them up, properly spice enough vinegar, add to it the liquor (strained) in which the fish were boiled, and some bruised bay leaves, which are an indispensable addition, give it a boil up,

and when this and the fish are cold pour it over the latter. If the fish are intended to be kept for any length of time, vinegar and spices alone may be used. In Europe, fish of any kind is tossed in oil, and when cold, covered with strong vinegar, highly spiced; sometimes this method is reversed by boiling the fish in vinegar, and when drained and cold adding spices and pouring olive oil upon it; red and green pepper should be added to the fish, as they give flavor to the pickle. Mackerel may be split open and boned, or cut into small slices; salmon and shad should be pickled in handsome-sized pieces. Scraped horseradish, oil, and pounded loaf sugar are to be served with pickled fish. For an Italian pickle, slice any kind of fish; dip it in yolk of egg, fry it—or rather boil it—in oil; when cold, rub it over with pounded spices; put it into jars and pour over it cold vinegar seasoned with shallot, garlic and saffron. This pickle keeps good a year at least.

Potted Fish.—Fish may be potted whole, in slices, or pounded to a paste. Smelts may be done whole. Cut off the heads, tails and fins of trout for potting, wipe, but not wash, split open and bone them. Remove only the heads from shad, herring, and mackerel, and when very large cut each fish into three or four pieces. Salmon may be potted in any sized slices. Having prepared the fish, season well with salt, pepper, powdered bay leaves, and a little nutmeg, mace and cloves; then pack it in pots with or without butter, and bake as long as the size requires; when done drain off the grease or gravy and when the fish is cold pound in a mortar to a paste and pour clarified butter over, or the butter may be poured on without pounding the fish; oil or vinegar may be added to the fish before it is baked, afterwards poured off and fresh used to put over the fish for keeping it. After putting in the pots cover closely to exclude the air, or the butter will become rancid and the fish spoil. Some prefer to pack the fish and seasoning in layers, and for this the following will be found an excellent recipe: For five pounds fish take three ounces salt, two each of ground black pepper and cinnamon, one of allspice, and a half ounce cloves; cut fish in slices, or some pack whole, and place in the jar in which it is to be cooked, first a layer of fish, then the spices, salt, and bits of butter sprinkled on, repeating till done. Fill the jar with equal parts vinegar and water, cover closely with a cloth well floured, or a piece of dough, on top so that no steam can escape, and bake six hours. Let it remain in jar until cold, cut in slices, and serve for tea. Fish so potted will keep a long time, if always immersed in the liquor and kept closely covered; and the very bones become eatable. It affords a convenient resource in an emergency, for a few pieces of the fish can be taken from the pot, laid on a small dish, a little of the liquor poured over them, and served garnished with sprigs of parsley. What is left can be returned to the pot. A nice spice to be used in potting

meats is composed of the following ingredients thoroughly mixed: One ounce each ground cloves, pulverized mace, Jamaica pepper, and grated lemon-rind, one-fourth ounce cayenne, one grated nutmeg. Besides the fish already mentioned, perch, pike and eels are excellent potted. Salmon should be skinned for potting and is first baked in slices in a pan with butter, seasoned with mace, cloves, whole peppers and bay leaves, and when done drained from the gravy and potted with clarified butter over the top.

Salted Fish.—Fish intended for salting should never be washed or wet. The larger kinds of fish should be split open, and the heads and intestines of the others removed, first properly scraping them; then pack in a pickle-tub, with finely-powdered salt between each layer; the tub containing them must be kept full, and the fish well covered on the top with salt. The proportion of salt should be one-sixth the weight of the fish. If intended for drying, the fish should remain in the salt from twenty-four hours to eight days, according to size. Herrings are only laid in salt and a little saltpetre for twelve hours, and then smoked for a day and a night. The French way is to split open mackerel, haddock, etc., but only to draw and divest herrings of their heads. They are then placed in a pan, with a small quantity of water, and a handful or two of salt; at the end of a few hours they are drained and wiped dry, and salted with a mixture of four parts each of salt and bay salt, and one part each of saltpetre and loaf-sugar in powder; keep them well-covered for three months before using them. Large cod may be opened and laid upon a stone or brick floor and occasionally sprinkled with fresh salt until sufficiently cured; then dry by exposure to a current of air. Shad and bass are also salted, and whenever too great a quantity of any kind of fresh fish is on hand it may be preserved by salting. An easy way to keep fish a short time is to put it in salted water or brine that has served for beef or bacon, and when wanted wipe dry, pepper and devil it, or cook in any manner, when it will be greatly relished. The following is a good recipe for *Salted Herring:* Mix half peck each fine and rock salt; take one hundred and seventy-five herring, put them loosely in layers with salt between, and after four days, drain well and repack in close layers on their backs, covering each layer with a mixture of half peck each fine and rock salt, quarter pound brown sugar, three quarters ounce saltpetre. Leave several months till salt takes effect. These are in season in February, March and April.

Scalloped Fish.—Boil a cup oyster liquor, or milk, thicken with a little flour or corn-starch, add two tablespoons butter, a little chopped parsley and pepper and salt to taste and let cool; put a handful fine bread-crumbs on bottom of buttered baking dish and cover with above sauce; then put in a layer of cold boiled cod or other fish minced fine; have three hard-boiled eggs chopped fine,

and put a layer of the egg next, then more sauce, and so on, leaving out bread-crumbs until dish is full, when put a thick layer of crumbs over the top, plentifully strewn with butter. Cover and bake until hot through, then remove cover and brown. Or put the remains of any cold fish, carefully picked from the bones, into a stewpan with a half pint cream, half tablespoon anchovy sauce, half teaspoon each made mustard and walnut catsup, and pepper and salt to taste. Set over fire to heat hot, stirring occasionally, but do not let boil; put into a deep dish or scallop shells with plenty of bread-crumbs, place bits of butter on top and brown with the salamander. The anchovy sauce, walnut catsup or mustard may be omitted, if not liked, and milk with an egg and a little flour may be used instead of the cream. In preparing cold fish dishes a little more butter is always needed than for fresh fish. For a nice fish scallop with mashed potatoes, take any cooked fish, boned, and mix with it a white, egg, or drawn butter sauce seasoned to taste; put a layer finely mashed potato in bottom of porcelain baking dish, put in the fish and cover with another layer of potatoes. Smooth the top over neatly and bake in moderate oven twenty minutes. Or form by heaping the fish high in the center of first layer of potatoes and cover this pyramid with the mashed potatoes and bake. Another very simple way of scalloping fish is to put thin slices of salmon, pike or turbot in scallop shells or small tins with bits of butter on top and bake until browned. Squeeze lemon juice over and serve. Cold fish is nice warmed over in this way.

Scallop Shell.

Steamed Fish.—After cleaning a fish, as for boiling or not, in either case, place tail of fish in its mouth and secure it, lay on a plate, pour over it a half pint vinegar, seasoned with pepper and salt; let stand an hour in refrigerator, pour off vinegar, and put in a steamer over boiling water; steam twenty minutes, or longer if the fish is very large (when done the meat easily parts from the bone); drain well, and serve on a napkin garnished with curled parsley. Serve drawn butter in a boat. Or when nearly done, place in oven for a few minutes, baste, brown, and finish as baked fish. Fish intended for baking are very nice to be first steamed about an hour, and steaming is a much better method of cooking than boiling. Mackerel merely steamed, with no sauce, eaten with vinegar, or oil and vinegar, is delicious.

Stewed Fish.—Almost any kind of fish are excellent stewed, except those of a coarse-fleshed nature, like mackerel or smelts; eels, trout, carp, and fresh-water fish generally, are capital in a stew. A nice way of stewing is to put the fish in beef or any other gravy that is rich and well-seasoned, and cook it very gently from fifteen minutes to an hour, according to size; add some vinegar or cider, thicken the liquor with yolk of egg, cream, or butter rubbed in flour,

and serve the fish and sauce together. The large kinds, like salmon, sturgeon, cod, etc., must be cut in slices; trout and other medium sized fish may be stewed whole and served with a sauce over them. Silver eels should be divided into short lengths. Some cooks flour the fish itself before putting it into the gravy, but the sauce is rarely, by this means, so smoothly thickened as it should be. A few oysters may be advantageously added to most stews, put in with the egg or flour; essence of anchovy, catsup, herbs, or mushrooms may also be employed to increase the flavor, for stews should never taste insipid, but quite relishing and savory, and for this reason spices, lemon, pickle, chutney, tomatoes, savory herbs, caviare, or indeed any kind of flavoring in good taste, is admissible. Another good recipe for a stew is the following: Take six pounds any kind of fish, large or small, three pints water, quarter pound pork, or half cup butter, two large onions, three tablespoons flour, salt and pepper to taste. Cut heads from fish and remove all bones; put heads and bones on to boil in the three pints water and cook gently half an hour; cut the pork in slices and fry brown; slice the onions and fry in the pork fat; stir the dry flour into the onion and fat and cook three minutes, stirring all the time. Pour over this the water in which the bones have been cooking, and simmer ten minutes. Have the fish cut in pieces about three inches square, season well with salt and pepper, and place in the stew-pan; season the sauce with salt and pepper, and strain on the fish, cover tight, and simmer twenty minutes. A bouquet of sweet herbs simmered with the bones is an improvement. Dish on a large platter and garnish with potato balls and parsley. The potato balls are cut from the raw potatoes with a vegetable scoop, and boiled ten minutes in salted water. Put them in little heaps around the dish. For a plainer stew, cut a fish across in slices an inch and a half thick, and sprinkle with salt; boil two sliced onions until done, pour off water, season with pepper, add two cups hot water and a little parsley to the onions, and in this simmer the fish until thoroughly done. Serve hot. A little lemon juice or vinegar may be added. Garnish with parsley and sliced lemons.

A nice *French Stew* is made as follows: Clean and wipe dry any kind of fish and cut into slices two inches in thickness; put a cup of oil or butter into an earthen baking dish; add chopped parsley, fennel, shallot, and a clove of garlic and bring to a boil; rub the fish in plenty of spices pounded together with some saffron, and put it into the oil; fry it for a few moments; add a half pint water, and stew slowly till done. Beat together yolks of two eggs with juice of a lemon and some coarse red pepper; pour these into the dish, and when the sauce is set, serve all together in a dish garnished with pickled peppers.

Fish Balls.—Mix a quart mashed potatoes with a cup of bits of butter, two teaspoons made mustard and a half teaspoon salt;

stir in two eggs beaten with a tablespoon or two of cream or milk, and add a pint finely shredded and chopped cold salt fish, stirring in a little at a time until it is thoroughly mixed Take a heaping tablespoon at a time and roll on a floured board, making with the hands into as perfect balls as possible until all made up. Have the skillet of fat hot and drop in a few balls at a time; turn to brown nicely, take out with skimmer and put on sieve or colander in oven to drain and keep hot until all are ready to serve. Some prefer to reverse the proportions given above, using twice as much fish as potato. Freshly baked and mashed potato is best, but cold may be used, if carefully re-heated, and any remains of cold fish will do. To make *Dropped Fish Balls*, take a pint raw fish, a quart pared potatoes, (under medium size), two eggs, butter the size of an egg, and a little pepper. Pick the fish very fine, and measure lightly; put potatoes into the boiler, and fish on top, cover with boiling water, and boil half an hour. Drain off water, and mash fish and potatoes together until fine and light; then add butter and pepper, and the well-beaten egg. Have a deep kettle of hot fat; dip a tablespoon in it, and take up a spoonful of the mixture, being careful to get it into as good shape as possible. Drop into the boiling fat and cook until brown, which should be in two minutes. Be careful not to crowd the balls, better not let them touch, and be sure the fat is hot enough. The spoon should be dipped in the fat every time a spoonful of the mixture is taken. These balls are delicious. A pretty way of serving fish balls is to line the dish with clean, white paper, and edge this with a frill of colored tissue paper—green or pink,—making a very ornamental dish.

Fish Balls.

Fish Cake.—Take the boned meat of any fish, beat in a mortar or merely mince it fine, add a chopped onion, some chopped herbs, nutmeg, pepper and salt, a little catsup, or fish sauce, such as essence of anchovies, or shrimps, and mix it with either mashed potatoes, bread-crumbs soaked in milk, chopped hard-boiled eggs, or pulped tomatoes, in equal parts, put all into a buttered dish, pour some beaten eggs upon the top, and bake till nicely browned. Or put the boned fish, with the head and fins, into a stewpan with a pint water; add pepper and salt, an onion and bunch of herbs, and stew slowly for gravy about two hours; chop the fish fine, and mix it well with equal quantities bread-crumbs and cold potatoes, adding half teaspoon parsley and seasoning; make the whole into a cake with the white of an egg, brush it over with egg, cover with bread-crumbs, and fry a light brown; strain the gravy, pour it over, and stew gently for fifteen minutes, stirring it carefully once or twice. Serve hot, garnished with slices of lemon and parsley.

To make *White Fish Cakes*, pound the flesh of some cold fish, season it with white pepper, add a little lemon-juice, and mix all

with enough white of egg to make it form a thick batter, fry it in small cakes, and serve garnished with crisp green parsley. If the yolks instead of the whites of eggs be used, and a little curry powder added, the result will be nice *Yellow Fish Cakes;* serve in a damask napkin with grated lemon-peel over them.

Fish Chowder.—The best fish for chowder are haddock and striped bass, though cod, swordfish and all kinds of whitefish are excellent, and any fresh fish may be used. For a good chowder prepare the ingredients by first slicing a quarter pound pickled pork, and fry it in a pot; then cut five pounds fresh codfish or haddock in slices an inch thick and free from skin and bone; peel and cut two onions in thin slices, and put them to fry with the pork as soon as there is enough fat to keep them from burning; peel and slice four more onions and keep them to use later; peel and slice ten potatoes in pieces a quarter of an inch thick; (boiled potatoes are sometimes used); have ready a pound of sea-biscuit, or Boston crackers. As soon as the pork and onions are brown take them from the pot with fat in which they were fried, leaving about four tablespoons of the fat in the bottom of the pot; put into the pot a layer of fish, next a layer of potatoes, then a layer of the fried and raw onions, and season at this layer with a quarter saltspoon ground pepper, and a level teaspoon salt. Repeat the layers of fish, potatoes and onions until one-half the ingredients have been used; then add one-half the pork and biscuit or crackers, split, pouring half the drippings from the pork on the crackers. Put the remainder of the fish, potatoes and onions in the pot in layers, add pepper and salt as before, and place on the top the rest of the crackers, pork and drippings. Pour over all these ingredients cold water enough to reach three inches above the top layer, and place the pot over the fire where the chowder will boil gently for an hour, or until the whole is thoroughly cooked; if it should burn it would be spoiled. At the end of an hour add a half pint cream, and serve in a tureen and soup-plates; eat with dry sea-biscuits, or Boston crackers. Another way of preparing the fish, if large, is to remove the backbone and skin, cut in pieces about three inches square and roll them in flour; put the skin, bones and head into two quarts water and boil half an hour, meantime preparing and placing other ingredients, with the fish, in the kettle as above; pour over the top the water in which the skin and bones have been boiled and at the end of half an hour, or when the chowder is done, add a quart milk or a cup cream and serve as above. Some prepare the fish by cutting into pieces an inch thick and two inches square, and some boil the pork instead of frying, while others use it in raw slices, in both cases putting a layer of the pork in bottom of kettle and alternating with the layers of crackers, fish and potatoes. When the pork is fried some prefer to chop it fine and use it in layers, alternating

with the other ingredients. Both crackers and potatoes may be used, as above, or one or the other may be omitted. Some simply soak crackers in water or milk, or they may be split open and buttered, then "crisped" in the oven if liked, scalded with sufficient hot milk and put in just before taking up. Onions may be put in raw, if chopped. Layers of potatoes in thin slices are sometimes added, and a sprinkling of parsley is liked by many. Instead of dishing up all together, the fish may be skimmed out into the tureen and kept hot while the gravy is thickened with cracker dust or flour; boil up once, add chopped parsley, catsup and lemon-juice to taste, and pour over the fish.

Fish Croquettes.—Stir together in saucepan over the fire a tablespoon each flour and butter, and add either water or milk, making a thick sauce; let boil, season with salt and pepper and put in pint cold flaked fish and scald; remove from fire and stir into it the yolks of two or three eggs. Rub a deep plate with salad oil, pour the mixture in and let get thoroughly cold. Then make up into cork-shaped rolls. Wet the hands to prevent sticking. Roll in sifted bread crumbs, dip in beaten egg, then again in bread-crumbs, and fry in smoking hot fat, like doughnuts, until a delicate brown. Take out with skimmer, and lay on brown paper an instant to absorb fat. A teaspoon onion chopped fine and fried in the butter before the sauce is made, imparts a nice flavor to the croquettes. A perfect croquette is semi-liquid in center. Melted butter is not so good as oil for greasing the dish, as it will not prevent sticking. The cracker dust should be rolled and sifted, as the finer it is the more easily the croquettes are prepared, and the nicer they will fry. Another way is to remove the bones and chop fine any cold fish —boiled, baked or fried—and mix with it one-third as much mashed potato rubbed to a cream with a little melted butter; add a little white sauce made of butter melted in milk, and thickened with corn starch and a beaten egg; season with chopped parsley, salt, pepper and anchovy sauce or walnut catsup. Mix, make into balls and roll in beaten egg and cracker dust and fry as above. Send to table hot with sliced lemon round them. An improvement on the old fish balls. Or, put a piece of butter in a saucepan, dredge in some flour, and stir over the fire some minced cold fish, chopped mushrooms, bread-crumbs, herbs and shallot, pepper and salt; cook until thick and when cold form into balls. Egg and bread-crumb them twice, fry a nice brown in hot fat, arrange in pyramid form on a plate and garnish with parsley.

Fish Dressing.—Two cups bread or cracker crumbs, one of mashed potatoes, one well-beaten egg, two tablespoons butter, teaspoon sage and savory, or a little thyme, and one dozen chopped clams or oysters; moisten with warm rich new milk, salt and pepper to taste. This dressing is also good for duck or game with a finely

chopped onion added. Or, for a plainer dressing, take one pint bread-crumbs, two tablespoons melted butter, one raw egg, pepper, salt and one tablespoon celery seed.

Fish Fritters.—Put two tablespoons flour in a bowl with half saltspoon salt, and stir in gradually a gill tepid water and tablespoon salad oil (melted butter or fat will do), and the well-frothed whites of two eggs. The batter is the better for standing before used, and if made without the eggs it *must* stand at least four hours. If the fish are small skin them, wipe dry with a cloth and put the tail in the mouth; roll well in flour—dusting is not sufficient—dip them into the batter and fry in hot fat. If the fish are large, bone and cut into neat slices and dry, flour and fry them as small fish. To make them extra nice rub the fish first with powdered spices or herbs, then roll in flour and dip in batter. Or fritters may be made of any cold fish, which must be minced very fine, or, better, pounded in a mortar; add any seasoning liked, spices, herbs, onions, etc., and either stir the fish in the batter and drop by spoonfuls into the fat, or carefully place little heaps of it on spoonfuls of the batter and put into the hot fat with the fish uppermost.

Fish Pies.—Salmon, eels, cod, mackerel, trout, herrings, flounders, salt fish, and in short almost any kind of fish are good in pies. Large fish must of course be used in slices, small fish must have heads, tails and fins removed, bone them also if possible, and flat fish should be skinned. Line a shallow baking pan or a pie tin with a nice paste, or rich baking powder crust, leaving a good rim, and put the fish in, covered with a rich, highly-seasoned white sauce, or with bits of butter plentifully strewn over, and season with salt, pepper, herbs and spices to taste; when the white sauce is not used add cream and fine bread-crumbs or cracker dust—and hard-boiled eggs, chopped, if liked—to a pie made of cold fish, and many like them in a pie made of any fresh fish. Alternate layers of oysters seasoned with nutmeg and chopped parsley, with the bread-crumbs and fish, make a very nice *Fish Oyster Pie*, but should be put in dish without the under crust. Cover with bread-crumbs, which must be browned, or with a good crust, pinching the edges well together and bake. Some prefer to cut pie paste in strips and lay in cross-bars over the top with a roll of the paste round the edge. A pie of ordinary size will bake in a moderate oven in about an hour. If of cold cooked fish much less time will be required. If the fish is first lightly fried in butter the flavor of the pie will be greatly improved. Eels should be previously stewed. Salt fish must first be soaked, boiled, boned, minced, and mixed with plenty of fresh butter; serve with mustard or horseradish sauce.

Boiled Fish Puddings are made in much the same way, using a deep baking dish or bowl; always cover with the top crust, and tie the dish in a cloth, then place in a kettle of hot water. The

time required for boiling will depend upon the size of the pudding. Bruised bay leaves, chopped parsley, onion, pepper, bottled sauce, etc., are used for flavoring. Small trout and perch, with the addition of a few button mushrooms, are exceedingly good in puddings, and the fish mentioned for pies are excellent for this dish.

Fish Rissoles.—Cut thin slices of any fish, or finely chop it; sprinkle with catsup, cayenne pepper, shred lemon-peel, or any other savory addition preferred. Enclose portions of the fish between very thin paste, fasten the edges together, and fry the rissoles, like doughnuts, till nicely browned; they may be of any shape—rounds, stars, crescents, or triangles. Serve hot, decorated with a bunch of crisp parsley. Or line patty pans with a nice paste, put in the fish moistened with a little cream and bake in oven, for *Fish Patties.*

Fish Salad.—Rub yolks of three eggs to smooth paste with a little salad oil; add one teaspoon each salt and pepper, one tablespoon each made mustard and sugar, and lastly six tablespoons vinegar. Beat the mixture until light and just before pouring over the fish stir in lightly the frothed white of an egg. Put fish in dish with six tablespoons vinegar and stir half the dressing in with it; spread remainder over the top and lay blanched lettuce leaves around the edges to be eaten with it, or garnish with a row of sliced tomatoes. Or arrange in a dish cold fish of any kind and pour over it a mayonnaise made by beating gradually together raw yolks of eggs, lemon-juice, and Italian olive-oil; season to taste, and, if preferred, color it green by employing spinach-juice or bruised herbs. Proportion according to quantity of fish. Decorate the dish with lumps of clear fish jelly, capers, gherkins, etc. Or pour over the fish a sauce made as follows: Chop together chervil, tarragon, cress and mustard leaves; add pepper and salt, and mix together with enough olive-oil and vinegar to make it of the proper consistency; garnish the dish with slices of lemon and cucumber, placed alternately, sprinkled with cayenne pepper and minced anchovy. A more simple salad is made by melting some fresh butter in a stewpan and adding lemon-juice, pepper, chopped shallot and parsley, and olive oil; pour over the fish, strew crushed bay salt and grated lemon-rind on top before sending to table, and decorate with pickles. For a nice *Salmon Salad,* cut cold boiled salmon into slices or pieces two inches long, and marinade by letting stand two or three hours in vinegar well seasoned with pepper, salt, a little salad oil and chopped onion and parsley. Arrange lettuce leaves in bottom of salad dish and cover with Italian dressing, (see Salads), placing the salmon, bordering with a row of hard-boiled eggs in slices, in a ring on this, and fill in center with mayonnaise sauce. Sprinkle capers over all. Pike, blue-fish, flounders, etc., may be used in salads in same manner. The fish may be either fried or boiled, or

remnants of cold used. Slices may be more neatly shaped before cooking, if cold fish is not used.

Fish Sandwiches.—Butter thin slices of bread on both sides, lay thin pieces of anchovy, tunny fish, sardine, smoked salmon, bloater, or other cured fish on half; sprinkle some seasoning upon the tops, and place the other slices of bread upon them; lay the sandwiches in a dish, and set them in a quick oven till the bread is nicely browned. The soft roe of a shad or herring, mashed and spread between bread-and-butter, and baked, is a very savory relish. Pressed cavaire used in the same way is particularly good. Chopped hard-boiled eggs may be mixed with the fish and a little mayonnaise or any sauce preferred is a relished addition. *Fish Canapes* may also be classed with sandwiches and are prepared thus: Cut some rather thick slices of bread; cut out a round from the center of each, fry them in olive-oil or butter and place upon them minced anchovy, tunny fish, cured salmon, sardine, or fresh shell-fish of any kind; add seasoning, and some yolk of hard-boiled egg chopped fine, together with any chopped pickles or herbs liked.

Fish Souffle.—Pare eight good-sized potatoes and boil thirty minutes, drain the water from them, and mash very fine; then mix thoroughly with a pint finely chopped, cooked salt fish. Add two tablespoons butter, salt and pepper, and three-fourths cup hot milk or cream; stir into the mixture two well-beaten eggs, and heap this in the dish in which it is to be served. Place in the oven for ten minutes. Beat the whites of two eggs to stiff froth, and add a quarter teaspoon salt; then add yolks. Spread this over the dish of fish; return to the oven to brown, and serve.

Fish Soups.—Fish soups may be made as rich or as thin as liked, but about a pound of fish to a pint of water, with the requisite seasoning, will make a very good soup. When stock is required to make anything richer, it should be compounded wholly of fish rather than from meat. The liquor in which a salmon has been boiled makes a capital foundation for a fish soup. With the exception of the richer kinds, such as herrings, mackerel, or sprats, almost any fish is suitable for soup. The thickenings used for fish soups are potato flour, fried bread-crumbs, cream, butter rolled in flour, ground rice, cod roe, lobster spawn, or caviare, beaten to a paste; yolk of egg, either raw or hard-boiled, and pounded smooth, together with an admixture of olive oil; mashed turnip, crushed macaroni, or Italian paste, etc. Eels for soup should be simmered until the flesh leaves the bones, then strain, and add thickening and seasonings. The following are all nice adjuncts to fish soup: Small bits fried bread or toast, hard-boiled eggs in quarters, forcemeat balls, picked shrimps, prawn, or crayfish; French roll, fried brown; slips of pickled anchovies, little onions, first lightly fried in butter, sliced

cucumber, mushrooms, or quartered tomatoes. To make *Brown Fish Soup*, take any kind of fish, cut in small pieces, roll in flour, and brown in olive-oil or butter in saucepan; cover with hot water, season with salt and pepper, and boil slowly for about fifteen minutes. See that there is plenty of water. One pound will make a quart of soup. A clove of garlic or any flavoring liked may be added.

Fish Straws.—With the exception of mackerel the fish should be skinned, and good fillets (narrow strips) taken lengthwise free from bone; soak for two hours in lemon-juice seasoned with chopped onions, parsley and pepper; take out, wipe dry, roll in flour, and fry in dripping or oil until a fine brown; drain from fat, pile in a dish, and serve a tomato sauce round them. Haddock, mackerel, or any kind of flat fish are used for these straws.

Fish Toast.—Bone any preserved fish, such as smoked salmon, herring, etc., season with cayenne pepper, made mustard (if liked) and salt; when it is a smooth paste add an equal quantity of fresh butter, incorporate both well together, and spread upon pieces of hot toast; put these for a few moments into an oven, and send to table when well heated.

Fish Turbans.—Bone and skin a fish, as direoted in preface, and after cutting the entire fish into fillets or slices, roll each one up and fasten with a broom straw. These little rolls are called Turbans. Stuff or not, as wished, with highly seasoned soaked bread, and place in pan with butter or oil in the bottom, but no water. Cook in oven only long enough for the flakes to separate. Dish and serve on tartare sauce. Flounders or any fish may be used.

Fish with Parmesan Cheese.—Remove all bone and skin from some cold fish; trim it nicely, and place in a stewpan over the fire; add sufficient white sauce to moisten it. Butter a dish, arrange the fish and sauce upon it, and strew it rather thickly with bread-crumbs and grated Parmesan cheese; sprinkle it with melted butter, and place in oven to brown. If the flavor of Parmesan is too strong Gruyere cheese may be used; or the bread-crumbs alone may be employed, when a dish of cold fish, *au gratin*, is intended to be served.

Fish in Jelly.—Make a savory jelly of calves' feet, (see Jellies), or by slowly boiling any kind of fish—flounders or any flat fish, whatever is cheapest—until it jellies, which may be ascertained by the usual test for jellies, which see. Some like the flavor of a few button onions, a little lemon juice, parsley, and a slight sprinkling of sugar cooked with the fish. Strain, and if not perfectly clear, clarify according to directions in soups and pour a little into a mold; when properly set, arrange upon it the previously cooked fish (smelts, perch, or other small fish should be fried or baked with the tail in

the mouth), and carefully pour in more jelly until the mold is filled. When entirely cold and congealed wrap it in a hot cloth for a few moments and turn out on an ornamental dish. Serve for supper or luncheon. Slices or strips of cold salmon, turbot or soles, when used, may be cut in fancy shapes or arranged in ornamental devices in the jelly, and oysters, cooked just enough to plump them, hard-boiled eggs in rings, or forcemeat balls colored a bright green with spinach juice, are nice additions. A very handsome and appetizing dish.

Fish with Olives.—Peel and cut a nice tender cucumber into slices an inch thick; fry them in olive oil, and fry in another pan some fillets of fish bound and rubbed in flour and white pepper; when done, arrange the slices of cucumber in a dish and place the fillets upon them. Throw some stoned olives into the oil and let remain just long enough to get hot. Put them round the dish and serve at once.

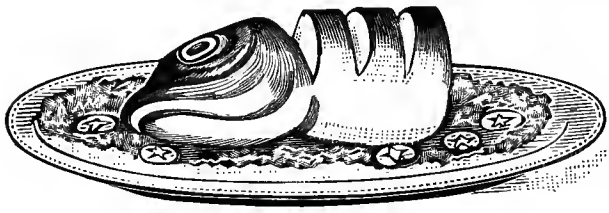
Fish with Rice.—Carefully bone enough cold fish to make a moderate-sized dish, add cayenne pepper and salt, and lightly fry in a stewpan with a piece of fresh butter; when quite hot add a teacup boiled rice and chopped yolks of four hard-boiled eggs; stir well together until perfectly hot; shape it upon a dish, and serve with pickles.

Boiled Bass.—Clean a handsome piece of fish, open it at the belly and remove the bone; lard the flesh with slips of anchovy, truffles, tunny fish, and gherkins; stuff it with the flesh of other fish, such as lobster, oysters, crayfish, prawns, etc; season and fasten it together so that it may retain its original form as nearly as possible; wrap in a cloth and boil in richly-flavored liquor till done; when cold remove the covering, lay in a dish, glaze and decorate round with crusts of jelly and little ornamental heaps of butter. Salmon, sturgeon and pike can be cooked as above.

Potted Bloater.—Cut off heads and clean as many fish as wanted, then put in oven till cooked through; take from oven, skin and carefully separate meat from bones; put the meat in a jar with half its weight of butter and set in cool oven to cook *slowly* half an hour; then put the fish into a mortar or bowl, pour the butter over it, taking care not to let the gravy pass too, unless fish is to be eaten soon, as it will not keep so well; pound butter and fish together with a pestle or potato masher, to a paste, add a little cayenne, and press into small pots, pouring melted butter or mutton suet a third of an inch thick over top of each. Least expensive and most appetizing of all potted meats, and makes excellent sandwiches.

Boiled Cod's Head and Shoulders.—Cleanse the fish thoroughly, and rub a little salt over the thick part and inside of the fish,

one or two hours before dressing it, as this very much improves the flavor. Lay the head and shoulders in fish-kettle or deep pan with sufficient cold water to cover. Be very particular not to pour the water on the fish, as it is liable to break it, and only keep it just simmering. If the water should boil away, add a little by pouring it in at the side of the kettle, and not on the fish. Add salt in proportion of three tablespoons to each gallon of water, and bring gradually to a boil; a little horse-radish and vinegar or lemon juice added now improve the fish. Skim very carefully, draw to the back of range, and let it gently simmer till done, about half an hour. Take out and drain; dish on a hot napkin, garnish with cut lemon, and horse-radish and serve with either drawn butter or eggs. Prepare *Boiled White Fish* in same manner. For a *Cod Pie*, carefully remove all skin from any fish that is left and pick from the bones, place in a pie dish or pan, pour over melted butter to moisten, and a dozen or so oysters (or oyster sauce if left) and cover with mashed potatoes. Bake half an hour and serve nicely browned. Any cold fish may be used and is delicious and very economical. A more elaborate *Cod Pie* is made by laying two fresh slices large cod in salt for four hours, wash, place in a dish, season, add two tablespoons butter, half pint any good stock, cover with pie or baking powder crust as rich as liked with center cut out by a cup and bake one hour. Make a sauce of quarter pint cream or milk, one tablespoon stock, a little thickening of flour and butter, finely-chopped lemon peel and a dozen or so oysters, let boil once and pour it into the pie at opening in center. The piece cut out can be placed upon the pie and carefully lifted up to add the sauce. Bake a quarter of an hour and then serve in dish in which it is baked. Cooked cod may be used and any fish may be substituted for the cod. For a *Codfish Roll*, chop fine cold cooked fish, pour over it drawn-butter or egg sauce, season to taste. Warm thoroughly, stirring to prevent burning; make up in rolls or any other form and brown in oven; or after prepared with sauce put in the frying-pan with a little oil, lard or drippings, and heat through and then shape into a roll and brown, turning it over and over to brown evenly.



Cod's Head and Shoulders.

Cold cod is an admirable material for making pretty little dinner and breakfast dishes. An excellent curry may be made by breaking up cold fish into flakes as neatly as possible. These should be fried in butter, with onions cut in rings and a suspicion of shal-

lot, to a fine light brown color; then take some butter rolled in flour, put into a stewpan, and let it take a light color; add some good white stock or gravy, and a large spoonful curry powder made into paste with cream; throw in flaked fish (not the onions), simmer for about ten minutes, and serve with rice in separate dish. Cold salt cod may be used.

Cod Sounds.—These are the air or swimming bladders of the fish and should be well soaked in salted water, and thoroughly washed before dressing. They are considered a great delicacy, and may either be broiled, fried, or boiled; if they are boiled, mix a little milk with the water. *Cod Sounds with Forcemeat.*—Make a forcemeat of twelve chopped oysters, three chopped anchovies, quarter pound bread-crumbs, tablespoon butter, two eggs; seasoning of salt pepper, nutmeg, and mace to taste. Mix the ingredients well together. Wash the sounds, and boil them in milk and water for half an hour; take out and let cool. Cover each with a layer of forcemeat, roll up in nice form, and skewer them. Rub over with butter, dredge with flour, and broil gently over the fire or bake in oven.

Codfish a la Mode.—One cup codfish (if salt codfish is used freshen overnight), picked up fine, two cups mashed potatoes, one pint cream or milk, two eggs well-beaten, half cup butter, salt and pepper; mix well, bake in baking-dish from twenty to twenty-five minutes. For *Scalloped Codfish*, use bread-crumbs instead of potatoes, moistening them with the cream or milk, putting in the dish in layers, alternating with the fish, and finishing with the crumbs; sprinkle bits of butter over the top and bake half an hour, or the mashed potatoes may be used also.

Codfish and Eggs.—Take a pint each freshened and flaked codfish (or any cooked salt-fish) and milk or cream, two tablespoons flour, one of butter and six eggs. Mix the flour smooth in a little of the milk, putting the remainder on to boil; stir in the flour, and add the fish, season with pepper (it should be salt enough) and cook ten minutes. Poach the eggs carefully. Turn the cooked fish over six slices or rounds of nicely toasted bread on a platter, and place the eggs on the fish. Garnish with points of toast and sprigs of parsley. A delicious dish.

Codfish Fritters.—One pint finely picked salt codfish, two of whole raw peeled potatoes. Place together in cold water and boil till potatoes are done. Remove from fire and drain; mash well, add tablespoon butter, two well-beaten eggs and a little white pepper. Mix with a wooden spoon and drop in hot cooking-oil or lard in spoonfuls as fritters.

Codfish Mountain.—Soak some codfish, and simply boil in water; take up, bone and flake nicely, and put into a stewpan over the fire; keep stirring while gradually dropping upon it some good Italian olive-oil; when the fish becomes a sort of cream, add finely-chopped parsley, a bruised garlic, and a grated lemon-peel; serve heaped up in a dish.

Cream Codfish.—Soak pieces of codfish several hours in cold water, or wash thoroughly, heat in oven and pick fine, and place in skillet with cold water; boil a few minutes, pour off water and add fresh, boil again (if not very salt the second boiling is not necessary), and drain off as before; then add a pint and a half sweet milk to each pint codfish—or part cream and part milk, half and half is very nice—a piece of butter size of an egg when cream is not used and a thickening made of a tablespoon flour (or half tablespoon corn starch) mixed with two tablespoons cold milk until smooth like cream; season with white pepper, stir well just before taking from fire, drop in an egg if liked, stir very briskly, and serve. This is very rich and thick, and is a very nice dish of fish. If wanted as a gravy, or when much gravy is liked, use double the quantity of milk, butter and flour. Salt codfish is also excellent broiled. Soak overnight, and broil as other fish.

Masked Codfish.—Stir four tablespoons butter with a pint hot mashed potatoes and add a half pint finely shredded codfish, a gill milk or cream and teaspoon pepper. Butter a quart tin mold and pack it evenly and smoothly with the above mixture; let it stand in the oven ten minutes; turn it out on the perforated plate of the fish-kettle, cover with beaten yolk of egg and bread-crumbs; have ready enough hot fat in the fish-kettle to immerse it, sink the plate into the fat and let stand until the whole is nicely browned. Be sure the fat is hot enough or the dish will be spoiled. Slide carefully upon a platter and garnish with curled parsley. If a fish-kettle is not at hand mask by browning in the oven, covered with egg only. Egg sauce is excellent with this.

Fried Eels.—Skin, take off head and tail, cut into small pieces, throw into boiling water for five minutes, drain, roll in flour or corn meal peppered and salted, and fry in very hot lard. A favorite way of cooking them is to skin and boil in salted water with a few peppercorns. Let stand in water until cold and serve cold.

Fried Flounders.—Bone the flounders and divide into four pieces. Have a deep skillet of hot fat ready, wipe each piece of fish dry, dip in milk, then in flour, drop them into the fat and when beautifully brown, which will be in about ten minutes, take up in a colander, and then lay them on a towel to absorb any fat, place on a hot dish, and garnish with slices of lemon and parsley or celery tops. Pronounced equal to the Delmonico *fillet de sole.*

Boiled Haddock.—Wash a three-pound haddock as soon as it comes from market, and some place in a large pan containing plenty of cold water and a handful of salt for a short time. To cook, place in fish-kettle with cold water to cover, a gill of vinegar, tablespoon salt, a small root of parsley, six cloves and one sprig each of thyme and majoram. When the water boils fish will usually be done; test by pulling out a fin, if it comes out easily and flesh of fish looks clear white it is done. Take up carefully without breaking, remove the skin by scraping gently so as to avoid tearing the fish. Serve with parsley or anchovy sauce. For small haddocks, fasten tails in their mouths and pin with a wooden toothpick and place in boiling water. Generally they do not weigh more than two or three pounds, or exceed ten or twelve inches in length and such are esteemed very delicate eating. Haddocks are at their best in November, December, June and July. Any fish may be cooked as above.

Creamed Haddock.—Put a fish weighing five or six pounds on in cold water enough to cover, and which contains one tablespoon of salt. Cook gently twenty minutes; then lift out of the water, but let it remain on the tray. Now carefully remove all the skin and the head; then turn the fish over into the dish in which it is to be served (it should be stone china), and scrape off the skin from the other side. Pick out all the small bones; they are down the whole length of the back, and a few in the lower part of the fish, near the tail, in rows like pins in a paper, and it will take but a few minutes to remove them. Then take out the back-bone, starting at the head and working gently down toward the tail. Great care must be taken, that the fish may keep its shape. Cover with prepared cream as follows: Put one quart milk, two sprigs parsley and small sliced onion on to boil, reserving half a cup milk to mix with two tablespoons flour. When it boils, stir in the flour paste. Cook eight minutes. Season highly with salt and pepper, add tablespoon butter, strain on the fish, and bake about ten minutes, just to brown it a little. Garnish with parsley or little puff-paste cakes; or, cover it with the whites of three eggs, beaten to a stiff froth, and then slightly brown. A cusk or cod can be cooked in same way.

Baked Halibut.—Use neck of halibut, the thin part just below the head, under the gills. Wash in cold water, and if not ready to use let it stand in cold water. Put butter, drippings, or pieces of salt pork in baking pan, lay in the fish and bake three-quarters of an hour, basting with the drippings, being careful not to let burn; place on hot platter without breaking the fish and serve with tomato sauce around it. To make the sauce for three pounds fish, take a pint canned or fresh tomatoes, cook and season with salt, pepper, and if wished, a clove of garlic, chopped very fine.

Creoled Halibut.—Wash a thick square piece of fresh halibut, place in baking dish, season with salt and pepper, and strew over it

a finely chopped clove of garlic, about the size of a bean, and cover with a cup of fresh or canned tomatoes. Bake until flakes separate; dish without breaking.

Baked Herrings.—Scale and clean two pounds herrings carefully without washing, unless it be absolutely necessary. Split down the back and remove backbones, sprinkle inside with a little pepper, salt, and pounded mace mixed together. If there are any roes enclose them in the fish and place latter in layers in a baking dish with six each whole cloves and pepper-corns, and two bay leaves. Cover with an equal mixture of vinegar and water or all vinegar, salt plentifully and tie a sheet of oiled paper over the dish, and bake one hour; serve cold. *Baked Salt Herring* are prepared by soaking the herring overnight, roll in flour and butter, and place in a dripping pan with a very little water over them; season with pepper, and after putting in oven baste frequently.

Herring Pudding.—First thoroughly wash and then soak two salt herrings in water overnight, or in sweet milk four or five hours, as the milk extracts the salt in half the time and even less. Pick in pieces and place in a quart baking dish a layer of fish with little bits of butter and then a layer of cold boiled potatoes sliced, and one of cooked rice, then fish, etc., with potatoes for last layer; cover with a custard made of one pint milk, two eggs, seasoned with salt and pepper, and bake in oven half an hour; rice may be omitted. Any salt or fresh fish (not soaking) may be used, and any cold cooked fish.

Baked Mackerel.—Clean four medium-sized fish, the largest seldom weigh over two pounds, take out the roes and fill with a forcemeat made by mixing well together tablespoon each fresh butter, finely shredded suet and fat bacon, diced, small teaspoon minced savory herbs and parsley, a little finely minced onion, if liked, four tablespoons bread-crumbs, one egg, salt, nutmeg and cayenne to taste. Sew up slit, flour, and put in a baking dish, heads and tails alternately, put on bits of butter, pepper and salt, then the roes. Bake half an hour and serve with plain drawn butter or a *maitre d'hotel* sauce.

Boiled Mackerel.—Cleanse the inside of the fish thoroughly, and lay it in the kettle with sufficient water to cover, with quarter pound salt to each gallon water; bring it gradually to boil, skim well, and simmer gently till done, when the tail splits and the eye starts out, generally about ten minutes; dish on a hot napkin, heads and tails alternately, and garnish with fennel. Fennel sauce and plain melted butter are the usual accompaniments to boiled mackerel; but caper or anchovy sauce is

Boiled Mackerel.

sometimes served with it. When variety is desired, fillet the mackerel, boil it, and pour over parsley and butter; send some of this besides, in a tureen. Or for *Pickled Mackerel*, boil as above, place in dish, take half the liquor in which they were boiled, add as much vinegar, a few pepper-corns and a bay leaf or two, boil ten minutes and when cold, pour over the fish.

Broiled Mackerel.—Mackerel should never be washed when intended to be broiled, but merely wiped very clean and dry after taking out the gills and inside. Open the back, and put in a little pepper, salt, and oil; broil it over a clear fire, turn it over on both sides, and also on the back. When sufficiently cooked, which will be in about ten minutes for a small mackerel, the flesh can be detached from the bone. Chop a little parsley, mix with butter, pepper and salt to taste, and a squeeze of lemon-juice, and put it in the back. Serve before the butter is quite melted, with a *maître d'hotel* sauce in a tureen.

Salt Mackerel.—Take mackerel from the salt, wash carefully, and lay them inside downward in a pan of cold water for twelve to fifteen hours; change the water frequently, and if wanted sooner the fish may be soaked in sweet or sour milk—it will freshen in half the time. Scrape clean, and for *Boiled Mackerel* wrap in a cloth and simmer fifteen minutes; it will be almost done when the water reaches boiling point; remove, lay on it two hard-boiled eggs sliced, pour drawn butter over and trim with parsley leaves. Boiling salt-fish hardens it. For *Baked Mackerel*, lay in shallow pan, the inside of fish down; cover with water, and set it over a gentle fire or in an oven for twelve or fifteen minutes; then pour off water, turn fish, put bits of butter in pan, and over the fish, sprinkle with pepper and fry for five minutes, then serve.

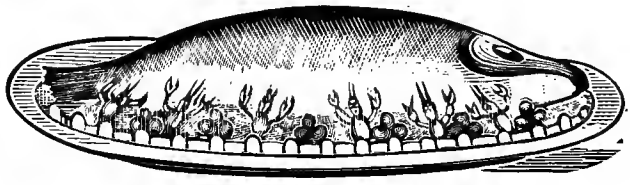
Baked Mullet.—Cut one carrot and two onions into thin slices; add thyme, parsley and marjoram, with pepper and salt to taste, and three tablespoons salad oil; mix well together, cover each mullet with the mixture, and roll it up in a piece of white paper, previously oiled; bake in a moderate oven half an hour, then carefully open the paper, place the fish neatly on a dish, ready to serve, and keep it warm. Melt a small piece butter, add a large pinch flour, a half cup good stock, and the vegetables, etc., the fish were cooked in. Let the sauce boil five minutes, add salt if wanted; strain, skim, pour over the fish, and serve.

Fried Pan-Fish.—Take perch, sun-fish, or any small fish; place in pan with heads together, and fill spaces with smaller fish; when ready to turn, put a plate over, drain off fat, invert pan, and the fish will be left unbroken on the plate. Put the lard back in the pan and when *hot*, slip back the fish, and when the other side is

brown, drain, turn on plate as before, and slide them on the platter to go to the table. This improves the appearance, if not the flavor. The heads should be left on, and the shape preserved as fully as possible.

Baked Pickerel.—Clean the fish thoroughly, wipe carefully, and lay in a dripping-pan with hot water enough to prevent scorching; a perforated tin sheet or rack fitting closely in the pan, or hardwood sticks laid crosswise, or several muffin-rings may be used to keep the fish from the bottom of the pan, and the fish may be made to form a circle by tying head and tail together; cover with an inverted pan and bake slowly, basting occasionally with butter and water. It will not need so frequent basting if covered. Remove pan fifteen or twenty minutes before done to brown nicely. When done have ready a cup sweet cream into which a few spoons hot water have been poured, stir in two tablespoons melted butter and a little chopped parsley, and heat in a vessel of boiling water; add the gravy from the fish and boil up once. Place the fish in a hot dish, and pour over the sauce. Bake *Salmon* and *Trout* same way.

Pike a la Godard.—The inside of a fine pike must be removed through the gills, and the fish put into scalding water in order that the skin may be stripped off easily; also tie the head with fine twine. Wrap the fish in buttered paper, put it into a fish-kettle and cover with cold water. When pike is done, which can be told by touching it gently, drain it and garnish with cray-fish, which are simply the homely craw-fish, and quenelles of forcemeat made as



Pike a la Godard.

follows: Take one teacup bread-crumbs, one teaspoon minced savory herbs, eight oysters, two anchovies (or omit the latter), two ounces suet; salt, pepper, and pounded mace to taste; six tablespoons of cream or milk, and two eggs. Beard and mince the oysters, prepare and mix the other ingredients, and when properly prepared, pound all together in a mortar for some time; for the more quenelles are pounded, the more delicate they are. Now moisten with the eggs, whites and yolks, and continue pounding, adding a seasoning of pepper, spices, &c. When the whole is well blended together, mold into balls, roll in flour, and poach in boiling water

to which a little salt has been added. If the quenelles are not firm enough, add the yolk of another egg, but omit the white, which only makes them hollow and puffy inside, and whites may be omitted altogether. In the preparation of the quenelles the ingredients are to be *well pounded* and seasoned, for this is the secret of the French quenelles; when they are wished very small, extreme delicacy will be necessary in their preparation. Their flavor may be varied by using the flesh of rabbit, fowl, hare, pheasant or grouse, with the addition of mushroom, parsley, etc. Prepare the crayfish by throwing into boiling water, to which has been added a good seasoning of salt and a little vinegar. When done, which will be in fifteen minutes, take out and drain them. Let them cool, arrange around the fish as illustrated, alternately with the quenelles. This fish is also nice for garnishing boiled turkey, boiled fowl, calf's head, and all kinds of boiled fish. It should be oftener employed for the delicious soup it makes than it at present is, and housewives should excite a demand for it among the fishmongers and a supply would soon be forthcoming. They are also nice as *Potted Crayfish.* Boil one hundred crayfish in salt and water; pick out all the meat and pound it in a mortar to paste. Whilst pounding, add two tablespoons butter gradually, and mix in pounded mace, pepper and salt to taste. Put it in small pots, and pour over it clarified butter, carefully excluding the air.

Fried Red Snapper.—Cut a red snapper in pieces and fry brown. In a separate vessel, cut up and fry one onion and two cloves of garlic; when brown, add two tablespoons flour, one pint prepared tomatoes, a little pepper, salt to taste, one tablespoon Worcestershire sauce, and half a dozen whole cloves. Let this simmer half an hour, and stir in a tablespoon vinegar. Pour over the fried fish, and serve immediately. Or fry by immersing in hot fat as directed in Fried Fish. Red Snapper is also very nice boiled.

Fried Roe.—Fish-spawn, especially the shad, is a delicacy greatly prized by epicures. Wash and wipe, fry twenty minutes in hot fat in a frying pan on both sides; season, dish on a hot platter and place around it a row or double row of plain fried oysters. Put a bunch of parsley in the center, and half a lemon with the peel cut in saw teeth. Or first boil the roes (cutting them in two if large), in water seasoned with vinegar, salt and pepper, ten minutes, take out and plunge them in slightly salted cold water, wipe dry again and let them lay a minute or two; then roll in beaten egg and bread-crumbs and fry a nice brown on both sides in hot lard or drippings. Serve with a sauce made of a cup drawn butter, a teaspoon anchovy sauce, piece of half a lemon, a little minced parsley and a pinch of cayenne pepper. Send around in a gravy boat. Another nice way of frying and serving roe is to first wash any kind of fish-roe in salted cold water, and dry it on a towel; then put into a frying-pan containing

sufficient hot fat to prevent burning; cover the pan and brown the roe, first on one side and then on the other; when it is done lay it on brown paper to free it from fat, and then on a hot dish. Meantime, peel half a dozen potatoes, cut in small balls with a vegetable scoop, or in pieces an inch square; throw them into salted boiling water, and boil until a trussing needle or sharp fork will easily pierce them, but do not boil them soft; as soon as they are tender drain them and lay them between the folds of a towel until the fish-roe is brown. Then put the potatoes into the hot fat where the roe was fried, set the pan over the fire and shake the potatoes about in it until they are brown. Serve them under the fish-roe after dusting them over with pepper and salt. For *Roe Croquettes* take four medium-sized shad roes, two boiled potatoes, ounce each butter and flour, gill cold water, tablespoon chopped parsley, teaspoon each lemon juice and salt, half teaspoon pepper, two hard-boiled eggs, one raw egg and four tablespoons bread-crumbs. Boil the roes twenty minutes, take out, drain and placing in a bowl separate with a wooden spoon; add the pepper, salt and chopped parsley; rub through a sieve over the bowl the hard-boiled yolks and then the potatoes; add the two hard-boiled whites, finely chopped, and the lemon juice. Melt the butter in a saucepan, stir in the flour and gill cold water by degrees, and when boiling pour it over the materials in the bowl and stir all thoroughly together. Make into small shapes resembling the shad-roe, beat the raw egg and dip these into it, roll in the bread-crumbs, and fry as doughnuts in hot fat, draining on a piece of kitchen paper over a sieve in oven to keep hot, and serve in a folded napkin. Or for the four shad roes take one pint cream, four tablespoons each corn-starch, and butter, one teaspoon salt, juice of two lemons, slight grating of nutmeg and a speck cayenne. Boil the roe as above, then drain and mash. Put the cream on to boil, mix the butter and corn-starch together, and stir into the boiling cream; add the seasoning and roe; boil up once, and set away to cool. Make into balls, or shape and fry as directed above.

Baked Salmon.—Procure a middle cut of salmon; butter both sides of a large sheet of writing paper and roll the fish in it, pinning the ends securely together. Put it in the baking pan and pour a half cup butter and water over it. Cover with another pan and bake in a moderate oven one hour, lifting the cover occasionally to baste and see that the paper does not scorch. Make a sauce by beating a cup of cream over boiling water, thicken with a heaping teaspoon corn-starch, add a tablespoon butter, and pepper, salt and finely chopped parsley to taste. When the salmon is done, take off the paper, place on a hot platter, pour half the sauce slowly over it and send the rest to table in a boat. If cream cannot be had for the sauce use milk and a well beaten egg.

Salmon Croquettes.—This dainty dish may be made of the fresh fish, boiled and cold, or of the canned salmon. The meat must

be carefully separated from bones and skin, chopped fine and the juice of half a lemon, a tablespoon chopped parsley, a little salt and a pinch of cayenne added; mix all together. Put two tablespoons best butter for each pint and a half chopped salmon into a saucepan with two teaspoons flour and cook together, stirring constantly. Add a little of the stock the fish was boiled in and a cup of cream. Boil for five or six minutes, stirring steadily, then mix in the chopped salmon, stir well together, and add and stir rapidly in yolks four eggs. Continue to stir briskly a few minutes longer, then pour the mixture out upon a large flat dish and set it in a cool place until perfectly cold. Then make in small rolls or pear-shaped cones, using just enough flour to prevent the mixture from sticking to the hands. When all are done, dip them one at a time into eggs beaten up with a little cream, and roll them in freshly-made bread-crumbs. Let them rest for an hour, then fry them to a delicate brown color in plenty of boiling hot lard. Or, mix with three-fourths pint shred salmon, five tablespoons bread-crumbs; melt one and one-half tablespoons butter and pour over the mixture, adding half teaspoon each salt and pepper and saltspoon each grated nutmeg and powdered mace; beat all together and add juice of half a lemon, teaspoon anchovy sauce and two beaten eggs, stirring well; shape and fry as above.

Salmon Fritters.—Remove skin and bone from a pound canned salmon, mince and add an equal quantity potato that has been mashed and mixed with butter and cream; work the mixture into little cakes and fry in a little butter.

Boiled Salmon.—Scale and clean fish, and be particular that no blood is left inside; lay in fish-kettle with sufficient hot water, to cover (hot is used to better preserve the color) adding salt in the proportion of six tablespoons to a gallon water. Bring it quickly to a boil, take off scum, and let simmer gently till the fish is done, which will be when the meat separates easily from the bone. Drain it, and if not wanted for a few minutes, keep warm by means of warm cloths laid over it. Serve on a hot napkin, garnish with cut lemon and parsley, and send lobster, oyster, shrimp or hollandaise sauce, and plain melted butter to table with it. A dish of dressed cucumber usually accompanies this fish, and a little lemon-juice squeezed over it is considered by many persons a most agreeable addition. Peas are also, by some connoisseurs, considered especially adapted to be served with salmon. Boiled is the best way of cooking salmon. For a more fancy dish arrange in the form of a letter S, as follows: Thread a trussing-needle with some twine; tie the end of the string around the head, fastening it tight; then pass the needle through the center part of the body, draw the string tight, and fasten it around the tail. The fish will assume the desired form. Salmon

prepared thus is very nice served cold at evening parties with a mayonnaise sauce poured over. It may then be mounted on a pedestal which may be carved with a sharp knife in any form desired from bread two or three days old, fried a nice brown in deep lard, or made of wood covered with white paper brushed over with aspic jelly; the salmon should then also be decorated with bits of aspic jelly in squares or other forms. Cauliflower blossoms and sliced or quartered hard-boiled eggs make a very pretty and appropriate decoration when served with the mayonnaise sauce.

Broiled Salmon Cutlets.—Cut slices an inch thick, and season with pepper and salt; butter a sheet of white paper, lay each slice on a separate piece, with the ends twisted; broil gently over a clear fire, and serve with anchovy or caper sauce. When higher seasoning is liked, add a few chopped herbs and a little spice.

Escalloped Salmon.—Roll fine one quart crackers, season with salt and pepper and mix with one can salmon; put in a skillet and add milk (or milk and water) to moisten well, and some bits of butter. Cover and steam thoroughly.

Fried Salmon Steaks.—Cut slices an inch thick from the middle of the fish, wipe dry and sprinkle on a little salt, then dip in egg and cracker dust and fry in hot salad oil or butter, turning to brown both sides. Drain and serve on hot platter lined with clean paper fringed at the ends; garnish with parsley.

Canned Salmon.—The California canned salmon is nice served cold with any of the fish sauces; mix together yolks of three eggs, half cup each cream and vinegar, two teaspoons brown sugar, salt, pepper, and celery-seed to taste; boil thick like custard and pour over one can salmon. For a breakfast dish, it may be heated, seasoned with salt and pepper, and served on slices of toast, with milk thickened with flour and butter poured over it.

Crimped Salmon.—Take a middle cut of fresh salmon and cut in slices two or three inches thick. Lay in cold salted water one hour; then place in boiling salted water, skim and simmer gently twenty minutes, if very thick slices. Garnish as in boiled salmon and serve with same sauce.

Salmon Pudding.—Chop a can of preserved salmon or an equal amount of cold, either roast or boiled, and rub it in a mortar, or in a bowl with the back of a spoon, adding four tablespoons melted—not hot—butter, until it is a smooth paste. Beat a half cup fine bread-crumbs with four eggs and season with salt, pepper and minced parsley, and mix all together. Put into a buttered pudding mold and boil or steam one hour. Make a sauce with one cup milk thickened with tablespoon corn-starch, the liquor from the canned

salmon, and tablespoon butter, or double the quantity of butter when the liquor is not used, teaspoon anchovy, mushroom or tomato catsup, a pinch of mace or cayenne, and a beaten egg stirred in last very carefully. Boil one minute, and when the salmon is turned from the mold pour the sauce over it. Cut in slices at table. A very nice supper dish.

Stewed Salmon.—Stew a can of salmon in the liquor, (or cold, boiled or roast in a very little water), slightly salted, ten minutes. Have ready in a large saucepan a cup drawn butter thickened with rice-flour or corn-starch. Season with cayenne and salt to taste and stir in carefully two beaten eggs, then the salmon. Let it come to a gentle boil, add two hard-boiled eggs and some capers or green pickles, all chopped fine, and turn into a covered deep dish. Or add the hard-boiled eggs and capers to the stewed salmon, with a tablespoon butter, toss up lightly with a fork, pepper slightly, and heap in the center of a hot flat dish, then pour the boiling sauce over all. Very nice either way.

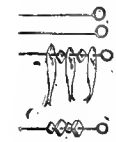
Sardines.—These are small fish of the herring family and come to us in half pound and pound tin boxes, preserved in oil, averaging from a dozen to twenty-four fish. They are an excellent relish and form a wholesome and agreeable addition to a breakfast, luncheon, or tea. Take out carefully, whole if possible, place on platter and garnish with parsley and slices of lemon, serving a slice with the fish. The *American Sardines*, or shrimps, are used but are larger and not considered as delicate. For *Fried Sardines*, procure largest-sized sardines, remove from oil, place on dish, and let drain a few minutes; dip fish in well-beaten egg, and roll in cracker crumbs; fry brown as fritters or in a little butter or oil; mix oil left in box with cracker-crumbs, make in very small cakes and fry and use as a garnish for the fish, alternated with sprigs of parsley. Serve hot. If one wishes *Home-Made Sardines* can be made: Clean small fish, shrimps are nice, salt slightly and let stand overnight; in the morning drain. Fry in oil, just enough to cook them, then pack in tin cans or boxes, or glass cans, putting them in as closely as possible. Cover with oil, and, if in boxes, solder the tops on; if bottles, screw the covers on tight. Put cans in a kettle of cold water, and bring to a boil as quickly as possible. Let boil about an hour and a quarter, then punch a small hole in tin cans to let out the gas, and seal again immediately. If in glass, unscrew the top and screw it on again as soon as possible. Let stand awhile before using. A favorite Parisian dish is made of sardines carefully skinned and boned, laid on slices of buttered toast, and then put into the oven, with buttered paper over them, to get hot. Before serving, lemon juice is sprinkled over.

Baked Shad.—Open and clean fish, cut off head (or not as preferred), cut out backbone, from the head to within two inches of the

tail, and fill with the following mixture: Soak stale bread in water, squeeze dry; cut a large onion in pieces, fry in butter, chop fine, add bread, two ounces of butter, salt, pepper, and a little finely chopped onion, parsley or sage; heat thoroughly, and when taken from the fire, add two yolks of eggs well-beaten; stuff, and, when full, sew or wind the fish several times with tape, place in baking-pan and cover the bottom of pan with water, adding a little butter, and baste often. When done serve with the following sauce: Reduce the yolks of two hard-boiled eggs to a smooth paste, add two table-spoons olive oil, half teaspoon mustard, and pepper and vinegar to taste. *Planked Shad* is very delicious. Take a heavy oak plank 18x24 inches in size, and about an inch thick. The shad must be a perfectly fresh, solid and firm roe shad; wash, wipe, salt on both sides and lay on board, skin side down; put the roes in their places, and bake from thirty to forty minutes. If it does not brown easily, rub butter over when partly done. The smoking of the wood in the oven adds to the flavor.

Baked Sheeps-head.—When ready for cooking, salt and pepper well, gash the sides in three or four places, mince four onions fine, add one pint bread-crumbs, a little finely minced fat meat, yolks of two eggs; blend all together; season with a little cayenne pepper, salt and thyme; with this stuff the fish and fill gashes on the outside; sprinkle over with flour and black pepper; bake slowly in a large pan with one quart hot water two hours. Serve with any sauce preferred. *Sardine Sauce* is a capital fish sauce. For this bone half a dozen large sardines, make an ordinary sauce of butter and gravy, and in this boil the bones, together with a minced shalot, lemon peel, a bay leaf, and some pepper, and either nutmeg or mace. Boil fifteen minutes, or until all the several flavors have been obtained; then strain the sauce and add to it the sardines, chopped small.

Baked Smelts.—Wash, and dry twelve smelts thoroughly in a cloth, and arrange them nicely in a flat baking-dish. Cover with fine bread-crumbs, and little pieces of butter. Season with salt, cayenne, and two blades pounded mace, and bake for fifteen minutes. Just before serving, add a squeeze of lemon-juice, and garnish with fried parsley and cut lemon. For *Fried Smelts* the fish should be very fresh, and not washed more than is necessary. Dry them in a cloth, lightly flour, dip them in egg, and sprinkle over with very fine bread-crumbs, and fry in hot lard as doughnuts to nice pale brown; be careful not to take off the light roughness of the crumbs, or their beauty will be spoiled. Dry them before the fire on a drainer, and serve at once (or the crispness and flavor will be lost,) with plain melted butter. Or place on skewers with thin slices of bacon between the fish; fry in hot lard or oil as above, serving one skewerful, skewer and all, to each person, garnishing with lemon slices. Use either silver



plated or polished wire skewers. They are about three inches long.

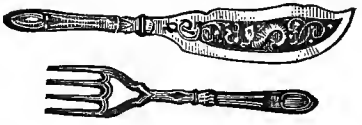
Fried Filleted Soles.—Soles for filleting should be large, as the flesh can be more easily separated from the bones, and there is less waste. Skin and wash the fish, raise the meat carefully from the bones, and divide it into nice handsome pieces. The more usual way is to roll the fillets, after dividing each one in two pieces, and either bind them round with twine, or run a small skewer through them. Brush over with egg, and cover with bread-crumbs; fry as doughnuts. Lift them out carefully, and lay them before the fire on a reversed sieve and soft paper, to absorb the fat; or place a sheet of kitchen paper in a dripping pan; place the fillets on that and set in oven a moment or two. Particular attention should be paid to this, as nothing is more disagreeable than greasy fish. Serve hot and garnish with fried parsley and cut lemon. When a pretty dish is desired, this is by far the most elegant mode of dressing soles, as they look much better than when fried whole. Instead of rolling the fillets, they may be cut into square pieces, and arranged in the shape of a pyramid on the dish. Any fish may be filleted as above.

Baked Sturgeon.—A piece of sturgeon weighing five or six pounds is enough for a handsome dish; skin and put in salted water and parboil for half an hour to remove superfluous oil; prepare a dressing of bread-crumbs, fine bits of fat salt pork, sweet herbs and butter; gash upper end of fish quite deeply and rub this forcemeat in well; place in baking dish on trivet with a little hot water to prevent burning and bake an hour. Serve with a drawn butter sauce in which has been stirred a tablespoon caper sauce and one of walnut catsup or anchovy sauce.

Sturgeon Steaks.—Skin steaks carefully and place in cold salted water for an hour to remove oily taste; wipe dry, broil over hot coals on a buttered gridiron. When done serve on hot platter seasoned with pepper and butter, and salt if needed, and garnish with parsley and slices of lemon. Serve the latter with the fish. Make a sauce by browning tablespoon butter in pan, then add a tablespoon browned flour first wet with a little cold water and then stirred into a half teacup boiling water, season and add a teaspoon Worcestershire or anchovy sauce and juice of a lemon; when it boils serve in gravy boat with the steaks.

Baked Trout.—Scale and scrape clean a seven-pound Lake Superior trout, but do not cut off head or tail; wash inside quickly with cold water and rub well with salt and pepper if wished; then score the top (back) of fish by making gashes two and a half inches long, an inch deep and three inches apart; now stuff with a rather dry dressing made by cutting off crusts from four or five slices bread,

put in pan, pour over a *very little* boiling water, cover tightly with a cloth, and when soft add tablespoon butter, pepper, salt, an egg and the bread from which the crusts were cut. Mix well and add a little seasoning of sage, marjoram, or any mixed seasoning, using only a very small pinch; sew up and tie securely in a circle by placing a string around the back of head under the gills and then around the first score above the tail, and putting the tail in the mouth; cutting a few small gashes in the side of fish next to the inside of circle facilitates the shaping. Beat two eggs and spread over fish, having first placed it on a large tin or earthen plate, putting egg batter well inside the gashes, sprinkle with finely rolled cracker crumbs and put a little butter in each gash and more on top, unless a very fat fish. Place in dripping pan on the plate or trivet in a moderately hot oven and add one quart boiling water and tablespoon salt; in ten minutes baste well and baste *every ten minutes* till fish is done (in two hours). Bake slowly first hour, add more water if needed, then increase heat third half hour so that for last half hour the oven is very hot, thus nicely browning the fish. The basting every ten minutes is very important and must be done to avoid a dried-up, tasteless fish. Slip from plate to hot platter and serve at once, garnished with parsley. The marinade given in preface may be used in place of part of the water, and gives a fine flavor. To serve easily carve with a fish knife and fork. Treat a white fish as above and a delicious *Baked White Fish* will result.



Fish Knife and Fork.

Brook Trout.—Wash and drain in a colander a few minutes, split nearly to the tail, flour nicely, salt, and put in pan, which should be hot but not burning; throw in a little salt to prevent sticking, and do not turn until brown enough for the table. The general defect in cooking trout when fried, is over cooking. They should never be done to a crisp. Fry also in a little butter or oil and omit the flour, frying them perfectly plain. For *Broiled Trout* wrap in a piece of glazed paper, which should be well buttered; sprinkle a very little salt and pepper on them; put them in a double broiler and turn the broiler over from side to side. Serve with lemon juice over them. *Boiled Trout* is better than fried or broiled. Put trout on a napkin, sprinkle with salt, fold together and put in boiling salted water. If they are of medium size will be cooked in two or three minutes. When done place on a clean napkin on a hot platter and serve with fresh butter and boiled potatoes. For *Baked Trout*, dry the fish, do not split them; lay on baking dish, add a little butter, pepper and salt. Serve as soon as done, which will be in fifteen or twenty minutes.

Fried Whitebait.—These fish must be put into ice water as soon as bought unless cooked immediately. Drain from the water in colander, and have ready a clean dry cloth, over which put two good handfuls flour. Toss in the whitebait, shake lightly in the cloth, and put in a wicker sieve to take away the superfluous flour. Throw into a pan of boiling lard, very few at a time, and let fry till a whitey-brown color; take out and lay over the fire for a minute or two on a sieve reversed, covered with blotting paper to absorb the fat. Dish on a hot napkin, arrange the fish very high in the center, and sprinkle a little salt over the whole.

Baked White Fish.—Take out bone and skin as in general directions, and cut fish in pieces three inches long and two inches wide. Use two soup plates or deep earthen dishes same size, butter thickly with cold butter, place in layer of fish, season with pepper, salt and a little butter, then another layer fish, season as above using much more butter on last layer; then butter inside of second dish very thoroughly and turn it upside down over the fish; put in oven and bake twenty minutes, or till flakes break.

Boiled White Fish.—Clean, wash and put a whole fish in kettle and cover with stock made as follows: Fry in saucepan two onions, a carrot, a piece of celery or celery seed, a tablespoon butter, one of flour, a sprig of parsley, a teaspoon of whole black peppers, and three cloves; add two and a half quarts of water and two cups vinegar, boil twenty minutes, salt and skim, and when cold pour over fish, and boil gently until done. Dish on hot platter and garnish with potatoes cut in little balls, and placed like little piles of cannon balls around the dish. The potatoes should be simply boiled in salted water, and, if liked, may be browned in a little butter in frying-pan. An alternate pile of button mushrooms are a nice addition, and good also. Parsley or small curled lettuce leaves are placed between the piles. The fish may be stuffed before boiling with a dressing of rolled crackers seasoned with butter, pepper, salt and sage. See directions for boiled fish. For *Spiced Fish* take any cold cooked fish. Take out all bones and bits of skin, lay in a deep dish and barely cover with hot vinegar in which a few cloves and allspice have been boiled. It is ready for use as soon as cold. For *Kedgeree*, pick cup cold fish carefully from the bones, mix with cup boiled rice, tablespoon butter, teaspoon mustard, two soft boiled eggs, salt and cayenne to taste; place in oven fifteen minutes and serve hot. The quantities may be varied according to amount of fish used. Or, chop two hard-boiled eggs slightly and put into a saucepan with a little melted butter, add fish and rice as above, stir over the fire until very hot, taking care that it does not burn, and just before serving add a teaspoon curry powder and a saltspoon each

pepper and salt. Pile high in the middle of a hot dish and sprinkle finely chopped parsley over the top.

Creamed White Fish.—Steam a white fish till tender, take out bones and sprinkle with white pepper and salt. For dressing, heat a pint of milk, or stock, thicken with two tablespoons flour and season with a little chopped onion or onion juice and parsley; some add also juice of half a lemon or a tablespoon vinegar; when cool add two tablespoons butter and two well-beaten eggs. Put in a buttered baking dish a layer of fish, then a layer of the sauce or dressing till full, with sauce last; cover the top with bread crumbs, add a little grated cheese if liked, bake half an hour, and serve in dish in which it was baked, garnished with slices of hard-boiled eggs alternated with sprigs of parsley. In making the sauce some prefer to brown the flour in the butter, then add the stock or milk and other ingredients. A less rich sauce is one quart rich milk thickened with three tablespoons flour mixed smooth with a little of the quart of milk, two or three sprigs of parsley, an onion chopped fine, little cayenne and salt. Stir over fire till it thickens and add butter size of an egg. Some do not cool the fish before creaming, but skin and bone it, cut into pieces about three inches square, and bake in a shallow dish in two layers, with sauce intervening. Serve garnished with parsley and slices of hard-boiled egg. This quantity is enough for three pounds of fish, weighed after being skinned and boned, and will serve six persons if it is the only solid dish for dinner, or ten if served in a course. This dish is also called *Fish au Gratin*, and another way is to skin, cut off the head, and take out the back-bone, leaving the fish in two large pieces. Season the fish, and prepare the sauce as before; butter a tin sheet that will fit loosely into a large baking-pan, lay the fish on this and moisten well with sauce, cover thickly with bread-crumbs, and cook half an hour in a rather quick oven. Slip on hot platter and serve with tomato, tartare or hollandaise sauce poured around the fish. Cod cusk, flounder or any kind of light fish may be served after one or the other above methods.

Warmed-over Fish.—Stir a tablespoon flour into two of hot butter in saucepan, and add a half pint cold flaked fish, a teaspoon cold butter, dessert-spoon each anchovy or any other meat sauce and mixed mustard, a cup cream or thickened milk, pepper and salt to taste and a few bread-crumbs. Heat to boiling point and serve hot. Or, put into buttered dish with bread-crumbs and bits of butter over the top, and brown.

FRITTERS AND CROQUETTES.

Make the fritter batter quickly and beat thoroughly until smooth. A good rule is two eggs, whites and yolks beaten separately, half pint milk, one level teaspoon salt, and pint flour, a tablespoon American cooking oil, or butter, or salad oil, and a seasoning of cinnamon or nutmeg may be added if wished; if the batter is for fish or meat fritters add a saltspoon white pepper and a dash of cayenne. Water may be used instead of milk, with a tablespoon or two of lemon juice if liked, and some add the wetting gradually. The batter for fritters should be just thick enough to drop, not run, from the spoon—do not make too stiff—and should be made an hour before using. Some claim it is better to stand a day, as the grains of flour swell by standing after being moistened and thus become lighter. Add the whites of eggs—and when baking powder is used, that also—*just before frying.* Less eggs are needed with baking powder, using one egg in the above batter with a heaping teaspoon baking powder or teaspoon cream tartar and half teaspoon soda. The fritters are much nicer with the eggs, and without the rising powders, but it is convenient to use the latter when preparing for immediate use. Some use cracker dust instead of flour, thinking it makes the batter lighter. Arrowroot may be used to thicken batters, sauces, etc., making the mixture much more delicate, and with it butter can be omitted. Its thickening property is about three times that of flour. It is better not to use sugar in the batter, as it tends to make it heavy, but sprinkle it over the fritters in the dish when just ready to serve, though in

making fruit fritters some stir in a little sugar. Fruit fritters are made by chopping any kind of fresh or canned fruit fine and mixing it with batter, or by dipping it whole, halved, quartered or sliced into the batter, using a skewer or fork for this purpose, and taking a pint or less of any kind of fruit for the above quantity of batter. The fruit may be improved in flavor by sprinkling sugar and grated lemon or orange peel over it, and allowing it to remain two or three hours, after which drain and dip in the batter as above; or, marinade the fruit in a thin orange or lemon syrup. To marinade anything is to leave it in a composition long enough to absorb the flavor—in this case, from one to two hours. Pork fritters are made by dipping thin bits of breakfast bacon or fat pork in the batter. The common practice is to fry fritters in lard, but the American cooking oil is much superior and no more expensive. It never burns, can be used again and again, and keeps clear and perfectly sweet. Clarified drippings (see index), or half drippings and half lard, is much better than all lard. Have the fat in which to cook them nice and sweet, and heat slowly. Clarified fat boils at about five hundred degrees—more than double the heat of boiling water—and fat actually boiling will burn to a cinder anything that is dropped into it. The proper cooking heat is three hundred and seventy-five degrees, and is indicated by a blue smoke arising from the surface of the fat. When this point is reached, the fat may be held at that degree of heat, and prevented from burning by dropping into it a peeled potato or a piece of hard bread, which furnishes something for the fat to act upon. Generally the cold batter lowers the temperature of the fat sufficiently to keep it at proper cooking heat. The heat may be tested by dropping in a teaspoon of the batter; if the temperature is right it will quickly rise in a light ball with a splutter, and soon brown; drop the batter in by spoonfuls, being careful not to crowd, and fry to a golden-brown, turning with a wire spoon to brown both sides; if the fat is of the right heat the fritters will be done in from three to five minutes and be light and delicious; if they should begin to brown too much check the heat at once; take up carefully *the moment* they are done, with a wire spoon or skimmer, drain in a hot colander, or in a pan with brown kitchen paper or blotting paper in the bottom to absorb the fat, set in oven to keep hot; some drain on an inverted sieve, placing paper both under and over the fritters. Sift powdered sugar over them,

some use a little nutmeg or cinnamon also, and serve hot on a clean napkin to absorb any remains of fat; or line the dish with tissue paper fringed at the ends; paper napkins are nice for this purpose. To keep hot, cover with a *napkin*, never with a dish-cover; the former absorbs the steam that arises, which would otherwise gather on the inside of the cover, and dropping back on the fritters would make them soggy and heavy. A *Fritter Doily*, made of butchers' linen in the shape of a maltese cross, with any pretty design worked in the corners, is a new and happy conceit, as the fritters may be served upon it and the four ends be brought up to cover them. Always serve at once (frying as wanted) with syrup or honey, or any sweet sauce preferred, for which see Puddings.

In all the recipes that follow, the mode of testing the fat and frying is the same as given above. A tablespoon of batter makes a fritter of the usual size, a teaspoon about the size of an oyster.

Fritters bear a bad reputation, but when *properly* made, and eaten occasionally for a change, are quite as wholesome as many of the messes recommended as food for dyspeptics

Apple Fritters.—Make a batter in proportion of one cup sweet milk to two cups flour, a heaping teaspoon baking powder, two eggs beaten separately, one tablespoon sugar, and saltspoon salt; heat the milk a little more than milk-warm, add slowly to the beaten yolks and sugar, then add flour and whites of eggs; stir all together and throw in thin slices of good sour apples, dipping the batter up over them; drop in lard in large spoonfuls with piece of apple in each, and fry to a light brown. Serve with maple syrup or a nice syrup made of sugar. Another way of making is to beat three eggs very lightly, stir in one teaspoon salt, one-half cup sugar, one pint milk, two cups chopped apple and two cups flour. Flavor with nutmeg. Stir all well together and fry as directed in preface; sift sugar over them and serve. Or, peel, steam and pulp six good sized apples, add juice two lemons, four well-beaten eggs, sugar to taste and a little cream. Mix thoroughly, roll into balls with enough cracker dust or fine bread-crumbs to keep in shape and fry as above. Serve strewn with powdered sugar. A very nice way of preparing the apples is to pare and cut them across in slices about an inch thick, then with the corer remove the core from each slice, leaving a round opening in the center. Dip into the batter and fry each slice separately, lay them in a dish in a circle overlapping one another, sprinkle with sugar, and serve with a sweet sauce in the

center. *Orange Fritters* are prepared as above, and make a delicious desert.

Apricot Fritters.—Cut apricots in quarters, remove skins carefully and soak for an hour in orange syrup, drain on a sieve and dip each piece into this batter: Mix with one and one-half pints flour two tablespoons butter, two yolks of eggs and a little salt; stir in slowly and a little at a time a tablespoon more than a pint lukewarm water, and work the batter with a wooden spoon until it looks creamy, then add well-whipped whites of three eggs. Fry a golden brown color, place in a dish, sift powdered sugar over, and send to table with a custard poured around them, dipping a spoonful over each fritter in serving. Fritters may be prepared as above with any stoned fruit.

Banana Fritters.—One cup flour, yolks of two eggs, pinch of salt, two tablespoons melted lard or butter, water to make a batter as above. Add the whites beaten to a stiff froth, and stir in lightly three or four bananas cut in slices. Dip with a spoon and fry as directed in preface. Dust with powdered sugar and serve with whipped or plain sweetened cream. This will make a dessert for eight persons.

Berry Fritters.—One and a half pints flour, gill cream, or tablespoon melted butter, pint milk, six eggs, teaspoon salt; mix well and add either blackberries, currants, gooseberries or raspberries and fry by spoonfuls. Eat with a hard sauce.

Brain Fritters.—Beat one egg and a half cup sweet milk with sufficient flour to make a thick batter, seasoning with salt and pepper to taste. Beat well and stir in beef or pork brains. Drop by spoonfuls, and fry in hot fat. Considered by some superior to oysters cooked in same way.

Cake Fritters.—Take six or eight stale small sponge cakes and roll or pound fine; pour a cup boiling hot cream over them and stir in tablespoon corn starch wet with a little cold milk; cover for half an hour, then beat until cold and add the yolks of four eggs, beaten light and strained, the whipped whites, then a quarter pound currants thickly dredged with flour. Beat all well together. Drop from tablespoon, fry quickly and serve hot with any nice sauce. Or, make a sponge-cake batter, drop by teaspoonfuls and fry as above. Serve for dessert with a hot sauce.

Celery Fritters.—Boil thick but tender stalks of celery in salted water; when done dry on a cloth, cut in equal lengths about one and a half inches; fry in batter to a golden color, sprinkling fine salt well over, and serve. If wanted extra nice cut a half dozen stalks tender, well blanched celery into pieces an inch or two long

and boil in salted water until tender. While boiling make a batter as follows: Mix smooth the yolk of a raw egg and a tablespoon salad oil; add a little salt, pepper and grated nutmeg, sift in a half pint flour and add water to make a batter that will drop from spoon. Just before using add whipped whites of two eggs. Dip the cooked celery in this and fry a delicate brown in hot fat; drain and serve *at once.*

Clam Fritters.—Wash one dozen hard or soft shell clams, divide soft and hard parts of each clam, boil the latter in water half an hour, or till tender, drain, chop fine and add the water in which they were cooked, also the soft parts, yolks of two well-beaten eggs, saltspoon salt, dash or two of cayenne, half pint milk, whites of eggs, and flour so that batter will drop from spoon; fry as above. Or, make a batter with juice, an equal quantity of sweet milk, four eggs to each pint of liquid, and flour sufficient to stiffen; add chopped raw clams, or dip in the whole clam and fry.

Corn Fritters.—To one quart grated raw sweet corn, (fifteen common-sized ears) add yolks of three eggs and scant three-fourths pint cracker-crumbs; if corn is not juicy use less, making batter *only* stiff enough to drop from spoon. Beat very thoroughly, season with salt and pepper, add well-frothed whites, and drop with teaspoon and fry; turn out and drain as directed. Serve hot, using the fritter doily in dish, or place an ordinary napkin under and over. Some add to this batter a piece of salt codfish, size of a silver dollar, shredded very fine, as this gives the peculiar oyster taste, and hence the name sometimes given them of *Corn Oysters.* Above proportions make six dozen fritters, and are very easily made. Or, for *Dried Corn Fritters*, grate corn as above and dry on plates so as to preserve all the juice, as in recipe for drying corn, or better on the evaporator hereafter described. To make, soak the grated corn overnight in water or milk, and add eggs and crackers as above. These are as delicious as when made from raw corn, and well repay the trouble of drying the corn.

Corn Meal Fritters.—Beat and strain the yolks of four eggs; add one tablespoon each sugar and melted butter, one teaspoon salt, one-half teaspoon soda dissolved in hot water, a pint each milk and best corn meal, (sugar may be omitted). Beat hard five minutes and stir in the whipped whites of the eggs and a half cup flour into which a teaspoon cream tartar has been sifted. Beat again thoroughly, adding more milk if necessary to make it drop from the spoon; fry, drain and serve at once with a hard sauce.

Cream Fritters.—Whip the whites of five eggs and stir into one cup cream, add two full cups flour, a saltspoon nutmeg, a pinch of salt, and teaspoon baking powder. Beat hard two

minutes, fry by spoonfuls, drain and serve hot on napkin. Eat with jelly sauce.

Currant Fritters.—Put a half pint milk into a bowl with two tablespoons flour, which should previously be rubbed smooth with a little cold milk; stir well together and add four well-beaten eggs, three tablespoons each boiled rice, and fresh or dried currants, sugar and nutmeg to taste. Beat the mixture a few minutes, and if not thick enough add a little more boiled rice; fry by spoonfuls a nice brown, pile on a white napkin, strew sifted sugar over and serve very hot with a garnish of sliced lemon.

Egg Plant Fritters.—Take a large-sized egg plant, leave on stem and skin and boil in porcelain kettle until very soft, just so that it can be taken out with the aid of a fork or spoon; take off all the skin and mash very fine in an earthen bowl. When cold add teaspoon salt, plenty of pepper, two tablespoons flour, a half cup cream or milk and three eggs. Have fat hot, drop in batter as for any fritters and brown nicely on each side.

Grape Fritters.—Cup flour, yolks of two eggs, two tablespoons salad oil, pinch each spice and salt, and enough cold water to make a batter about like sponge cake. When mixed smoothly add whites of eggs beaten to stiff froth. Dip little clusters of grapes in the batter and fry in smoking hot fat. Take up, drain, dust with powdered sugar, and serve either hot or cold as a dessert.

Hominy Fritters.—Mix well one pint boiled hominy, one gill cream, two tablespoons corn starch, two eggs, half teaspoon baking powder, saltspoon salt. If too stiff add a little more cream or milk. Fry, drain and dust as above, and serve with any sauce liked.

Italian Fritters.—With a wooden spatula stir rapidly into one pound sifted flour one and a half pints boiling water. Add three or four eggs, one at a time, and beat well in, thus forming a very delicate batter paste. Press this through a syringe or confectioners' bag into hot lard, and as soon as a bright yellow color they are done. Drain in colander, pile on a dish and powder plentifully with fine sugar. This is a favorite dish in Italy, called there "cinci." May be served with a sauce if liked.

Lemon Fritters.—Three eggs, one pint flour, three-fourths teacup powdered sugar; beat the yolks well, add flour and enough milk —about a gill—to make a stiff batter; beat the whites stiff with the sugar, the juice of a lemon and some of the yellow peel grated off, or teaspoon extract of lemon, and beat into the batter just before frying.

Lobster Fritters.—Put one lobster in two quarts boiling water with a half cup salt, and boil twenty-five minutes; when cold

remove the meat and fat and cut into small slices; put into a saucepan a tablespoon each butter and flour, a cup cream, little celery, salt, thyme, white pepper, and a saltspoon parsley; let boil two minutes and add yolks four eggs and the lobster; mix and set back to simmer five minutes; pour it out on a well greased dish and set away to get firm by cooling; cut into slices, dip into fritter batter, (see preface) and fry as directed. Serve on the fritters a few sprigs of parsley, quite dry, fried in lard fifteen seconds.

Mince Meat Fritters.—Mix half pound (about one pint) mince meat, four tablespoons bread-crumbs or one tablespoon flour, two eggs and juice of half a lemon; beat well together and fry as directed.

Nutmeg Fritters.—One cup sugar, butter size of hickory nut, one and a half cups sour milk, one teaspoon soda and a little nutmeg. Stir in flour till thick as fruit cake; drop a teaspoon at a time in hot fat. Very nice for breakfast with coffee.

Orange Fritters.—Make a nice light batter with one pint flour, tablespoon butter, half saltspoon salt, two eggs and sufficient milk to make it proper consistency; peel oranges, remove as much of the white skin as possible, and divide each orange into eight pieces without breaking the thin skin, unless necessary to remove pips; dip each piece of orange in the batter, drop in hot fat, and fry a delicate brown. Serve sprinkled with powdered sugar. Or, cut oranges in slices across, take out all seeds, dip slices in batter, fry and serve as above.

Oyster Fritters.—Drain one dozen oysters and dry thoroughly in a towel; make a batter of two cups flour, yolk of one egg, tablespoon salad oil, saltspoon salt, dust of cayenne, well-beaten white, chopped oysters, and sufficient oyster liquor to make a batter thick enough to drop from spoon. Or, leave oysters whole and dip singly in batter, using a fork or skewer, and fry. For latter way have batter thicker than if chopped oysters are used. One cup milk may be substituted for the liquor, and some add half teaspoon lemon juice.

Parsnip Fritters.—One cup dry mashed parsnip, tablespoon each butter and flour, an egg, and salt and pepper. Stir all together; drop by spoonfuls and fry as directed.

Peach Fritters.—(With yeast.) Sift a quart flour into bowl, add a cup milk and half cup yeast, and set in warm place to rise. This will take five or six hours. Then beat four eggs very light, with two tablespoons each sugar and butter and a little salt; mix with the risen dough and beat thoroughly with wooden spoon. Knead with the hands; pull off bits of dough about the size of an

egg, flatten each and put in the center a peach, from which the stone has been taken through a slit in the side; enclose it in the dough, make into a roll and set in order upon a floured pan for second rising. The balls must not touch and should be light in an hour. Have ready a large kettle or saucepan of hot lard, drop in the balls and fry more slowly than fritters made in the usual way. Drain on hot white paper, sift powdered sugar over and serve hot with rich sauce. These fritters may be made of canned peaches or apricots drained and wiped dry.

Pineapple Fritters.—Pare a pineapple with as little waste as possible and cut into rather thin slices; soak the slices four hours in a lemon syrup, dip into the fritter batter given in preface and fry. Serve quickly, strewn with sifted sugar. A very elegant dish.

Potato Fritters.—Boil two potatoes, and beat up lightly with a fork—do not use a spoon, as that would make them heavy. Beat yolks of four eggs well, add two tablespoons each cream and orange juice, two-thirds tablespoon lemon juice and half teaspoon grated nutmeg and beat all together for at least twenty minutes, or until the batter is extremely light; then add well frothed whites of three eggs and fry as directed. Serve with the following hot sauce: Four tablespoons orange juice and half pint boiling water, mixed with the strained juice of a lemon, warmed together and sweetened with white sugar. Or scoop out the insides of four nicely baked potatoes and make as above, using four tablespoons cream and adding two of powdered sugar; flavor with juice of a lemon and half the grated peel, or a half teaspoon vanilla.

Queen Fritters.—Put three heaping tablespoons flour into a bowl and pour over it enough boiling water to make a stiff paste, stirring and beating well to prevent lumps. Let cool, break into it (without beating) yolks of four eggs and whites of two, and stir and beat all well together; drop by dessertspoonfuls, and fry a light brown. They should rise so much as to be almost like balls. Serve on a dish, with a spoonful of preserve or marmalade dropped in between the fritters. Excellent for a hasty addition to dinner, when a guest appears unexpectedly; easily and quickly made, and always a favorite.

Rice Fritters.—Boil one cup rice in one pint milk until soft; add yolks of three eggs, one tablespoon sugar, two tablespoons each butter and flour; when cold add the whites of the eggs whipped to a stiff froth; drop in spoonfuls and fry a light brown. Serve with sweetened cream or lemon sauce. To make nice fritters with marmalade cook seven tablespoons rice in a quart milk, with six tablespoons sugar and one of butter, over a slow fire until perfectly tender, which will be in about three-quarters of an hour; then strain

away the milk, should there be any left, and mix with it six tablespoons orange marmalade and four well-beaten eggs; stir over the fire until the eggs are set; then spread mixture about half an inch thick, or rather thicker, on plate or board. When perfectly cold, cut into long strips, dip in batter and fry a nice brown. Dish on a white doily, strew sifted sugar over, and serve quickly. Another excellent way is to soak a cup rice, three hours in enough warm water to cover well; then put it into a farina-kettle, set in an outer vessel of hot water, and simmer until dry. Add two cups milk and cook until it is all absorbed. Stir in one tablespoon butter and take from fire. Beat three eggs very light with three tablespoons sugar, and when the mixture is cold stir them in with a flavoring of nutmeg and a little salt. Make into round flat cakes. Place in the middle of each two or three raisins which have been "plumped" in boiling water, roll the cake into a ball enclosing the raisins, flour well and fry in hot fat. Serve on a napkin, with sugar and cinnamon sifted over. Eat with sweetened cream, hot or cold. Or scald nine tablespoons rice and boil it in just enough milk to keep rather thick. When partially cooled mix with it a lump of butter, four tablespoons grated cheese and yolks of three eggs. Season to taste, drop into hot fat by spoonfuls and fry a nice brown. Arrange in a circle on a napkin lapping over one another and serve.

Rye Fritters.—Two eggs, three cups flour, one cup rye-meal, one teaspoon soda, two of cream tartar, one cup sugar, a little salt; mix with milk or water, drop from a spoon into hot lard.

Sandwich Fritters.—Cut thin slices of bread and butter them; spread half with any jam that may be preferred, and cover with the other slices; slightly press together, and cut in square, long, or round pieces. Dip in a batter, prepared as in preface, and fry in hot fat for about ten minutes; drain and sprinkle over with sifted sugar, and serve.

Snow Fritters.—The success of these depends upon using snow that has just fallen and is full of bubbles of air, which makes them light. Have the fat hot, and make a thick batter of a pint milk, level teaspoon salt, and sifted flour to make thick enough so that when dropped the batter will cling for a moment to the spoon; when the fat begins to smoke, stir into the batter very quickly a cup newly fallen snow and fry at once by tablespoonfuls. If the batter stands after snow is added the fritters will not be light, because the air will soon escape from the batter. Serve with syrup, sugar and butter, or any sauce preferred. Some add an egg and an apple chopped fine.

Walnut Fritters.—Take two-inch squares of baked "walnuts" rolled very thin, marinade in orange syrup and dip in batter and fry.

Vanities.—Beat two eggs, stir in pinch salt and a half teaspoon rose-water, add sifted flour till just thick enough to roll out, cut with a cake-cutter, and fry quickly in hot fat. Sift powdered sugar on them while hot, and when cool put a tea-spoon jelly in the center of each one. Nice for tea or dessert.

Croquettes.

To make croquettes successfully has been said to require both painstaking and practice, but by observing the directions given here and in the recipes that follow, one who has never before attempted these dainties may, with a few odds and ends from the breakfast or dinner table, create surprisingly tempting dishes, both to the eye and the palate. All ingredients must be thoroughly mixed; when meat is used all bits of bone, gristle, skin and fat must be carefully removed and meat chopped very fine, and the whole mixture made as moist as can be handled. Very dry or tough meat is not suitable for croquettes; tender, roasted pieces give the best flavor. When the mixture is to be cooked it is only necessary to thoroughly heat through, and it must then stand until cold before shaping. If too moist add a little cracker-dust or crumbs, if too dry a little cream or yolk of an egg. Use white pepper for seasoning.

Croquettes may be made into flat, oval, pear or egg shapes, balls and rolls, of which the latter are most easily made, but the pear shape is the handsomest; when fried and ready to serve make an incision in the stalk end and insert a piece of citron an eighth of an inch square and about an inch long for a stem, and a clove for the blossom; great care is required in shaping and frying. When shaped as rolls they should be about three inches long, and are made by taking the desired quantity of the mixture and rolling it very gently on a board sprinkled lightly with fine bread-crumbs or cracker-dust. Handle very carefully, slightly flouring the hands, as the slightest pressure will break them. Let them lie on the

Croquettes.

board until all are finished, when if any have flattened they must be rolled into form again. When croquettes are shaped have ready some well-beaten eggs in a soup plate or shallow dish—the number will of course depend upon the number of croquettes—and some finely rolled bread or cracker-crumbs or cracker-dust on a board, or sheet of clean brown paper. Save all bits of bread for such purposes, and prepare by drying in the oven and rolling *very fine*, as fine as possible, keeping in a covered box, tin can or glass jar, or in a closely tied paper sack, in dry place. Cracker-dust may be bought at almost any grocery. The croquettes may be single-breaded, double-breaded or double-egg-breaded, according to the amount of moisture they contain, and must always be so thoroughly encased in the egg and crumbs that the fat may not penetrate them. To *Single-bread* simply coat with the beaten egg first (either by dipping the croquettes into it or brushing them over) and then roll them in crumbs, beginning with those that were first egged and proceeding in that order until all are done. *Double-breading* is rolling them first in the crumbs, then coating with beaten egg, and again rolling in the crumbs. To *Double-egg-bread*, dip first in egg, then roll in crumbs, dip again into the egg, and roll in crumbs again. The croquettes are very much nicer to let stand fifteen minutes after they are crumbed before egging and breading again, and from a half hour to an hour before frying, which dries the eggs and crumbs thoroughly into a sort of shell. The improvement in appearance and lightness will well repay one for the extra time and trouble. When double-egg-breading some think the croquettes much handsomer to roll the last time in rather coarse bread-crumbs, using either cracker-dust or fine crumbs for first breading. It is also recommended to add to the eggs to be used in breading a mixture of oil, water and salt, in the proportion of one tablespoon each oil and water and a little salt. Use either American cooking oil or salad oil. Fry in hot fat or oil, as fritters, a few at a time (a frying basket is very convenient for this purpose), cooking until a rich brown color, which will take a minute or two; then take up, drain, and serve as directed for fritters. Or they may be fried in frying-pan in a little butter or drippings, but are not as nice. In making croquettes after recipes given, any seasoning or flavoring not liked may be omitted and

Frying Basket.

another substituted for it or not as preferred. Croquettes may be fried without breading if making in a hurry, by simply rolling in flour, without using the eggs, but the result will not be so satisfactory or pleasing.

A pretty breakfast dish may be made of croquettes of fish, lobster, fowl or meat in the shape of hen's eggs heaped upon a dish and surrounded by very thin strips of fried potato, arranged to look as much as possible like straw, and garnished with *croutons* of bread. Corn fritters and any good meat croquettes are nice served together at tea or luncheon on same platter, neatly arranged heaps of fritters on one end of platter and croquettes on the other, placing two fritters and two croquettes upon each plate.

Hen's Nest.

Bread Croquettes.—Cut the crust from a stale loaf of bread or rolls, and cut into balls, squares, circles, diamonds, etc. Soak them in a shallow dish containing a cup milk with two teaspoons sugar and a flavoring of cinnamon and nutmeg (some add a beaten egg), turning occasionally until the whole is absorbed; or, soak them in a thin custard flavored with lemon-zest, vanilla or rose-water. Do not let them become moist enough to break. Bread and fry as directed in preface, and serve with lemon sauce.

Chicken Croquettes.—Take cold minced chicken and bread crumbs in the proportion of one-fourth as much bread-crumbs as meat, and one egg beaten light to each cup of meat, with gravy enough to moisten the crumbs and chicken—or, if there is no gravy, a little drawn butter or cream; add pepper, salt and chopped parsley to taste, and mix with meat the yolks of two hard-boiled eggs rubbed fine with a spoon. Mix all into a paste, shape into balls with floured hands, double-bread them and drop into hot lard. Drain and serve in a heated dish, garnished with cresses or parsley. Mashed potato may be used instead of bread-crumbs, taking two-thirds as much potato as meat. Or, fry three shallots in butter, add half pint chopped chicken, dredge in teaspoon flour, season with pepper, salt, mace, pounded sugar, and add sufficient white sauce to moisten it; stir in yolks of two well-beaten eggs, and cool. Then make mixture up in balls, single-bread and fry a nice brown. They may be served on top of border of mashed potatoes with gravy or sauce in center. Or, chop cold chicken with a few slices ham, fat or lean, add half as much bread-crumbs, season with salt and pepper, a little nutmeg, teaspoon each made mustard and catsup and tablespoon butter; mix and work well together, make

into cakes, single-bread and fry; or another good proportion is a full pint cooked and finely chopped chicken, one tablespoon each flour and salt, half teaspoon each pepper and onion juice, one cup cream or chicken stock, and three tablespoons butter. Boil the cream or stock, add chicken and seasoning and boil two minutes; stir in two well-beaten eggs and take from fire immediately. When cold, shape, roll in crumbs and fry. Finely chopped onion is often used instead of onion juice, and chopped mushrooms are a nice addition. Chopped parsley, thyme, sage, mace, nutmeg, or any seasoning liked, may be employed, and some prefer cracker-dust to bread-crumbs. The meat of any fowl may be used, and *Veal, Mutton and Ham Croquettes* are make in same way, or half veal and half ham is a nice mixture. Ham and chicken mixed is also good. For a more elaborate dish make the *Croquettes with Truffles*: Cut cold roast chicken into tiny squares; take same quantity of truffles, diced, and mix all with some thick, well-seasoned white sauce, into which has been stirred some chopped mushrooms, onions, and yolks of two eggs. Make into balls or any shape fancied, single-bread and fry. Garnish with fried parsley.

Chicken Croquettes with Brains.—Chop fine the meat of one cold boiled chicken and add to it the finely chopped meat of two or three calves' brains, first soaking them in cold salted water one hour, then skinning and placing in cold salted water and a little vinegar and boiling ten to fifteen minutes; season the mixture with salt, pepper, finely-chopped parsley, lemon juice, and a little grated lemon-peel, and add three-quarters cup butter. If too stiff add a little cream. The softer and more creamy they are the better—just so they will hold together; shape, double-egg-bread and fry. Serve with tomato sauce with sliced mushrooms; or, for a *Triple Croquette*, prepare as above half a chicken, one sweet-bread boiled till tender, and one brain, and to the finely-chopped mixture add a well-beaten egg, teaspoon chopped parsley, and salt and pepper to taste. Put in stewpan half pint cream and add one tablespoon corn-starch, first mixed smoothly with a little of the cream, then add the chopped and seasoned mixture and stir till it bubbles. Take off, and when cold shape and double-egg-bread; fry in basket as directed in preface.

Chicken Croquettes with Sweetbreads.—Take the white meat of a chicken and pound it to a paste with a large boiled sweetbread freed from sinews; beat one egg with a teaspoon flour and four tablespoons cream, and add, with salt and pepper, mixing all well together; put in a pan and simmer just enough to absorb part of the moisture, stirring constantly; turn out on flat dish and set in ice-box to become cold and firm, then roll into small neat shapes of cones, rolls or balls, handling carefully, and fry a delicate brown. Some add a little grated nutmeg. Or, for a *Royal Sweetbread*, stir

two tablespoons butter and one of flour in stewpan over fire; when it bubbles add little by little one pint cream, then the finely-chopped meat from two sweetbreads soaked five minutes in boiling water, and one boiled chicken, dark and white meat, seasoned with one tablespoon each onion juice (or half teaspoon grated onion) and chopped parsley, one teaspoon mace, and salt and pepper to taste. Stir till well heated, take from fire, add lemon juice and let cool. When cold roll into shape with fine cracker-crumbs and double-egg-bread as directed, letting them stand till dry after rolling in cracker-crumbs first time, and then using rather coarse bread-crumbs for last rolling. Or, for *Croquettes with Bread Crumbs*, take after chicken and sweetbreads are finely chopped and seasoned as above (without the lemon juice) an equal quantity of fine bread-crumbs. Place in stewpan as much broth from boiled chicken (having saved it all) as will moisten the crumbs, in proportion of about half pint to a pint crumbs; add four tablespoons cream and two of butter; when boiling add crumbs till they adhere to spoon. Mix with meat and when cool add two well-beaten eggs and mold into croquettes; double-bread and fry as above.

Crab Croquettes.—Boil two crabs fifteen minutes, remove the meat from the shells and chop it coarsely. Melt three tablespoons butter in a saucepan, stir into it six tablespoons flour and add to this by degrees a half pint milk. When this is brought to the boiling point let it boil for two minutes and take from fire. Throw into the saucepan the meat from the crabs, add to the mixture one grain cayenne, half teaspoon pepper, teaspoon each anchovy sauce and salt, and when thoroughly mixed turn it out upon a plate and let cool. When quite cold form into small rolls three inches in length, single-bread and fry; serve on a folded napkin garnished with sprigs of parsley.

Cream Croquettes.—Put stick cinnamon one inch long in pint new milk in custard kettle. When hot stir in three tablespoons sugar, two of corn-starch and one of flour, the two latter rubbed smooth with two or three additional tablespoons cold milk; let cook ten or fifteen minutes, stir in beaten yolks of three eggs, take out cinnamon and place inner kettle on table and stir in half tablespoon butter and half teaspoon vanilla. Pour on a buttered platter till one-half inch high; when cold cut in two-inch squares, carefully double-bread with cracker-crumbs, having the beaten egg slightly sweetened. Fry as directed and place on papered pan in oven for five minutes to drain and soften the croquettes. Serve hot on a hot dish—this is imperative—first sprinkling with sugar. A richer cream may be made by using three tablespoons butter, two whole eggs, and four additional yolks. Either is simply delicious.

Hominy Croquettes.—Pour one and a half pints boiling water on a half pint hominy, stir, cover and boil slowly, stirring occasion-

ally for twenty minutes, or until the water is absorbed and the hominy rather stiff; add one and a half gills milk and teaspoon salt, stir thoroughly, cover and let stand ten minutes, cooking again if necessary, very slowly; it should be like a tolerably thick batter, but not too thick to drop. Beat in a tablespoon butter and pour the whole into a shallow pan to cool—if allowed to get *cold* it will be too stiff. Make into balls the size of an egg, single-bread and fry. This quantity should make fifteen croquettes. Or, to make with cold hominy, work two tablespoons melted butter with two cups cold boiled hominy, add two well-beaten eggs and a pinch of salt, beat thoroughly and make into balls or rolls. Some add a cup milk by degrees and two teaspoons sugar. Single-bread them and fry. Serve with syrup or a sweet sauce.

Lobster Croquettes.—Finely chop the meat of a lobster, work in two tablespoons butter—melted, but not hot—then a teaspoon each anchovy sauce and lemon juice, a little salt, pepper, mace and lemon peel, two raw eggs, and lastly a half cup bread-crumbs. Make into egg shapes, single-bread them and fry quickly. Drain thoroughly and serve very hot. These croquettes are delicious. The dish should be garnished with slices of lemon. Pass milk or cream crackers with them.

Meat Croquettes.—Take cold chicken, or roast or boiled beef or veal, mince very fine, moisten with cold gravy if at hand, or moisten well, and add one egg, season with pepper, salt, and an onion, or sage; make into small cakes or rolls, single-bread, and fry in lard and butter. One cup fresh boiled rice may be added before making into cakes. Or, take one-quarter as much cold potato, either mashed or chopped and pounded fine, as cold cooked beef or meat of any kind, chopped very fine, with gravy or cream enough to moisten, add one beaten egg and pepper and salt to taste, with a pinch of marjoram; mix, season, and form into balls. Double-bread them and fry in hot lard to delicate brown. Drain and serve hot. Bread-crumbs may be used instead of potato, using half and half, or any proportion wished; or one-third meat, potatoes and bread-crumbs. For *Fresh Meat Croquettes* take any fresh meat, beef, veal or mutton, and grind through a small meat cutter, or chop and pound very thoroughly to a jelly, then add quarter as much either bread-crumbs or potatoes; add egg, etc., and finish as above. Or, prepare meat as above, add pepper and salt, and one-fourth as much bread-crumbs as meat, moisten with a little boiled milk that has cooled, add one egg, a little chopped onion, and single-bread and fry in a little butter, or immerse in hot fat.

Meat Croquettes.

Oyster Croquettes.—Take half pint each raw oysters and cooked veal, a heaping tablespoon butter, three of cracker-crumbs,

yolks of two eggs, one tablespoon onion juice; chop oysters and veal very fine, soak the crackers in oyster-liquor, and then mix all the ingredients and shape, single-bread in cracker-dust and fry. The butter should be softened before mixing.

Parsnip Croquettes.—Boil six parsnips till tender; when cold grate and mix with two eggs, season and add flour, and shape into balls, single-bread or not, and fry by immersion; or fry plainly in a little oil, drippings or lard.

Potato Croquettes.—Two cups cold mashed potatoes, two well-beaten eggs, one tablespoon melted butter, a teaspoon fine bread-crumbs, salt, pepper and a little chopped parsley, or other seasoning to taste. Mix well, make into balls, single-bread and fry. Or, melt butter in saucepan, add two tablespoons milk, let boil; then add potatoes first pressed through sieve, stir well together till potatoes are very hot; take from fire, add pepper, salt and cayenne, drop in yolks of two eggs, and stir till the heat of potato dries the egg; let cool and roll into small balls with a little flour to prevent sticking to hands, and then single-bread, using the whites of the two eggs. The yolks give the croquettes a rich yellow color; if whites were added to croquettes they would be difficult to form into balls and the color would not be so fine.

Rice Croquettes.—Put three-fourths pound of rice over the fire in a quart milk and simmer slowly twenty minutes; remove from fire, stir in beaten yolks of two eggs, a teaspoon lemon juice, saltspoon salt, and three tablespoons sugar; beat all thoroughly together, turn into a bowl and let stand until cool, then make into balls; beat the whites of two eggs until quite light but not to a firm froth, dip the balls into this, then into fine bread-crumbs and fry. Serve thickly sprinkled with sugar. Or, take one large cup cooked rice, half cup milk, one egg, one tablespoon each sugar and butter, half a teaspoon salt, slight grating of nutmeg. Put milk on to boil, and add rice and seasoning. When it boils up, add the egg, well beaten, stir one minute, then take off and cool. When cold, shape, single-bread, fry, and serve very hot. Any flavoring can be substituted for the nutmeg. For nice croquettes without eggs put a quarter of a pound of Carolina "head" rice—or nine tablespoons—a pint milk, three tablespoons powdered sugar, butter size of a walnut, and a teaspoon extract vanilla into a saucepan and simmer gently until the rice is tender and the milk absorbed. It must be cooked until thick and dry, or it will be difficult to mold into croquettes. Beat thoroughly three or four minutes; turn out on a flat tin, and when cold and stiff form into balls, single-bread them and fry. A very excellent recipe for croquettes when one has to prepare them hastily and has not time to bread them, is one cup cold boiled rice, a teaspoon each sugar and melted butter, half teaspoon salt,

one egg beaten light, eight crackers rolled fine, and a little sweet milk; mix all well together, make into oval cakes and fry in butter till a nice yellow brown. Syrup, or a nice sweet sauce, should be served with rice croquettes.

Rice Ball Croquettes.—Boil a half pound rice—or eighteen tablespoons—in a quart stock, broth or water very gently for half an hour, add three tablespoons butter and simmer until quite dry and soft. When cold make into balls and fill with the chopped meat of a cold fowl, mixed with six tablespoons each white sauce and broth, which should be rather thick; cover over with rice, single-bread them and fry. Garnish with fried parsley. Oysters, white sauce, or a little cream may be stirred into the rice, if liked, before it cools. Or, for a dessert dish, boil the rice in milk, with three or four tablespoons sugar, flavor with lemon peel, vanilla or bitter almonds, and make into balls with a small piece of jelly or jam in the center of each, bread them and fry.

Salsify Croquettes.—Wash, scrape and boil the salsify till tender; rub it through a colander, and mix with pulp a little butter, cream, salt, cayenne and lemon juice; mix ingredients thoroughly together to a smooth paste, and set dish in ice-box to get cold; then shape it into small cakes or cones, single-bread and fry crisp and brown.

Venison Croquettes.—Three-fourths pint chopped venison, one-fourth pint stale bread, crumbed fine, one cup gravy thickened with browned flour, one teaspoon jelly, a pinch of mace, very little grated lemon peel, and chopped parsley to taste. Stir the jelly into the gravy with the seasoning; with this mix the meat and crumbs, add the beaten egg, make into rolls, single-bread them and fry. *Mutton Croquettes* are nice made same way.

Venison Croquettes.

FRUIT.

Fruit is very generally and erroneously regarded as a luxury rather than as a valuable, even necessary, article of food, and many housekeepers who now stint this supply for economy's sake would do better to banish rich pastry entirely from their tables and substitute instead an abundance of fruit. Acid fruits furnish oxygen in abundance, and consequently assist in the assimilation of the carbonaceous elements of food. If the diet is largely made up of fats, sweets and starchy foods, which are mostly carbon, a great deal of oxygen is needed to carry on the necessary chemical combustion, and when this is not obtained either by out-of-door exercise or the free consumption of fruit, headaches and biliousness result ultimately followed by more serious disorders, such as neuralgia, rheumatism, fevers and inflammatory diseases. So that for persons engaged in sedentary pursuits it is evident that fruit is as necessary as bread and meat. The hydroganic acid found in most northern fruits not only stimulates digestion, but is itself a nerve food; peaches, apricots, apples and cherries abound in this acid, retaining it in a large degree when dried, and it is contained also in almonds, raisins and peach pits, which eaten after meals often aid digestion. One or two peach pits eaten regularly thus have been known to effect permanent cures of the nervous forms of indigestion, and if their value in this respect were generally known they would not be so universally wasted. A prominent physician has suggested that "Feast on Fruit Freely," be hung as a motto in every dining room and taught to every person. Fruit should be eaten at meals instead of between meals, and no breakfast, especially,

should be made without it. All fruits intended for immediate eating should be gathered before ten o'clock in summer in order to obtain their best flavor. And if the market is to be depended upon the utmost care should be exercised in its selection.

California and Florida oranges are the best, a difference of opinion existing among fruit connoisseurs as to the comparative merits of the two, which rival each other so closely that there is perhaps but little choice.

The only really desirable lemons, aside from a few from Riverside, California, are the Messinas, Palermos and Sicilys, all foreign importations, ranking in the order named. Choose the heavy fruit, with clean, smooth, thin skin, of a bright yellow color, and the medium sized lemon, known among dealers as the "360" is the best. The large lemons are more showy and expensive but are apt to be dry.

The banana is the most nutritious of all fruits, and is becoming more popular every year.

The plantain is a tropical fruit of the banana species, of the same shape and color but much larger—about two feet long and three inches in diameter—is of a coarse fibre and is not palatable raw, but very good fried or baked. It is considered very nutritious and wholesome, and is one of the main products of Honduras.

The guava is a fruit not generally known in the north, though quite a demand exists in southern markets. There are several varieties of this fruit, some of which are natives of Asia, some of America, and some are common to both. The best of these is the white guava, which is abundant in the West Indies; is rather larger than a hen's egg, smooth, yellow and of a peculiar smell. The pulp is of a very agreeable taste, sweet and aromatic, and is used at dessert and preserved. Gauva jelly comes from the West Indies, is highly esteemed, and excellent for giving strength and tone to one after a long illness or when digestion is impaired.

Pineapples when well matured are delicious and wholesome, and may be had at almost any season.

Of the smaller domestic fruits strawberries may be had from the last of April until into July. The Crescent is the best variety for table use. Cherries ripen in June and the best table varieties are the Oxheart, Whiteheart and Blackheart. The sweet "ground cherry," as it is called, is a fruit but little known in market though

it has been successfully grown in private gardens for many years. It is the fruit of a plant which in its general appearance, habits and growth resembles the tomato plant. The fruit is round as a cherry, and about three-fourths of an inch in diameter when taken out of the husk in which it is enclosed. When ripe the fruit falls from the plant and is better to lie in the husk awhile, when it becomes very sweet. It makes most excellent pies, sauce or preserves, and requires very little sweetening. When dried with a little sugar it is equal to raisins for many purposes. It begins to blossom the last of July, and, like the tomato, continues to blossom, set and ripen till killed by the frost. Currants include red, white and black varieties, the best of which are known as Cherry, Fay's Prolific, White Dutch, and White Grape, and choice fruit can be obtained in almost any market during July. The ripening season begins in June, and the fruit may be had until into August. Of red raspberries the Cuthbert is the finest of any yet known, though excellent fruit is plentiful in its season, which is from the middle of June to the middle of August. White raspberries are scarce and highly prized. Fine black raspberries, or "black-caps," are common everywhere in this country, as are also blackberries, of which the Lawton ranks the highest. Gooseberries are not so much used fresh at table as they should be, as when perfectly ripe they make a delicious dessert. There are a number of varieties, red, yellow, green and white, and may be had from May till August. What are known as whortleberries and huckleberries are often confounded with blueberries, which are much superior though of the same species. The former have larger seeds and not so fine flavor as the latter, and are not so desirable for any purpose. Blueberries make a delicious dessert sprinkled with ice and sugar and served with cream as any other fruit.

Every section has its favorite varieties of melons—the earliest shipments coming from the gulf coast islands about June 1st—any of which make a wholesome addition to breakfast or dessert. The nutmeg melons are very choice and have long ranked highest in market, but the Japan melon is a later and still more perfect production. It has a rough green rind, and when well ripened, a smooth, yellow pulp, sweet and luscious. Watermelons are plenty and cheap everywhere.

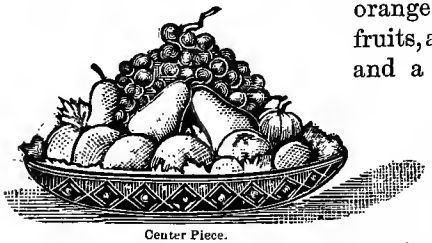
Of the delicious peach only the freestones are suitable for table use when raw, but the "clings" are very fine in compotes, stews, etc. The vegetable or vine peach is another fruit but little known, though very desirable. It grows on a vine similar to a muskmelon vine, and ripens in August. It is of about the size of a large peach, yellow when ripe, and when peeled, halved and the seeds taken out, looks very much like a peach treated in the same manner; it makes very nice pies, and for sweet pickles and preserves is unsurpassed. Apricots and nectarines are fruits similar in character to the peach, without its rough, fuzzy coat, and not to be compared with it in lusciousness and fine flavor.

Pears may be obtained from the middle of July until well into the winter, the Bartlett being the choicest and the Winter Nellis being the best keeper. The fine-grained pears are best for eating. There are several good varieties of plums, the California and Oregon fruit, sweet, large and fine flavored, leading.

The apple is, however, the staple American fruit, and no other is grown to such perfection or can be so easily preserved through the winter. This fruit is palatable and nutritious, easily digested when perfectly ripe, so common as to be found on the humblest tables, and may be prepared in a great diversity of ways.

The albuminous fruits, such as cocoa-nuts, filberts, almonds. hickory nuts, etc., are really seeds, and contain a large proportion of nutritive matter. Cocoa-nuts should be bought cautiously in summer, heat being likely to sour the milk. The Jordan sweet almond is the best, the Tarragon ranking next, and the California Soft Shell being third. The kernels of the sweet almonds are served in either a green or a ripe state at dessert, but the bitter almonds are little used and only in cookery.

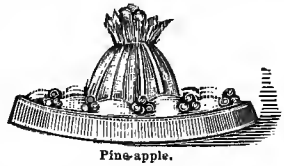
The arrangement of fresh fruits for the table affords play for the most cultivated taste and not a little real inventive genius. Melons, oranges, and indeed all kinds of fruits, are appropriate breakfast dishes, and a center piece of mixed fruits furnishes a delicious dessert, and is an indispensable ornament to an elegant dinner-table. Large fruits, or large bunches of fruits are required, and that shown in cut is composed of pears, peaches, apricots, and



Center Piece.

plums as a kind of raised ground-work, with a magnificent bunch of royal-purple grapes on top. The colors of the fruits should blend harmoniously and the effect should be fresh and apparently unstudied, but they should be firmly placed so that when the dish is moved there will be no danger of an avalanche. Green leaves are well-nigh indispensable to the preparation of fresh fruit for dessert, but there should be just enough and no more; a judicious peep of one here and another there, a tuft of green on this side and on that is all that is needed. Too many leaves will utterly spoil the effect and render it inartistic. This garnishing with foliage needs especial attention, as the contrast of the brilliant-colored fruits with nicely arranged leaves is very charming. The garnish *par excellence* for dessert is the ice-plant, its crystallized dewdrops producing a marvelous effect in the height of summer, giving a most inviting sense of coolness to the fruit it encircles. The double-edged mallow, strawberry and vine-leaves have a pleasing effect; and for winter desserts the bay, cuba, and laurel are sometimes used. Flowers may be very gracefully and artistically combined with fruits, and a pyramid of grapes made up of Malagas, Delawares and Concords makes a showy center piece and a delicious dessert. Rosy-cheeked apples in a firm row for a base, and fine yellow pears piled carelessly on top, stems upward, with a green leaf here and there, make a pretty dish. Apples and pears look well mingled with plums and grapes hanging from the border of the dish in a *neglige* sort of manner, with a large bunch of grapes lying on top of the apples. Strawberries and black raspberries in alternate rows, separated by a light fringe of green leaves, in cone-like form, is another attractive dish. Peaches and apricots mingle prettily with green leaves, and plums and green gages set one another off advantageously with a judicious addition of leaves. Attractive methods of serving melons and small fruits are given in recipes that follow. Almonds and raisins are served together, the almonds being first blanched, and then thrown in among the fruit, Serve large nuts of various kinds together, a sufficient portion for the dessert cut open or cracked, and all carefully arranged in a pyramid. Nuts of any kind should be so cracked and heaped up. Dates and figs may be put together in a variety of ways, the two colors giving a distinct character, and look well with a few leaves and tufts here and there. Pine-apples are thought to

be much more delicious if sliced and sprinkled with sugar, some time before serving, but if wished for a more ornamental dish they should be cut as illustrated, and served with a border of oranges and cherries or grapes, with the tuft in the top and a few green leaves scattered about. A pine-apple in the center of a dish, surrounded with large plums of various sorts and colors, mixed with pears or rosy-cheeked apples, all arranged with a due regard to color, have a good effect.



Pine-apple.

Frozen fruits should stand an hour or so after freezing, and in adding whipped cream beat it in thoroughly with a wooden spoon or paddle. Fruit creams are very elegant desserts, and are made by adding double the quantity of cream to the fruit pulp, which is obtained by passing through a puree sieve. Whip together, sweeten to taste, and serve in glasses with whipped cream on top. To mold fruits, cook slowly with sufficient sugar to form a jelly—pound for pound—and turn into molds. Or to more perfectly preserve the form of the fruit make a jelly of a little of the fruit juice and water, stir in the cooked fruit when both are nearly cold, and turn into molds. One of the most valuable uses of apples is to employ them in conjunction with other fruit—either to ameliorate the harshness of damsons or add to the flavor of blackberries, and they are cooked also with quinces, green gages, pineapples, apricots and with raspberry or currant preserves. When used with the larger fruits choose apples of same size if possible, and cut in same shaped pieces or slices. An apple-corer, a cheap tin tube, made by any tinner, is indispensable in preparing apples for cooking. They are made in two sizes, one for crab-apples and the other for larger varieties. Rhubarb or pieplant can be mixed with any kind of fruit, half and half, and in a short time will taste exactly like the fruit with which it is mixed. Compotes of the light-fleshed fruits, such as pears, peaches, apples, etc., may be handsomely colored by adding a little currant jelly or juice, a little water from sliced boiled beets, or a few drops of cochineal coloring. The syrups for compotes should boil until a little cooled in a saucer will form a jelly. When cream is served with fruit it is always much nicer whipped. A covered jar or bean-pot is much the best utensil for baking fruit, confining the steam

Apple Corers.

and requiring little or no water; the action of the more gentle and uniform heat leaves it in better form, and the syrup is clearer. In peeling fruit the use of the paring knife with a guard, which prevents the removal of any but a thin skin, will not only effect a saving, but as in most fruits the best part lies nearest the rind will also insure a better flavor. Sliced fruits or berries are more attractive and palatable sprinkled with sugar about an hour before serving, and then with pounded ice just before sending to the table. When berries are left, scald for a few minutes; too much cooking spoils the flavor. Some think many of the sour berries are improved by *slightly* cooking them with a little sugar before serving. If a part of the berries are badly bruised, gritty, etc. (but not sour or bitter), scald and drain them through a fine sieve without pressing them. Sweeten the juice and serve as a dressing for puddings, shortcakes, etc., or can for winter use. In using molds for fruits etc., dip in cold water before filling.

Paring Knife.

Apples.—The varieties are almost innumerable, every section having its preferred kinds, though there are some general favorites, among them the following; Early Harvests, Red Streaks, Golden Pippins, Pound Sweets, Belle Flower, Maiden Blush, Snow Apples, Winter Pippins, King's, Spitzenberg, Baldwin, Ben Davis, Genitans, Rhode Island Greenings, Roxbury Russets and Wine Saps. The last eight varieties are all excellent keepers, the Wine Sap keeping the longest, and the Rhode Island Greening is a famous pie apple, known and used everywhere. The others named are all excellent eating and cooking apples. Select smooth, mellow, fine-flavored ones, wash and wipe dry and serve at dessert heaped in fruit dish with a border of green leaves, or with leaves interspersed. A border of small fruits makes a very attractive dish.

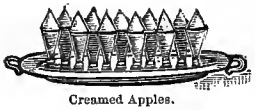
Baked Apples.—Whether plainly or elaborately prepared and served, baked apples form an always acceptable and appropriate dish for breakfast, luncheon, dessert or tea. Sweet apples require longer baking than sour. To bake tart apples, wash and cut out the blossoms and stems, and in the stem end put some sugar; bake till soft, basting occasionally with the juice in the pan; serve either warm or cold with sweetened cream or milk. Or, bake them entirely whole and without paring, pricking with a coarse needle to prevent bursting. Put in baking dish, stems upward, and as they begin to warm rub over well with butter. Serve either warm or

cold thickly strewn with powdered sugar. For *Baked Apples with Syrup* take half a dozen apples, a half pound of sugar, and little cinnamon, cloves or nutmeg; peel and core the apples, put them into a deep pie-dish half filled with water, and add above ingredients. Bake until fruit is soft and brown and syrup thick. When cold, place the apples in a glass dish, pouring the syrup over. For an extra nice dish, pare and core tart apples, place in pan with a little water, put butter and sugar in cavity, sprinkle cinnamon over, and bake, basting often; serve with sweetened cream or milk. Or, fill cavities with sugar, a little lemon juice or extract, and some thin slices lemon rind; sprinkle sugar over the tops, baste often, and serve cold with cream, or with whipped cream, flavored with sugar and essence of lemon, or a boiled custard, poured over so as to nearly conceal them. For *Spiced Apples* pare and core tart apples, fill center with sugar, stick four cloves in the top of each, and bake in deep Pie-plates, with a little water. For *Stuffed Apples* peel and core large sour apples, put in baking dish with a very little water, and for every half dozen take a cup sugar, half teaspoon mixed ground spices, pinch of salt, two tablespoons each cracker-crumbs and cream, or milk; mix all well together and fill the core cavities, bake until tender but not broken, basting often with the juice in the dish; serve either hot or cold with sweetened cream, or place apples in center of a large dish with border of whipped cream around. A really elegant dish. Another equally tempting dish is *Jellied Pippins*, made by putting in baking dish a layer of pippins or other tender, juicy apples, pared and cored but not sliced. Pour over them a syrup of one cup water and a half cup sugar, stirred over the fire until sugar is dissolved; cover closely and bake slowly until tender. Take from the oven and let cool without uncovering. Pour off syrup and fill core cavities with bright fruit jelly. Boil the syrup until quite thick, and just before sending the apples to table stir into it rich cream well sweetened. Serve with apples. For *Blushed Apples*, peel nice, round, tart apples carefully, without coring, place in baking dish in one layer, and make a syrup of one pint water and four tablespoons sugar; add a few cloves, little grated lemon peel and small stick cinnamon; pour over fruit, cover the dish and bake, being careful not to have them break. When done lift carefully to a handsome platter, and with a small brush tint delicately on one side with a little beaten currant jelly. Strain the syrup and if more than quarter of a pint place on the stove and boil it to that quantity. When cold add juice of half a lemon and pour around the apples. Another simple way is to quarter and core sour apples without paring, put in baking-dish, sprinkle with sugar and bits of butter, add a little water and bake until tender. The proportion of sugar is a gill, and butter half size of an egg, to three pints of apples, and a gill and a half of water. To prepare sweet apples for baking, wash and core but do not pare,

though some simply cut out the blossom ends, and when sure fruit is perfectly sound leave entirely whole, pricking to prevent bursting. Put them in baking-pan with a little water and let them bake very slowly, basting occasionally. They require several hours, and when done are of a rich, dark brown color; if taken out too soon they are insipid. Some keep them covered while baking, removing the cover just before apples are done, while others first steam them until quite tender, then put in oven and bake. Serve with whipped or plain sweetened cream or milk.

Coddled Apples.—Wash unripe, dark-green, sour apples, and put in porcelain-lined kettle; cover with water, and boil until tender; pour in a sieve and cool, throw away the water that drains off, pulp through the sieve and add sugar to taste. Serve cold, pouring the pulp in center of dish; leave it as it falls, without smoothing, and grate a little nutmeg over the top. To be eaten with sugar and cream.

Creamed Apples.—Pare and core the fruit and either scald or bake until soft enough to pulp through a colander or sieve; sweeten to taste, and fill glasses three-fourths full; sprinkle each plentifully with powdered cinnamon, and when cold put whipped cream over all, heaping until it stands in peaks. Another nice way of serving is to beat well together two cups grated apples, one of sugar, butter size of walnut, two tablespoons water, one egg, and a bit of orange or lemon peel; stir all over the fire about ten minutes, and serve either warm or cold with whipped cream heaped high over the whole, or laid upon each saucer.


Creamed Apples.

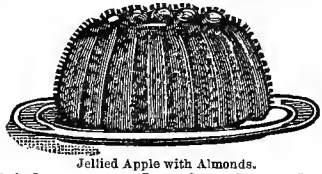
Fried Apples.—Select sour apples and quarter and core without paring; prepare frying-pan by heating and putting in beef drippings, lay apples in skin side down, sprinkle with a little brown sugar, and when nearly done turn and brown thoroughly. Or, cut in slices across the core, about a quarter of an inch thick, put a little butter or drippings in pan, fill with the sliced apples and fry, stirring occasionally to prevent burning; serve in dish sprinkled over with sugar. If wanted extra nice, cut a little thicker and fry like pancakes, turning when brown; as fast as fried take out on a dish, or platter, sprinkle over with sugar, and place in oven to keep hot, proceeding thus with each panful until a sufficient quantity is done, taking care not to break the slices. Serve in layers on the platter, or neatly placed in individual dishes. Or, for *Fried Apples with Pork*, fry in its drippings and serve arranged in a row around the slices of pork, on platter. A dish of *Fried Whole Apples* is prepared thus: Peel very small but prettily shaped apples, leaving stems on. Put into a saucepan of hot butter, and shake over a

brisk fire until nice brown; drain, and arrange neatly, stems up, on a thick layer of sugar in a dish, and serve either hot or cold. Transcendent crabs are very nice cooked thus.

Frosted Apples.—Peel pippins, stew in a thin syrup till tender, dip in frothed white of egg, and sift powdered sugar thickly over them; put in cool oven to harden, and serve in glass dish.

Iced Apples.—Peel and core one dozen large apples, fill with sugar and a little butter and nutmeg; bake until nearly done, let cool and remove to another plate, if it can be done without breaking them (if not, pour off the juice). Ice tops and sides with cake icing, and brown *lightly;* serve with cream.

Jellied Apples.—Pare, quarter and core nice golden pippins, cut into slices stew in a little water till tender, and beat to a pulp. Make a thick syrup by boiling a pound and a half white sugar and pint of water for two pounds apples, skim, and put in the apple pulp and juice of three lemons; simmer gently until almost a paste, pour into a wet mold, and when cold it will turn out a solid jelly. Stick thickly with blanched almonds and serve surrounded with whipped cream or a thick custard. Or, slice the apples and put pudding dish with alternate layers of sugar; cover with a plate, put a weight on it and bake in slow oven three hours. Let stand until cold and it will turn out a handsome form of sliced apples imbedded in jelly.


Jellied Apple with Almonds.

Marbled Apples.—Peel, halve and core a dozen fine apples, place in a pan thickly spread with butter, powder with sugar and grated lemon peel, and bake in oven. Nearly fill an ornamental mold with apple marmalade, leaving an opening in center; pile the baked apples in a ring upon the marmalade, fill the opening left with custard, and cover the whole with orange marmalade. Set mold in pan of hot water to bake, and serve hot. Or, pare and core six or seven apples leaving them whole; boil half pint water and two tablespoons sugar, put in the apples and simmer gently till tender, taking care not to let them break. Cover bottom of dish with apple marmalade or apple butter, flavored with lemon, and place apples on this with piece of butter on each, and a few spoonfuls apricot jam or marmalade. Set the dish in oven ten minutes, then sprinkle over with powdered sugar and brown with salamander.

Meringued Apples.—Put one quart water and two large cups granulated sugar in saucepan. Have ten apples pared and cored, and as soon as sugar and water boils, put in as many apples as will

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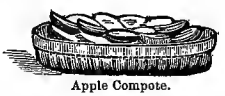
some lemon juice over them, lay upon each a spoonful of thick cream, sprinkle with powdered sugar, and serve.

Apple Chocolate.—Boil a pound grated chocolate and six ounces white sugar in a quart new milk; beat yolks of six eggs and whites of two, and when the chocolate has come to a boil take it from the fire and gradually add the eggs, stirring well all the time. Have ready a deep dish with a good layer of cooked and pulped apples in the bottom, sweetened to taste and seasoned with powdered cinnamon; pour the chocolate gently over, and place the dish in a saucepan of boiling water. When the cream is set firmly it is done; sift powdered sugar over it, and glaze with a salamander or red-hot shovel. This preparation is not only very delicious, but exceedingly salutary, on account of the apples being a corrective to the too great richness of the chocolate.

Apple Compotes.—Compotes are very easily prepared, and are said to be the most wholesome manner of serving fruits for those who cannot eat raw fruits or the richer preparations requiring a larger proportion of sugar. Fresh fruits are much more delicious served raw, but the compote is far better than ordinary stewed fruit, makes a nice dessert dish that can be hastily prepared, and apples are very acceptable served thus. A simple way of preparing is to make a syrup of a pound sugar and pint water, boiled together fifteen minutes and carefully skimmed. The fruit is then cooked in this syrup, taken out when tender, and the syrup reduced almost to a jelly by longer boiling, and poured over the fruit when cool. To avoid danger of scorching many prefer to first stew the fruit until tender, but not broken, in clear water, then take it out and add sugar to the water and boil to a nice syrup, put in the fruit again and simmer gently until thoroughly penetrated with the syrup, then take out into glass dish; boil the syrup until very rich and thick, strain it, let cool, and pour it over the fruit. For an excellent compote of apples, peel and core twelve medium-sized apples, throwing them into cold water as fast as peeled to prevent darkening, and proceed after either of the above methods. Any flavoring liked may be added to the syrup—juice of lemon and a little of the rind is nice—and if wanted to cook very quickly cut the apples into halves, thirds or quarters, when they will be done in from ten to fifteen minutes. The fruit may be colored pink if liked, by adding fruit juice or currant jelly to the syrup. Or cook a half quince, cut into four pieces, until tender in a pint and a half water, then add the sugar for the syrup, and put in the apples, taking up the quince with them. This will color the compote beautifully, and also flavor nicely. Some cook sliced lemon and raisins in the syrup and pour over the apples. Pass plain or whipped sweetened cream with the dish. For a handsome *Stuffed*



Apple Compote.

Compote select large, fine pippins of equal size, pare, take out cores, and cook until nearly done in syrup as above; drain and bake a few moments in a quick oven. When done, and still hot, fill the core cavities with peach marmalade, and roll each apple in the jelly made by boiling down the syrup, which will give them a beautiful gloss. Serve in a pyramid on a dish with plain or whipped cream around the base. Or form into a dome and cover with a meringue of beaten whites of eggs and sugar, sticking sweet almonds cut into four lengths into the top in regular form, and put in the oven to brown. Or pour among the apples, before putting over the meringue, a marmalade of apples or boiled rice. Another method of serving is to prepare apples and syrup as above, put in the fruit and let cook until clear, remaining whole. Remove the fruit to a glass bowl; dissolve one-third box gelatine in a half cup hot water, and stir briskly into the syrup, first taking off the fire. Then strain over the apples, and set in cool place to cool. When cold heap whipped cream over it. Some add sliced lemons to the syrup and serve with a slice of the lemon on each apple. Or, for a *Baked Compote* take golden pippins, or any similar small apples, pare and core, put into a wide jar with a cover, and for two quarts apples add rind of a lemon cut thin, and strew in a half pound sugar. Cover and set in slow oven several hours. Serve hot or cold. For another elegant compote take smooth, prettily shaped apples and put into saucepan with enough water to cover; add a tablespoon powdered cochineal and simmer gently; when fruit is done take out and put into dessert dish. Make a syrup of the liquor by adding white sugar and juice of two lemons; when boiled to a jelly put it with the apples, decorating the dish with lemon peel cut into thin strips.

Apple Cream.—Peel, core and cut three pounds of apples in thin slices and put in porcelain-lined kettle, with a half pound sugar, grated rind and juice of a lemon, and a teaspoon ground ginger; simmer slowly until apples are tender enough to rub through a sieve. Scald a quart cream, beat in the apple pulp, and serve either warm or cold. Any berries or soft fruit may be served in the same way, pulping through a sieve without cooking.

Apple Fool.—Bake good cooking apples (not sweet), remove the pulp with a spoon, and beat it up with a little powdered sugar. To a cupful add the yolk of an egg and a small sponge cake; mix together and rub through a sieve.

Apple Fortress.—Take good, firm apples, that will not fall to pieces when cooked, and cut into oblong shapes two inches long and one inch thick; put into a dish, sprinkle them well with white sugar, cover closely and let stand overnight. Next day place carefully in preserving kettle or pan with more sugar and water

and shred lemon peel, and cook gently over slow fire until done, but take care not to do them too soft. When cold build the pieces in shape of a tower with castellated top, fill inside with lumps of jelly, and on top place candied cannon, surrounded with a "ditch" of whipped cream. A really elegant dessert. Begin serving from top.

Apple Porridge.—Boil slices of white bread in pint milk; when soft take off fire, sweeten with sugar, and add teaspoon ginger; pour in a bowl and gradually stir in the pulp of three or four nicely baked apples.

Apple Sago.—Pare six apples and punch out cores, fill holes with cinnamon and sugar, using two teaspoons cinnamon to a cup sugar; take one tablespoon sago to each apple; wash thoroughly and let soak an hour in water enough to cover apples, pour water and sago over apples, and bake an hour and a half.

Apple Sauce.—Pare, core and cut in quarters apples that do not cut to pieces easily, and put on to stew in cold water with plenty of sugar. Cover closely and stew an hour or more. The addition of the sugar at first preserves the pieces whole. If they are preferred finely mashed stir occasionally while cooking and add sugar after they are done. Flavor with nutmeg, cinnamon, or cloves, if liked, and some stir in piece of fresh butter. Or, for *Baked Apple Sauce*, pare, core and quarter tart apples, put a layer in earthen baking-dish, add lumps of butter, sprinkle with sugar and a little cinnamon, then a layer of apples, etc., till dish is full; bake till soft. Or, omit butter and cinnamon, and add quarter cup water and half cup sugar to four quarts prepared apples; or two or three times as much water may be used. For *Cider Apple Sauce*, pare, quarter and core apples sufficient to fill a gallon porcelain-kettle, put in a half gallon boiled cider and let boil. Wash the apples and put in kettle, place a plate over them, and boil steadily but not rapidly until thoroughly cooked, testing by taking one from under plate with a fork. Do not remove plate until done, or the apples will sink to the bottom and burn. Apples may be cooked in sweet cider in same way. For an *Imitation Cider Apple Sauce*, pare, quarter and core the apples, strew sugar over and let stand overnight. Then stew in their own juice, and they will have a nice flavor and color.

Apple Snow.—Pare, core, and bring to boil in as little water as possible six large, tart apples, cool and drain on a sieve, add two tablespoons sugar, beat to a froth and add the well-whipped whites of three eggs, mixed with two tablespoons powdered sugar, or an egg and two-thirds tablespoon sugar to each apple if wanted very light and elaborate; beat thoroughly until a stiff snow, flavor with

lemon or vanilla or add the grated rind of a lemon; pile the snow in a rough heap or pyramid and ornament with bits of bright colored jelly, or encircle with a row of candied orange or lemon rings; serve with sweetened cream, or make custard of yolks, sugar, and a pint milk, place in a dish, and drop the froth on it in large flakes. For *Apple Meringue* put above mixture into a deep glass dish, cover with the whipped whites of three eggs and three tablespoons sugar, and brown delicately in oven, or with salamander.

Apple Tapioca.—Soak half a pint tapioca several hours, or overnight, in half a pint cold water; cover the bottom of a baking dish with pared and cored tart apples; fill cores with sugar and bake until tender. Put the tapioca on the fire with the rind of a lemon cut thin, and half a pint cold water; when boiling add another half pint of boiling water, a gill of sugar, and the juice of the lemon; boil a moment, pour it over the apples, and bake half an hour or longer. Or, soak half teacup tapioca in one and a half pints cold water on back of stove as above; then place on the stove and cook till clear, sweeten, and season with a little cinnamon; then place a layer of pared apples, cut in quarters or eighths, in baking-dish, then a layer of tapioca, then apples, etc., till all are used, and bake as above. Or, for *Pine-apples and Tapioca* take either fresh or canned pine-apples, chop fine, and add as above, or mix with the cooked tapioca and bake.

Apple Toast.—Peel and carefully core the apples. Cut slices of stale bread about a quarter of an inch thick, and cut again to a round shape about the size of the apples, with a paste-cutter. Butter each slice on both sides and place an apple upon it. Butter baking-dish or pan, put in the apples and bread, fill the core cavity with cream and sugar, or sugar alone, placing on top of sugar a piece of butter size of hazelnut, and set in warm but not quick oven. When about half done fill the hole again with the cream and sugar, dust with cinnamon and finish cooking. Serve warm. Or, halve the apples, hollow out the cores and place the halves upon the rounds of bread, fill the core cavity of each with good thick cream and strew sugar thickly over bread and fruit. Place in slow oven and renew the cream and sugar as they dissolve. When done arrange neatly in a dish, pour over any juice left in pan and serve warm; or place cored side of apples next bread, brush with a little melted butter, dust with sugar, a little nutmeg or cinnamon, and bake as above.

Apple Trifle.—Scald and pulp through a sieve as many apples as will cover the dish to be used to the depth of two or three inches, add grated rind of half a lemon and sugar to taste, and place in dish. Mix a half pint each milk and cream and yolk of an egg, and sweeten to taste. Set over fire and scald, stirring constantly,

but do not boil. Let stand till cold, put it over apples and finish with whipped cream.

Apples and Grapes.—Strain the juice from ripe grapes, adding pound sugar to each quart, and boil until reduced one-half. Put into this some golden pippins, pared, cored and quartered; simmer very slowly until apples are done, and serve either warm or cold in glass dish, or seal for future use in cans.

Apples and Quinces.—Take a quantity of golden pippins, cut into quarters, but do not pare, put into saucepan of boiling water and simmer until a jelly. To each pound jelly add a pound sugar; then cut two or three quinces into quarters, and cook them slowly in the syrup until tender. Serve in glass dishes for dessert.

Apricot Compote.—Make a syrup by boiling together one pound sugar and one and a half pints water fifteen minutes, carefully removing all scum; put in twelve apricots, simmering until tender, taking care that they do not break; take out carefully, arrange on glass dish, let the syrup cool a little, pour it over the apricots, and when cold serve. For *Peach Compote* take fifteen peaches, peel and stone them, cook ten minutes and take out as above, boiling the syrup two or three minutes to reduce it before pouring over. A few kernels give a nice flavor. To prepare, crack the stones, take out kernels and blanch as almonds. A *Damson Compote* is made same as apricot, taking one quart fruit. If a *White Compote* is wished of peaches or apricots, cut the fruit in two, take out stones, throw them into boiling water (a very little lemon added) for two minutes, then plunge in cold or ice water, taking out immediately. This makes them white. Peel and finish as above. For a *Red Compote* add four tablespoons red currant juice, or a tablespoon jelly, beaten smooth and thinned with a cup of water.

Bananas.—There are two varieties, the yellow and red; the former has a richer, finer flavor, and ranks higher in market than the red, although the latter is very delicious, being more solid and nutritious, and by some prized more highly. The choicest bananas are the Aspinwall Lady Fingers, grown on the Isthmus of Panama. They are of a pale lemon color, medium size, not round, but having a sharp ridge running the whole length of the fruit, of fine, firm flesh, and rare flavor. The ripening season begins in January, is at its height in March, and the supply diminishes towards midsummer, though in some localities the fruit ripens constantly, and may thus be had the year round. They are often served whole on a margin of green leaves, the colors contrasting very prettily, or mixed with oranges, the red ones being especially used thus; but it is considered by some much better taste to peel

them, and, if very large, cut in two lengthwise, or crosswise if long and not very large round. Serve neatly placed on a napkin in fruit dish.

Baked Bananas.—Peel a dozen bananas and split in halves lengthwise. Lay these strips closely in baking-pan, strew sugar and bits of fresh butter over, and grate in a little nutmeg. Bake in a moderate oven about twenty minutes. They should come out glazed, and if not syrup enough in the pan, a little should be mixed in a cup to baste them with. Serve as a last course with cake and milk.

Fried Bananas.—Peel and slice lengthwise, fry in butter, sprinkle with sugar, and serve. Thus prepared they make a nice dessert. The bananas must be quite ripe.

Bananas and Cream.—Slice the bananas crosswise—not too thin—scatter powdered sugar over, and before it dissolves squeeze the juice of several oranges over them, or oranges may be cut up and mixed with them, or the bananas may be served with cream and sugar alone. Very nice for tea. They make an agreeable dessert with whipped cream sweetened and flavored with vanilla, poured over them. A tablespoon of gelatine dissolved and stirred into the cream, gives a little body to it. Serve with sponge cake.

Blackberry Trifle.—Stew one quart blackberries with one quart sugar and a half cup water. They should cook only fifteen minutes. When cold, serve with powdered cracker and sugar and cream. The cracker and berries should be in separate dishes.

Cherries.—This fruit may be very elegantly served for dessert by picking in clusters on the twigs with a few leaves on each. An hour before dinner place them in the refrigerator, and when taken out they will be found not only refreshingly cool, but covered with moisture like dew. Or treat the clusters simply in same way. If served plain send to table heaped on saucers or glasses of pounded ice, one for each guest, and pass sugar with them. Or arrange in pyramid on a glass dish. Both red and yellow varieties should be obtained for this if possible.

Cherry Compote.—Secure red cherries because of their piquant flavor, and be sure to have only perfect fruit. Do not stem them, but shorten the stems with the scissors. Put the fruit in a preserving kettle with white granulated sugar in the proportion of a quarter pound sugar to every pound fruit, and add juice of one lemon to same quantities; put over slow fire and boil three minutes, removing all scum and shaking occasionally; take out fruit with a spoon, put in a bowl and carefully drain off all syrup, which should be reduced by further boiling. To thicken the syrup

a little isinglass or gelatine may be used, but it is better without, as the thin jelly of pure syrup is beautifully transparent. Pour this syrup or jelly into a dish to cool, and when ready to serve the compote pile the cherries in a pyramid and turn the syrup over them. Or, prepare cherries the same, take four tablespoons sugar and a pint water to one quart cherries, put in a saucepan, let boil, and skim; add a half cup raspberry juice, put in the cherries and cook until tender; pile them on a glass dish, reduce the syrup to a thin jelly, and when cool pour over them.

Cherry Sauce.—To every pound well ripened, stoned cherries add a half pound sugar, melted and poured over boiling hot. Put on ice till cold and serve.

Currants.—Select fine large red and white currants and arrange in alternate rows in pyramidal form on glass dish, placing the red on bottom, with a border of green leaves outside, as shown in cut. Sprinkle liberally throughout with sugar, set in refrigerator until ready to serve, when dust fine granulated sugar thickly over, which will cling to the currants, that will have become damp in the ice box, and give a pretty frost-like effect. Raspberries may be served in same way, either red and white, red and black, or alternate layers of each. Currants are also nice served in large fine clusters heaped on fruit dish, always cooling on ice before sending to table; or intersperse with layers of raspberries or other seasonable fruits.

Currant Pyramid.

Gooseberry Compote.—Stew one quart berries, which should not be very ripe, and pour boiling water over them; take out and plunge them into cold water, with which a tablespoon of vinegar has been mixed, which will help preserve the color of the fruit. Boil together half pint sugar and scant three-fourths pint water, skimming well; drain the gooseberries and put them in, simmer gently until nicely pulped and tender, without being broken; then take out on glass dish, boil the syrup two or three minutes, pour over the gooseberries, and serve cold. *Compote of Green Gages* is made the same, carefully stemming and stoning the fruit, which will cook in one-third the time required for gooseberries.

Gooseberry Fool.—Stem the gooseberries and cut off tops; put in a jar with two tablespoons water and a little sugar, set the jar in a saucepan of boiling water, and let boil until the fruit is soft enough to mash; or simply stew the fruit, pulp through a colander or sieve, and to every pint add a pint milk, or equal quantities milk and cream. Sweeten well or it will not be eatable, and in mixing add the milk very gradually; serve in a glass dish or in small glasses. This old-fashioned dish is very delicious when well made, and if properly

sweetened a very nice relish for children. A boiled custard may be stirred in instead of the cream, and a less quantity of cream may be used—a gill to a quart of pulp—stirring in carefully just before serving.

Gooseberry Trifle.—Put a quart gooseberries into a jar, sweeten to taste, and boil until reduced to pulp. Put this in the bottom of a high glass dish, pour over it a pint of boiled custard, and when cold cover with whipped cream. The cream should be whipped the day before it is wanted for table, as it will then be much firmer and more solid. Garnish in any manner liked, with bits of jelly, or sliced almonds, etc.

Gooseberry Trifle.

Grapes.—The finest native ones are the Concords, Delawares and Catawbas, the former of which is generally considered most desirable, and ripens about August 1st. The Delawares are marketed about the same time, and the Catawbas a little later. Later varieties come into market the last of September, and may be had during October. California grapes are shipped during August, September and October, the finest varieties of which are the Tokays, White Muscats, Rose Peru and Black Morocco. These are very showy, but not of so fine a flavor as the fruit from the middle states. Wild grapes are abundant from September to November, but are not suited to table use when fresh. Foreign grapes may be had at the fruit stores throughout the winter. The Malaga leads all foreign grapes, and comes packed in cork-dust, which is a non-conductor of heat and absorbent of moisture, and so is always in good condition. *If left in the cork-dust* this fruit will keep three months in prime order. When used rinse well in ice-water, and place on a glass dish or dishes surrounded by fine ice; if plentiful do not divide clusters, but serve a bunch for each guest.

Jellied Grapes.—A very delicate dish is made of one-third cup rice, two cups stemmed grapes, half cup water, and two tablespoons sugar. Sprinkle rice and sugar among the grapes, while placing in a deep dish; pour on the water, cover closely and simmer two hours slowly in the oven. Serve cold at dessert.

Florida Grape-Fruit.—This is a new, clear-skinned, lemon-colored fruit, about three times as large as an orange, and bearing a general resemblance to that fruit. Its flavor is sub-acid, but its juicy pulp is enclosed in a tough white membrane of intensely bitter taste; when this membrane is removed the fruit is delicious. To prepare it for the table, cut the skin in sections and peel it off; separate the sections as you would those of an orange, and holding

each one by the ends, break it open from the center, disclosing the pulp; tear this out of the bitter white membrane which covers the sections, carefully removing every part of it; keep the pulp as unbroken as possible, and put it into a deep dish with a plentiful sprinkling of fine sugar. Let it stand three or four hours, or overnight, and then use the fruit. It is refreshing and wholesome.

Oranges.—The finest California oranges are known as the California Riverside varieties, including the Navals, smooth, sweet, luscious fruit, without seeds, the Mediterranean Sweets, and the Seedlings. The Paper-rind is also a California Orange, small, but sweet, and very desirable for table use. Of the Florida fruit the Indian River oranges rank first, the choicest of which is the Florida Bright. The Florida oranges appear in market in December, and may be had in their perfection until about February 1st, after which date they become too ripe and spongy to be desirable. The California fruit begins ripening in December and may be had until late in June in excellent condition. The summer market is thus principally supplied by foreign importations, of which the Messinas and Rodas are the best varieties, though neither are so fine as the fruits above mentioned, and are liable to be dry and pulpy. The Seville orange is a bitter, acid fruit, used to some extent in cooking, but unfit for trade use. When buying oranges select from unwrapped fruit, if possible, those that are solid and heavy, with a smooth, thin skin, of a deep yellow red color. To remove any stale flavor absorbed from contact with decayed fruit, or from the odor of the box, wash lightly with a sponge in very cold water, dry with a soft towel without rubbing, wrap again in clean, soft paper, and put away until wanted for use in a closely-covered tin box or stone crock or a drawer, in a cool, dry closet. Lemons should be cared for in same manner. To serve oranges whole for breakfast or dessert cut the peel in six or eight equal pieces, making the incisions from the stem downward; peel each piece down about half way, and bend it sharply to the right, leaving the peeled orange apparently in a cup, from which it is removed without much difficulty. For an elegant center piece pile the oranges so prepared in a pyramid on a high fruit dish with bananas and white grapes, if obtainable. They are also very nice peeled and sliced with seeds and pith removed, and sprinkled with sugar two or three hours before serving for either dessert or tea. Some strew grated cocoa-nut over the top.

Orange Compote.—Peel six oranges, remove as much of the white pith as possible, and divide them into small pieces without breaking the thin skin enclosing them. Make a syrup of half pound sugar and scant three-fourths pint water, skimming well, adding the rind of the orange cut into thin narrow strips. When the syrup has been well skimmed and is quite clear, put in the pieces of orange and simmer five minutes. Take out

Orange Compote.

carefully with a spoon without breaking them and arrange on a glass dish. Reduce the syrup by boiling it quickly until thick; let cool a little, pour it over the oranges, and serve cold. For a very delicious compote, peel and remove the pulp of eight large oranges, divide as above, squeeze the juice from four more over three-quarters pound sifted sugar and the rind of one orange cut in strips, removing all the pulp. Put the pieces of orange in the syrup, boil about six minutes, drain, boil the syrup until it thickens, dish fruit and pour the syrup over. Or, peel and cut the oranges into slices crosswise, and remove seeds. Make a thick syrup as directed in apple compote, and, when cold, pour it over the sliced oranges, which are not cooked.

Orange Float.—One quart water, juice and pulp of two lemons, coffee-cup sugar; when boiling add four tablespoons corn-starch, let boil fifteen minutes, stirring all the time; when cold pour it over four or five peeled and sliced oranges, and over the top spread the beaten whites of three eggs; sweeten and add a few drops vanilla.

Orange Fool.—Mix the juice of three Seville oranges, three well-beaten eggs, a pint cream, and a little nutmeg and cinnamon and sweeten to taste. Set over a slow fire and stir till thick as cream, but do not let boil; then pour into a dish and set by till cold. An excellent dessert dish.

Orange Snow.—Mix the juice of four oranges and grated peel of one with a large cup powdered sugar and a package gelatine, soaked in cup cold water; let stand an hour, add a pint boiling water, stirring until clear, and strain through a coarse cloth, wringing hard. When cold whip in stiffly frothed whites four eggs, place in a mold, which was first rinsed with water, and let stand six or eight hours. Some add the juice and grated peel of a lemon.

Peaches.—The first crop marketed is from Mississippi, picked about May 1st. Tennessee peaches may be had in June, and California fruit appears about July 1st. The finest peaches, however, are grown in Michigan and Maryland, and are marketed during August, the supply lasting until into November. The California fruit is the handsomest, but not of so rich a flavor as the fine Yellow Crawfords from Michigan, the finest peaches obtainable, though some prefer the white-meated varieties, of which the Old-mixon Freestone and early York are the best.

If large and perfect do not slice, but serve them whole; wipe or brush off the feathery coating, arrange them neatly on the fruit-dish and decorate with fresh green leaves and flowers. Sliced peaches turn a rusty brown color if allowed to stand after cutting them, and should be served as soon as prepared; if necessary for them to stand, cover with whipped cream properly sweetened. A little lemon

juice brings out the flavor of all preparations of peaches, and may be squeezed over sliced peaches before serving. Peaches for stewing, baking, etc., may be peeled or wiped with a cloth, or brushed. The blanched kernels cooked with them give a much finer flavor.

Baked Peaches.—Wash the peaches (they need not be fully ripe), put them in a deep dish, sprinkle well with sugar, cover, and bake until perfectly tender. Serve with the syrup in pan poured over. Or, take equal parts rich sliced peaches, green corn pulp, and water. Sweeten to taste, place in baking dish, and bake twenty minutes.

Frozen Peaches.—Pare and divide large, fresh, ripe and juicy peaches, sprinkle with granulated sugar, and half freeze, which will take about an hour; remove just before serving, and sprinkle with a little more sugar. Canned peaches and all kinds of berries may be prepared in same way. Or, boil heaping pint sugar, and quart water together twelve minutes; then add one quart of either canned or fresh peaches, and cook twenty minutes longer. Rub through a sieve, and when cool freeze. Take out beater and stir in pint cream, whipped. Cover and let stand an hour or so. *Frozen Apricots* are prepared same way.

Frozen Peaches and Cream.—Peel and quarter fresh peaches, add sugar and cream, making very sweet. First place some quarters in bottom of mold, then fill and surround with ice and salt, freeze the mass solid without stirring. Turn out and serve.

Jellied Peaches.—Cut a dozen peaches in halves, peel and take out stones, crack half the seeds, and blanch kernels; make a clear boiling syrup of one pound white sugar, and into it put the peaches and kernels, boil very gently ten minutes, take out half the peaches, boil the rest ten minutes longer, and take out all the peaches and kernels; mix with syrup left in kettle the strained juice of three lemons, and an ounce isinglass dissolved in a little water and strained; boil up once, fill a mold half full, let stand until "set," add part of the peaches and a little more jelly, and when this is "set," add the rest of the peaches, and fill up the mold with jelly. An elegant ornament. Set the jelly in pan of hot water to keep from hardening until all is used.

Peach Float.—Take the whites of four eggs, beaten to a stiff froth; stew six peaches until soft enough to mash, sweeten to taste and beat in the whites of eggs. Serve cold heaped in a dish. *Apple, Pear and Quince Floats* made same.

Peach Meringue.—Put a quart milk on to boil, omitting a half cup with which to moisten two tablespoons corn-starch; when the milk boils add the moistened corn-starch, stir till thick, then remove

from fire, add one tablespoon butter, and allow the mixture to cool; then beat in yolks of three eggs till the whole seems light and creamy; add a half cup powdered sugar. Cover the bottom of a well-buttered baking-dish with two or three layers rich juicy peaches, pared, halved and stoned, sprinkle over three tablespoons powdered sugar; pour the custard carefully over them and bake twenty minutes, then spread with the light-beaten whites, well sweetened, and return to oven till a light brown. To be eaten warm with a rich sauce, or cold with sweetened cream.

Peach Tapioca.—Soak half-pint tapioca in cold water two or three hours, set on stove until it boils, and sweeten to taste. Peel and slice ripe peaches to nearly fill a baking-dish, sprinkle with sugar, pour the tapioca over them, and bake slowly one hour. Serve with cream and sugar.

Peaches and Cream.—The harder kinds of peaches should be chopped to the size of strawberries and mixed with sugar two or three hours before serving. Allow about four ounces sugar to a quart. Soft peaches after peeling are best eighthed or sliced. A nice way to serve is in large glass bowls ornamented with quarters of red or yellow peaches neatly placed, and a pitcher of cream with each bowl separately. If served individually in saucers, pour cream over only as they are dished up.

Peaches in Marmalade.—Pare and halve four fine, ripe peaches and let them *just simmer* from five to eight minutes in a syrup made with third of a pint water and three ounces white sugar, boiled together fifteen minutes; lift out carefully into a deep dish, pour about half the syrup over them, and into the remaining half throw a couple of pounds more quite ripe peaches and boil to a perfectly smooth dry pulp or marmalade, with as much powdered sugar as the fruit may require, adding a little lemon juice. Lift the other peaches from the syrup, and reduce it by very quick boiling, more than half. Spread a deep layer of the marmalade in a dish, arrange the peaches symmetrically around it, and fill all the spaces between with the marmalade; place half of a blanched peach kernel in each, pour the reduced syrup equally over the surface, and form a border around the dish with Italian macaroons, or, candied citron, sliced very thin, and cut into leaves with a small paste-cutter. The better to preserve their form, the peaches are sometimes merely wiped, and then boiled tolerably tender in the syrup before they are pared or split. Half a pint water, and from five to six ounces of sugar must then be allowed for them. If any of those used for the marmalade should not be quite ripe, it will be better to pass it through a sieve, when partially done, to prevent its being lumpy.

Pears.—The California Bartletts are the finest to be had in the world, and are in market from July till October. The New York

Bartletts rank next, and have fully as good a flavor, but are not so large. The New York Duchess is also a choice pear—very fine for canning—and the Seckle, raised in both New York and California, is best for pickling. The Pound pear is the largest, but good only for canning. To serve whole, wash, if necessary, wipe dry, and arrange in glass dish with green leaves; the addition of oranges has a pleasing effect.

Baked Pears.—Bake washed, unpeeled pears in pan with only a teaspoon or two of water; leave stems on, sprinkle with sugar, and serve with their own syrup. Or, for a more elaborate dish, pare and cut twelve pears into halves, and, should they be very large, into quarters; leave the stems on, and carefully remove the cores. Place them in baking-dish or bean-pot with cover; add one lemon rind cut in strips, and the juice of half a lemon, six cloves, ten pounded allspice, and sufficient water to just cover the whole, with sugar in proportion of a half pound to each pint water. Cover closely, put into very cool oven, and bake from five to six hours. Be very careful that the oven is not too hot. To improve the color of the fruit, a few drops of prepared cochineal may be added; but this will not be found necessary if the pears are very gently baked. Take out in glass dish, being careful to preserve shape, and pour over them the juice in which they were baked. Serve cold, placing on ice a half hour or so before wanted. If a larger quantity is to be baked, pack carefully in layers with seasoning between. *Stewed Pears* may be prepared in same manner with same ingredients; cook slowly in porcelain-kettle on top of stove instead of baking. Serve as above. Or, peel the pears, leave the stems on, and place them whole in a stew-pan with a little water, sugar, cloves, cinnamon and lemon peel. Stew gently and add one glass cider, if liked, or omit both spices and cider. Some like a vanilla bean stewed with them. Serve cold.

Jellied Pears.—Peel and cut four large or six small pears into quarters, put them into a jar with three-fourths pint water, cloves, cinnamon and sufficient sugar to sweeten the whole nicely, cover down the top of the jar, and bake in a gentle oven until perfectly tender, but do not allow them to break. When done lay in a plain mold, which should be well wetted; simmer three-fourths pint of the liquor the pears were baked in with a strip of lemon peel, strained juice of half a lemon, and a half ounce gelatine. Let these ingredients simmer well five minutes, then strain the liquid warm over the pears; put the mold in a cool place, and when the jelly is firm turn out in a glass dish. A less elaborate way is to pare and quarter eight nice pears, and put in a porcelain saucepan with water enough to cook; put on lid and simmer fruit gently until tender, then remove to a platter; make a syrup of a pound sugar and a

pint pear-water; add juice two lemons, grated rind of one, and put in the pears; cook a few minutes then remove to the dish in which they are to be molded. Soak an ounce gelatine an hour or two in enough water to cover, and stir it into the hot syrup; let boil up once and turn it over fruit through a strainer. The mold should be dipped in cold water before putting in fruit. When cold turn jelly into a dish and serve with whipped cream around the base, or serve in saucers with sweet cream.

Pear Compote.—Make as apple compote, or cook six or eight canned pears in their syrup until it becomes like honey; then remove from the fire, halve and lay in a dish. Beat whites of two eggs to a stiff froth, sweeten, and spread over the pears. Brown with salamander or in oven, if desired. Or, for a *Compote with Eggs*, peel good, sound pears, cut into quarters, and take out seeds, flour them lightly and fry in butter. Add enough water and sugar to make a syrup and stew the pears until tender. Take up the pears, thicken the syrup with well-beaten yolks of eggs; pour over the pears and serve.

Alligator Pear Salad.—The alligator pear is a tropical fruit but little known, that tastes something like the American chestnut, and is finding its way to some tables. Select green-colored fruit, as the black over-ripe fruit is not good. Cut the pear in two, remove the large seeds, pare away the outer rind, then cut the fruit into strips, and season with a saltspoon salt, two tablespoons olive oil, and a teaspoon tarragon vinegar.

Baked Pie-Plant.—Wash, peel and cut into inch pieces, and place in covered baking-dish, sprinkling sugar on each layer, using about a teacup to a quart. The nicest thing to cook it in is a covered bean-pot, allowing one hour from time it is put in oven. This makes a delicious sauce, far superior to stewing it. If baked without a cover it will be done in half an hour, but is nicer to cover and confine the aroma

Stewed Pie-plant.—Make a rich syrup by adding sugar to water in which long strips of orange peel have been boiled until tender, put a single layer of pie-plant three inches long, and stew gently until clear. When done remove and cook another layer. This makes a handsome dessert dish, ornamented with puff-paste cut in fanciful shapes. Use one orange to two and a half pounds pie-plant. Some prefer to stew pie-plant in clear water, turning off all the water possible when done and letting it get almost cold before sweetening. Less sugar is required, and it is also thought to be much nicer. To remove the strong acid taste, and also effect a saving in sugar, many turn boiling hot water over it before cooking and let stand until cold, then turning it off; some let stand in the

hot water only five minutes or so. *Fried Pie-plant* is also nice. Fry in butter like apples. and sweeten well.

Pine-apple.—The Strawberry is the best variety, though the Sugarloaf is good, of smoother exterior, fine-grained and tender, but not so juicy and high-flavored as the former. This fruit is so perishable that to keep even a few days it must be cooked. To prepare, peel and cut the fruit into dice. Throw away the core or heart, as it is bitter. Sprinkle thickly with sugar and place on ice some time before serving; many let it stand overnight, but as pine-apples darken by exposure to air, if wanted to look nicely, serve at once. Just before wanted pile high in center of fruit-dish, with border of sponge cake slices, lady fingers or jelly sandwiches (see Jellies and Jams), and the tuft of the pine-apple topping the whole. Very nice if sliced on a slaw-cutter, and some after paring pick the fruit from the core with a knife. A dish of alternate layers of shredded pine-apple and cocoa-nut, sprinkled with sugar and served with a sauce of orange juice, is a nice dessert. Or, peel and cut a pine-apple into uniform slices, put in a glass dish and cover with a cup powdered sugar. Let stand to form a syrup, and just before serving add a half cup orange juice. *To Keep.*—Pare and cut out the eyes of a ripe pine-apple, strip all the pulp from the core with a silver fork; to a pint of this add a pound of granulated sugar; stir occasionally until sugar is dissolved, put in glass fruit-cans, and turn down the covers as closely as possible. This will keep a long time.

Pineapple.

Plums.—The California and Oregon varieties may be had through August and September, as also the domestic sweet plums. The Blue Damsons, a sour variety, come later, and are highly prized, many considering them superior to the sweet plums. The Green Gages and Imperial Gages are excellent for canning and preserving. To serve, they may be simply heaped carelessly on a border of green.

Plums.

Baked Quinces.—Core the quinces and rub them well, put in baking-pan, and fill core cavity with powdered sugar. Bake till tender and serve with sugar and cream. Or, pare, quarter, extract the seeds and stew in clear cold water until a straw will pierce them; put into a baking-dish with a half cup sugar to every eight quinces, pour over the liquor in which they were boiled, cover closely and steam in oven one hour. Pour the syrup over them and serve. For a *Quince Compote*, cook as above, then take out the fruit, lay in covered bowl to keep warm, return syrup to saucepan and boil twenty minutes; pour over fruit and set away covered to cool. Serve cold.

Steamed Quinces.—Pare, quarter and core very ripe quinces and steam in a deep dish until perfectly tender: then slice them in the dish in which they are to be served, sprinkle with sugar, and pour the juice over them. Serve cold.

Raisine.—Squeeze the juice from very ripe but quite sound grapes, and boil till reduced one-half. Peel and core some pears, cut into quarters, and put in the grape syrup. Let boil till reduced a third. Raisine may be made from unripe grapes, but in this case sugar must be added, allowing a quarter pound to every pint grape juice.

Raspberry Float.—Crush a pint very ripe red raspberries with a gill sugar; beat whites of four eggs to a stiff froth, and add gradually a gill powdered sugar; press the raspberries through a fine strainer to avoid seeds, and by degrees beat in the juice with the egg and sugar until so stiff that it stands in peaks. All berries may be served same way.

Strawberries.—If to be plainly served select large, fine fruit with the stems on, clip the stems within an inch of the berry, and arrange in basket as in cut, bordering with leaves, and rounding the center by heaping up more leaves. Arrange the strawberries carefully, standing them on their stems, and pass with a tiny cup (wine-glasses, egg-glasses or even butter-plates will do) of powdered sugar to each guest. The berries are taken by the stem, dipped into the sugar, and eaten. Never wash berries unless absolutely necessary. But if they must be washed, take a dish of cold, soft water, put in a few berries, and with the hand press them down into the water once or twice, until they look clean, then hull them. Repeat the process till all are hulled, changing the water often. Never drain in a colander. Some wash them by putting them under the pump in an open basket, and give them one good showering that passes through the berries and carries off all grit and dirt. If not to be eaten for an hour or more, hang the basket in the refrigerator, and do not hull them until the last moment, though many prefer to stem them and sprinkle thickly with sugar two or three hours before serving, while others put no sugar over them until dished at table.

Strawberries.

Frozen Strawberries.—Boil quart water and pint sugar together half an hour; then add two quarts strawberries, and cook fifteen minutes longer. Let cool and freeze. Take out beater and add one pint cream, whipped, using a wooden paddle and beating it in thoroughly. Preserved fruit can be used instead of the fresh, when use for each quart preserves one quart water. *Frozen Raspberries* are prepared as above, except that before freezing add the juice of three lemons. All kinds of canned and preserved fruits can be thus prepared and frozen. For the freezing process see Ices and Ice Creams.

Mock Strawberries.—Cut ripe peaches and choice well-flavored apples, in proportion of three peaches to one apple, into quarters about the size of a strawberry, place in alternate layers, sprinkle the top thickly with sugar, and add pounded ice; let stand about two hours, mix peaches and apples thoroughly, let stand an hour longer and serve.

Oranged Strawberries.—Place a layer of strawberries in a deep dish; cover thickly with pulverized sugar, then a layer of berries, and so on, until all are used. Pour orange juice over them in the proportion of three oranges to a quart of berries. Let stand an hour, and just before serving sprinkle with pounded ice.

Strawberries with Whipped Cream.—Prepare in layers as above, cover with one pint of cream, whites of three eggs and a cup powdered sugar, whipped together and flavored with strawberry juice.

Strawberry Meringue.—Mix a half cup sugar with two cups strawberries by shaking about in a bowl, and spread them on a sheet of sponge cake baked in a jelly-pan, and pressed while warm into a shallow dish to give it a hollow shape. Whip whites of three eggs firm, mix in two tablespoons sugar, spread the meringue over the berries and brown with the salamander or hot shovel. Serve cold.

Frosted Fruits.—Most all fruits can be thus treated and make a delicious dessert. Whip whites of two eggs and stir in a half pound fine granulated sugar, beating fifteen minutes. Prepare *Frosted Oranges* by skinning oranges, removing as much of the white pith as possible, without breaking them, passing a thread through the center of each, dip them into the frosting until thoroughly coated, and then tie them to a stick; place the stick across the oven and let the balls remain until thoroughly dry, when they will have the appearance of balls of ice. Care must be taken not to have the oven so hot as to brown them. Send to table heaped on dish with green leaves around. A very pretty dessert or supper dish. Or the oranges may be peeled and divided into sections, removing as much pith as possible, whip together on a plate with a knife or fork white of one egg and four tablespoons water, add a dessert-spoon powdered sugar, mix all thoroughly and strain through a sieve into another plate; dip the fruit into these, roll carefully in sifted powdered sugar and place on a sieve to dry. Or some use the stiffly-whipped whites of two eggs with one tablespoon water, and proceed the same. Others simply beat the whites until they break, and do not use water. *Frosted Peaches* are done same as oranges, first rubbing off the fuzz with a clean cloth, and when partially dry roll a second time in the sugar. *Frosted Currants* may be thus prepared in bunches, also *Frosted Grapes*, or these may be taken on a needle and done singly. *Frosted Cherries* are also done singly on their stems, or in bunches. For *Frosted Bananas*, procure those of

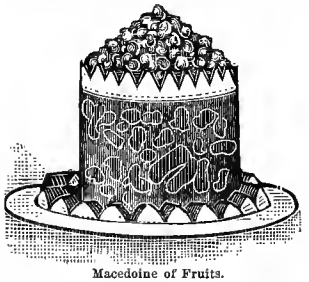
medium size, peel and frost whole by brushing them over with the whipped egg mixture, using the pastry brush for this, and dipping powdered sugar over them; or cut into nice slices, wipe dry, and frost as other fruits. For *Frosted Pears* choose small Bartlett or Sugar pears. *Frosted Berries* are nice, and any kind of berries may be thus served, if large, perfect and not over-ripe. *Frosted Plums* are nice also. Very pretty effects are produced by serving the different kinds of frosted fruits in same dish, piling the sections of oranges evenly in a cone in center and arranging the grapes, currants, etc., around the base, interspersed with green leaves, or with stems put into the cone at intervals, or in any way fancied. A pretty dish of oranges alone is made by first frosting one-third the sections, as above, then color one-third of the sugar with a few drops liquid cochineal, letting it dry, and rolling if it lumps; roll one-third of the oranges in this, and glaze the remaining third according to directions for Glazing Fruits. Put together in dish, in rows of each color, or in any pretty order, on a base of green leaves.

Frozen Fruits.—These are frozen the same as water ices, requiring more salt in freezing than ice cream. If let stand half an hour in the freezer on ice they will freeze easier. If in preparing the mixture the sugar does not dissolve entirely, which is very necessary, add more water, or, better still, juice of the same fruit, to just dissolve it, and then when ready, freeze. For *Frozen Oranges* take two pounds Florida oranges, first rub one-third of the oranges with a handful or two of granulated sugar taken from the two pounds sugar to be used in recipe, then peel, quarter and halve each quarter, take out seeds, and mix with all the sugar as above, juice of two lemons and one quart water. When sugar is dissolved put in freezer and turn slowly, so as to break the orange pulp as little as possible. For *Frozen Strawberries* mix two pounds berries and juice of two lemons, or for a richer flavor use oranges, let stand half an hour, add two pounds sugar, and after another half hour one quart water, and as soon as the sugar is dissolved, freeze, and color with a few drops of carmine. For *Frozen Pine-apples* take the Birdseye or Rose, prepare as for serving, cutting into dice; mix at once in same proportions as strawberries, omitting the carmine. *Frozen Bananas* are prepared in same way. For *Frozen Raspberries* mix two pounds each berries and sugar, stir lightly once or twice till sugar is dissolved, add one quart water and freeze, stirring only enough to congeal it. If purple berries are used, put two tablespoons each currant juice and sugar to each pound fruit. Some prefer juice of lemons to that of currants. For *Frozen Cherries* bruise one dozen kernels in a mortar to a paste, and tie loosely in muslin. Mix two and quarter pounds cherries, having first stoned them, and two pounds sugar, put in kernels, let stand half an

hour, add water, stir gently to dissolve sugar, take out kernels and freeze. The very small quantity of kernels used gives a pleasant nutty flavor, and a hardly perceptible bitter taste, which is acceptable to most palates; but if disliked by any it may be omitted. For *Frozen Currants* mash one and one-half pounds currants and one-half pound raspberries lightly, add two pounds sugar, and after half an hour one quart water, and when dissolved, freeze. If the fruit is very acid add more sugar. *Frozen Peaches, Apricots, Nectarines and Plums* are prepared the same, except the three latter are not pared. Select two pounds white-fleshed peaches and rub off fuzz, pare, cut in half and drop at once into ice-cold water; when all are pared, drain quickly, and mix with two pounds sugar, adding one dozen kernels which have been pounded to a paste, and tied in a muslin bag. Add one quart water, and when sugar is dissolved, take out bag, chop fruit into dice, mix and freeze. Color faintly with carmine. Use canned apricots if fresh cannot be obtained. For *Frozen Apples* pare and core two pounds apples and drop into cold water. When all are prepared, drain, cut into dice, mix with two pounds sugar, add half ounce apple seeds, bruised and tied in a muslin rag, stir lightly. after half an hour add the water, mix well, remove bag and freeze. For *Frozen Grapes* stone and gently mash two and a quarter pounds fruit, mix with two pounds sugar, after an hour add one quart water and freeze. For a *Macedoine of Fruits* mix two or more fruits that harmonize in flavor, as orange and pine-apple, peach and apricot, apple and orange, plum and grape, raspberry, cherry and currant, strawberry and lemon. Mix in any of above proportions and freeze.

Glazed Fruits.—Boil a cup each granulated sugar and water together half an hour (less water may be used), or until it becomes brittle when dropped in cold water. Pour this syrup in a bowl placed in hot water, and dip the fruit to be glazed in this and place to dry. For *Glazed Oranges* peel and separate into the natural divisions without breaking the skin. Take each piece on a skewer and dip into the hot syrup and then place the other end of the skewers in a bowl of salt, with the oranges hanging over the edge, that the glazing may dry perfectly, or lay them on a slightly buttered plate. Plums, grapes, cherries, currants and other fruits may be glazed in same manner. Do not stir the syrup or it will grain, and it is well to add the juice of a lemon to prevent its turning to sugar. If it begins to grain add a little water and reheat. Or the syrup may be made of a pound sugar, a large half cup water, and a half teaspoon cream tartar. *Iced Fruits* are done by simply coating with plain white iceing, made with whites of eggs and sugar, as for cake.

Macedoine of Fruits.—With jelly this is a handsome dish for dessert, and seems a very elaborate one, but is quite easily prepared. Any bright-colored jelly, flavored nicely, will do for the purpose, and these are speedily prepared by means of gelatine. First put the mold on ice, and proceed to fill alternately with jelly and different kinds of fruits; pour in a little jelly and when set arrange fruits in a circle, or according to taste; pour in more jelly, and when it hardens put in more fruit, and continue thus until full. Grapes, cherries, peaches, strawberries, or any fruits, the smaller ones on their stems, the larger ones cut in pieces, show off handsomely, and if fresh fruit is scarce, preserved or candied fruit may be used. Keep the jelly in a pan of hot water to prevent its hardening until used. When firm turn it out and surmount the whole with mixed fruits.



Macedoine of Fruits.

Fruit Balls.—Spread boiled rice over a cloth and lay on the rice cherries, berries or oranges, peeled, and as much pith as possible removed, tie closely, boil long enough to cook the fruit, sprinkle with sugar and serve with syrup, or sugar and cream, or any sauce liked. Or, pare and core apples whole, put some sugar and a clove into each, put the rice around them, tie in a cloth and boil until tender. Serve same.

Fruit Juices.—Mash the juicy fruits to a pulp, place on fire till scalding hot. Pour into a puree sieve and allow the juice to run through. Put into bottles or cans and seal and finish as in Canning Fruits by placing them in boiler of cold water and boil for twenty minutes. Remove from fire and allow to remain in boiler until cold; then set away for use. In the case of non-juicy fruits, such as apples, pears, peaches, etc., put fruit in saucepan, cover with water, and boil to a pulp, place on a hair sieve and allow to drain without any pressing. Bottle this juice as above. This makes the clear, transparent extracts for syrups, cordials and beverages. In cases where the flavorings are to be used for any purpose where transparency or clearness is not desirable, such as for ice creams, fruit-ices, or bon-bons, then use not only the clear fluid but also the pulp, and bottle as above.

Fruit Salad.—For platter of salad sufficient for twelve or sixteen take half dozen each oranges and pears, one dozen each peaches and bananas, pound each white and red grapes and one lemon; pare the large fruits, and first cut an orange in small pieces and place in center of platter; on top of or around these pieces cut a peach or two (according to size), then a banana, then a pear—

using one's fancy in the shapes of the pieces, some round, some square, some oblong, etc. Wash a few of the grapes and place them (without stems) at different points over the layer, and dust over with granulated sugar, then squeeze upon it a little lemon juice. Now commence again with orange and proceed as before with all the fruits until platter is nicely filled and rounded with the different fruits. Finish with small clusters of red and white grapes (on stems) alternately placed around the edge of the platter and small thin slices of the red core of watermelon may be added with the grapes. If the juice accumulates too much in platter carefully dip it into a small pitcher, and as the salad is served pour over some juice. This can be made of canned fruits (adding strawberries), but does not look as well.

Fruit Toasts.—Halve and stone peaches and place each half inside uppermost, on thin square or round pieces of bread; place in bottom of well-buttered dish, with a piece of butter in each, sprinkle with sugar and bake a half hour in moderate oven; when done, arrange carefully in a dish, pour the syrup from baking dish over, and serve hot. Apricots, large plums and pears are nice baked thus.

Fruit in Jelly.—Put a half pint clear melted calf-foot jelly into a bowl; lay in three peaches and a bunch of grapes, with the stalks upward; put in three small vine leaves next, and fill up with the jelly; let stand overnight, then set to the brim in hot water; when the jelly loosens from the bowl put dish over it and turn out carefully.

Ambrosia.—Take four each oranges and bananas, one pine-apple (canned may be used), quart strawberries and ten tablespoons grated cocoa-nut. Peel the fruit, stem the berries, and place in glass dish a layer of berries, then sliced pine-apples, then oranges cut in small pieces, taking out seeds, then bananas sliced crosswise, adding strawberries here and there, so that they will show through the dish; now another layer of pine-apples, then bananas, then oranges, placing sugar between each layer and over the top, using one and a half pints powdered sugar. Cover with the grated cocoa-nut and over this place a layer of large selected strawberries. Let stand in a cold place for an hour or two before serving. Same can be made with half as many oranges and bananas, omitting cocoa-nut and placing fruits in successive layers, not scattering the strawberries; or take six sweet oranges, one pine-apple, one large cocoa-nut, grated, and sprinkle pulverized sugar over each layer. Or, use six oranges, six lemons, and two cocoa-nuts, or only oranges and cocoa-nuts, prepared as above. Some pour over the orange and cocoa-nuts a half cup each orange and lemon juice, and it is delicious added to any ambrosia.

Melons.—These fruits are always served fresh, and should be thoroughly cooled by keeping on ice until just ready to send to the table, and are nicer if left on ice overnight. Garnish with flowers or green leaves, or arrange a border of the smaller fruits around it. The latter gives a very pretty effect. The *Nutmeg Melon* is the finest variety. To prepare for the table, wash them and wipe dry, set on the blossom end, and cut in several equal pieces from the stem downward, leaving each alternate piece still attached; the others may then be loosened, the upper end clipped off and the seeds removed, when the melon is ready to serve, as shown in cut. Or cut off the top of each melon, remove the seeds, fill with powdered ice, replace the tops and send to table as if whole. Some prefer to serve them cut in halves, with a lump of ice on each. This cools them perfectly and quickly. As a dressing some place a tablespoon honey in each half, but most people like sugar, or a seasoning of salt and pepper, which is usually sent round with them. They are also sometimes served with a salad dressing, when rather insipid and tasteless, though more of a breakfast than a dinner dish. Melon is often sent on after the soup at dinner. For a nice *Melon Salad* pare rind from a musk or nutmeg melon and slice lengthwise; cut these slices crosswise as sliced cucumbers, place in bowl, sprinkle with salt and pepper and add three or four tablespoons oil or a little melted butter. Let stand half an hour on ice, then add a pinch sugar and a little vinegar, spoonful at a time, simply to moisten without leaving any liquid in bowl. Serve as first course at breakfast heaped in middle of platter, garnished with green. If a melon is found insipid or over ripe, scoop out the pulp by spoonfuls instead of serving in slices and pass a French dressing with it, which poured over the melon pulp makes a very appetizing dainty.

Nutmeg Melon.

Watermelons must also be *thoroughly chilled* by standing on ice several hours and are served as fruit at dessert. The fruit may be cut as illustrated and sent to table on a border of green leaves, when it is served in slices with the rind attached; or clip the ends of the watermelons, cut them across in halves, set upon the clipped ends on a platter, and serve the pulp only, removing it in symmetrical egg-shaped pieces with a spoon; or if very large, cut across in thick slices, and serve in nice triangular shaped pieces on the rind. Some season with sugar and some with salt, and some not at all. Watermelons have been kept fresh until into the winter by gathering before quite ripe, wrapping in newspaper and packing in sawdust.

Watermelon.

Chestnuts.—To boil chestnuts, shell, and put them into warm water, slightly salted, and cook fast fifteen minutes. Turn off the water through a colander; stir a good-sized piece of butter into the

hot chestnuts, tossing them over and over until glossy and dry. Or put half an ounce aniseed into water enough for fifty chestnuts, and boil, first clipping of the points off the nuts. Serve on a hot napkin in deep dish. For *Stewed Chestnuts*, first roast them and when done, shell and put in a pan with water, allowing quarter of a pint to a pound of sugar and two pounds chestnuts. Stew fifteen minutes, adding slowly the juice of a lemon.

Cocoa-nut—A nice dessert is made by grating a large cocoa-nut into a glass dish, serving with cream, preserves, jellies or jams. *Cocoa-nut Puffs* are also nice for dessert. To prepare, break a fine ripe cocoa-nut, lay pieces in cold water, drain and dry well, then grate and put in little heaps on a glass dish. Flatten the heaps in the center so as to make a hollow and fill with preserves. Whip a pint of rich cream to a froth, sweeten and flavor with lemon; pile this on top of the preserves and serve. The little heaps should not be larger round than a dollar. *To Dry Cocoa-nut*, grate three or four and put in pan with one cup sugar; steam over a kettle of hot water until the sugar is melted; set in the oven and stir frequently until dry.

Salted Almonds.—Blanch shelled Jordan almonds, place in a bed of salt in dripping pan, put in a rather slow oven, watch carefully and when browned and nicely flavored, take out. A quantity can be made at a time. Serve as a last course at a dinner or evening party.

Walnuts and Hickory Nuts.—Crack and pick from shells; sprinkle salt lightly over and serve mixed in same dish. All nuts are much more wholesome when eaten with salt.

Dried Fruits.

In providing a supply of fruit for winter use, every experienced and economical housekeeper prepares an abundance of dried fruits. Drying is much less expensive than canning or preserving, and fruit wanted for pies, puddings, etc., is better if preserved in this manner, while many prefer the flavor of dried peaches, when properly done, to that of the finest canned fruit. Time and care are both required in its preparation, however, to attain satisfactory results. Always place to dry in the open air when possible, but when much fruit is dried, it is necessary to have a house for the purpose. Small quan-

tities should be so arranged as to be placed near the kitchen fire when taken in at night or during stormy days. Those who have hot-bed sash, can easily arrange a drying apparatus which will dry rapidly and at the same time keep off insects. A hot-bed frame with a bottom to it, and raised above the ground, makes a capital drying box. The sash should be elevated at one end to allow the moisture to pass off, covering the opening with netting. Or the fruit will dry nicely if spread in shallow boxes or box covers, covered with mosquito netting to prevent flies reaching it. When impossible to dry out of doors, the fruit may be placed on plates and dried in the oven, but care must be taken to prevent scorching. A recently patented convenience is a fruit evaporator for family use, which consists of a rectangular pan of thick tin about two and a half feet long by fourteen inches wide, with a double bottom. The space between the bottoms is filled with hot water by means of a little pipe that projects to the top of pan from one corner; the fruit is placed on the upper bottom and the separator is set on the stove or range to keep the water hot. The pan can be moved about on the range, or set off for a few minutes if wished and the fruit dries rapidly with no danger of burning. Methods of preparing and drying the different fruits are described hereafter. When thoroughly dried, put away in jars in dry places and cover closely, or tie up in paper sacks. The secret of keeping dried fruit is to *exclude the light*, and to keep in a *dry and cool* place. Paper sacks, or a barrel or box lined with paper, are secure against moths. Reheating fruit, which is necessary if it becomes damp, makes it dark in color and impairs its flavor, and should be avoided if possible by keeping in a thoroughly dry place. When a jar or sack of dried fruit is opened, always fill a fruit can or small sack, and keep for present use, to avoid opening often. It is said that dried fruit put away with a little sassafras bark (say a large handful to a bushel) will keep for years unmolested by those troublesome little insects which so often destroy hundreds of bushels in a single season.

Any of the fruits that have been preserved in syrup may be converted into dry preserves by first draining them from the syrup, and then drying them in a stove or very moderate oven, adding to them a quantity of powdered loaf sugar, which will gradually penetrate the fruit, while the fluid parts of the syrup gently evaporate. They should be dried in the stove or oven on a sieve, and turned every six

or eight hours, fresh powdered sugar being sifted over them every time they are turned. Afterwards, they are to be kept dry in drawers or boxes. Currants and cherries preserved whole in this manner, in bunches, are extremely elegant, and have a fine flavor.

Fruits of every kind may be candied by first boiling them in syrup, then take out and dry in a pan on stove or before the fire; boil the syrup to a candy, dip fruit into it once more, and set to dry. Put into covered boxes or patent jars it will keep a long time.

To freshen figs, wash them thoroughly and dry on a towel and heat them in the oven; take out and roll in powdered sugar.

In selecting dried currants secure the Zante variety. They are not currants but a small seedless grape from the Zante Island, and like all candied and dried fruit, such as citron, lemon and orange peel, etc., should be moist, tender and without crystals of sugar on them. In raisins the Sultanas or Seedless, which come to us from Smyrna, packed in drums, and are of a light amber color, plump and moist, rank first for fine cakes and puddings, but the Valencia are cheaper and more commonly used; for table, the loose Muscatels and layer raisins are preferred; of the latter, the Dehesia Layer is the finest, very large and fancy, the Cabinet Layer, in bunches, stands second, and the London Layer third. All raisins except the Sultanas should be large, plump, tender and fleshy, with a bluish cast and no crystals. The California raisins have a tough skin and large seed, and are not nearly so desirable as foreign importations, but are largely used on account of the very low price.

Candied Almonds.—Blanch any quantity of almonds, then fry in butter till a light brown color; wipe nicely with a napkin, and put into a pan. Make a syrup of white sugar, and boil to a thread—that is, until on taking a drop of the sugar between the finger and thumb it will produce a thread; care must be taken to boil it to the exact candying-point; pour it boiling-hot upon the almonds, and stir them till quite cold. An excellent method of preparing almonds or any nuts for dessert. Or simply blanch them, roll while moist in powdered sugar, and place in oven to dry.

Candied Apples.—Squeeze juice of two or three lemons into preserving kettle. Peel, core and slice small apples; put into the lemon juice and shake over the fire a minute or two and set aside to

absorb as much juice as possible. When quite cold, put into a syrup of boiling sugar and let simmer until the syrup is turned to sugar again. Take out the fruit and dry. Or peel Golden Pippins, or other nice tart apples, and put them into a sauce-pan cold water; let them gradually come to a boil, when remove a little from the fire, and as soon as they begin to soften take up and drain. To one quart water in which they were boiled put a pound and a half white sugar; boil and skim it; put in the apples, let come to a boil, and take them from syrup; repeat this operation three or four times and put them on a sieve to dry, flatten them gently with the hands, and arrange them in bon-bon boxes.

Candied Cherries.—Make a syrup of two pounds loaf sugar and one cup water and boil until thick enough to "pull," as for candy. Remove to side of range, and stir until it shows signs of granulating, and it is well to stir frequently while cooking, to secure this end. When there are grains or crystals on the spoon, drop in carefully stoned cherries, a few at a time. Let each supply lie in the boiling syrup two minutes, when remove to a sieve set over a dish. Shake gently but long, then turn the cherries out upon a cool, broad dish, and dry in a sunny window. Enough for two quarts cherries.

Candied Citron.—Pare the citron, remove seeds, let lay overnight in a weak syrup. Next morning drain through a colander; and for each pound citron, take a pound white sugar; boil the sugar until quite a thick syrup is formed, then drop the citron in and cook down thick; when done, pour out on plates and leave near the stove until dry, then sprinkle with granulated sugar and keep in glass jars. Lemon and orange peel can be prepared in the same way, but without laying in syrup overnight. Or, simply boil the citron in water until it is clear and soft enough to be easily pierced with a fork; take out, put in a nice syrup of sugar and water, and boil until the sugar has penetrated it. Take out and spread on dishes to dry slowly, sprinkling several times with powdered sugar, and turning until it is dried enough. Pack in jars or boxes with sugar between the layers.

Candied Currants.—To candy currants it is only necessary to dip them into syrup prepared as for Candied Cherries. They are made very nice by sifting powdered sugar over when taken from the syrup. *Candied Grapes* and *Berries* prepared same way.

Candied Lemon Peel.—Soak the peels in salt and water overnight; in the morning freshen in three waters and boil till tender; make a syrup of a quart water to a pound sugar and simmer the peels in it half an hour; pour into a bowl together and let stand until next day, then make a syrup to cover them of a pound sugar to a pint water for each pound pulp, boiling till it threads; put the peel into

the syrup, boil half an hour, take out and drain on a sieve, and as the candy dries, transfer to a dish to dry in a warm place. *Candied Orange Peel* prepared same way. When the orange peel is sliced very thick it is called *Orange Citron*

Candied Peaches.—Peel and slice ripe peaches, make a thin syrup and boil fruit until it looks clear; lay on a sieve to drain, then roll in dry brown sugar and expose to the sun; change to dry dishes, dip in sugar again and leave until entirely dried and crystallized

Candied Tomatoes.—Scald and skin pear-shaped (or any small-sized) tomatoes, and to eight pounds add three pounds brown sugar; cook without water until the sugar penetrates and they have a clear appearance, take out, spread on dishes, and dry in the sun, sprinkling on a little syrup while drying; pack in jars or boxes, in layers with powdered sugar between. Thus put up they will keep for any length of time, and are nearly equal to figs. *Candied Peaches* may be prepared in same way.

Dried Apples.—Take only good, sound fruit, pare, quarter and core and slice lengthwise; spread in the sun or fruit evaporator to dry, or run them on strings and hang near kitchen fire. A piece of coarse muslin or net stretched over a frame and hung from the ceiling, may also be used for drying. When found that winter apples are not keeping well it is an excellent plan to begin drying at once to prevent waste, and despite the prejudice against dried apples, the fruit so put up at home may be made with a little painstaking into sauce and pies that will be eaten with a relish in the spring when fruit is scarce and high.

Dried Apple Sauce.—Look over dried apples carefully and soak until tender in enough cold water to cover, allowing for swelling. The old-fashioned dried apple requires soaking overnight, or for several hours; the delicate *sliced* dried apple, sold as "evaporated apple," requires only about fifteen minutes, in just water enough to cover. The former must be carefully washed before soaking, but the sliced apple is perfectly clean. Boil in the water it was soaked in, steadily and slowly, and stir often, keeping closely covered. Break up the dried rind of an orange for every quart of apple, and boil with it. When soft, like jam, take off and rub through sieve. Sweeten to taste and serve cold. Some like to season highly with cinnamon. To prepare quickly, soak fifteen minutes in clean warm water; drain, cover with cold soft water, place on the stove, let boil slowly two to four hours, mash fine, sweeten and season with cinnamon very highly. For a nice sauce with raisins, put two pounds dried apples and one pound raisins in a crock with plenty of water and set on back of stove. Let boil slowly all day. When almost done add a lemon

peeled and sliced very thin and two pounds sugar. Never add sugar until about five minutes before removing from the stove, otherwise the fruit will be toughened and hardened. A nice way of serving is to raise a border of dried apples prepared as in first recipe above, in a large dish or ice cream saucer, as the case may be, fill the hollow middle with boiled custard and spread a meringue of sweetened and whipped whites of eggs on top. Brown with hot salamander or shovel. *Black Apple Sauce* is made with dried apples and dried black raspberries stewed together. Soak both separately overnight in water to cover. Stew the apples in water soaked in, until half done, then add raspberries, without the juice, and when both are nearly done sweeten to taste and simmer gently a few moments longer.

Dried Bananas.—A method for drying bananas has been patented in Jamaica, and they may now be purchased in the larger cities. The fruit retains its flavor in a remarkable degree. The banana is cut in half lengthwise and dried slowly, which prevents fermentation and decay. They are prepared for use as other dried fruits.

Dried Blackberries.—Dry in the sun, or fruit evaporator, or in the oven, like apples, being careful when drying in oven not to scorch them in the least. Dried thus, blackberries make excellent pies and are better if not stewed for this purpose. If simply put in the crust with sufficient water and sugar and a very little flour they will be found to cook quickly and retain their fresh flavor in a remarkable degree. Some prefer, however, to dry them with sugar, allowing a pound sugar to eight or ten quarts berries; put over the fire with a half pint water and bring slowly to boiling point; then skim out berries and spread on plates to dry, pouring the juice over, a little on each plate *Dried Raspberries* may be prepared after either method.

Dried Cherries.—Cherries may be put into a slow oven and thoroughly dried before they begin to change color. Be careful that the oven is not too hot. They should then be taken out, tied in bunches and stowed away in a dry place. Nice cooked with sugar for winter dessert. Another method of drying is to stone them and put into a preserving kettle with plenty of sugar, about five tablespoons to each quart; simmer till the fruit shrivels, when it should be strained from the juice. Place the cherries in an oven cool enough to dry without baking them. The same syrup may be used to do another quantity of fruit, though some boil the syrup until very thick and pour it over the fruit as it dries, a little at a time. Pack in jars and paste paper over the top. An excellent method of drying both *cherries* and *currants* is to put in jars first a layer of fruit, then a layer of sugar, in the proportion of half a pound sugar to pound fruit and let stand overnight; place them to boil, skim-

ming off all scum, let boil ten or fifteen minutes, skim out and spread on dishes to dry in the sun, or by the fire, turning frequently until dry; then place on pans in oven, stirring with the hand often until the heat is too great to bear. They may then be packed in jars with sugar, or put away in paper sacks, or stone crocks with a cloth tied closely over the top, and are an excellent substitute for raisins in puddings or mince pies. To dry cherries without sugar, stone, and set them over the fire in the preserving pan; let them simmer in their own liquor, and shake them in the pan Put them in common china dishes; next day scald again and when cold put on sieves to dry in moderate oven. Twice heating, an hour each time, will do them. Put away in a box with a paper between each layer.

Dried Currants.—Take one pint sugar to a pint stemmed ripe currants; put them together in a porcelain kettle, a layer of currants at the bottom; when sugar is dissolved, let boil one or two minutes, skim from the syrup, and spread on plates to dry in a partly cooled oven. Boil the syrup until thickened, pour it over the currants, and dry it with them. Pack in jars and cover closely. *Blackberries* may be dried in the same manner. An economical way of making jelly is to boil the liquid after currants are taken out, skimming well, until it becomes a jelly, and put away in jelly glasses.

Dried Gooseberries.—To seven pounds goosederries add a pound and a half of powdered sugar, strewing it over them in preserving kettle. Let remain over a slow fire till they begin to break, and then remove. Repeat this process two or three days; then take the gooseberries from the syrup and spread out on sieves in the sun or near the fire to dry, The syrup may be used for other preserves. When quite dry put away in tin boxes on layers of paper. They will keep in this way all winter, and may be used for pies, tarts, etc.

Dried Greengages.—Procure fruit before quite ripe and leave stems on. Weigh, and allow a pound sugar and one-fourth pint water to each pound fruit, boil to a rich syrup, skim, put in the fruit and boil ten minutes, take from fire and drain the fruit; next day boil the syrup and put in the fruit, and continue the process five or six days; after draining the last time, place the greengages on a hair sieve and set in oven or other warm spot to dry; keep in a box, with paper between each layer, in a dry place.

Dried Peaches.—In preparing peaches for drying, if peeled at all do it by immersing for an instant in hot water as directed in Canning Fruits. It is said that in peaches, as in potatoes, the best of the fruit lies nearest the skin, and for this reason some never peel peaches for any purpose but rub them thoroughly with a woolen cloth. Dried peaches are better when halved and the cavities sprinkled with sugar while drying. The fruit must be good, however, as poor

fruit can not be redeemed by any process. Another excellent way is to dry them in the oven, and, when about half done, place in a crock a layer of peaches alternately with a layer of sugar; tie papers over them and set away.

Dried Peach Sauce.—Prepare as Dried Apple Sauce, but do not mash or season so highly. Cook in porcelain, without stirring, and sweeten to taste just before taking from fire. Very nice sweetened with maple sugar.

Dried Pineapple.—Pare and slice the fruit thinly, place it on dishes, strew over plenty of granulated sugar, and keep in a hot closet or very slow oven eight or ten days, turning the fruit every day until dry. Then put the slices on tins and set them in a quick oven for ten minutes. Let cool and put away in dry boxes with paper between each layer.

Dried Plums.—Select perfect fruit, just ripe but not soft, wipe and stone and put in a porcelain kettle with a quarter pound sugar for every pound fruit. Heat slowly to extract the juice and scald thoroughly, but without boiling. Skim the plums out with a coarse wire skimmer and spread carefully on platters; more plums may be scalded in same syrup, and when all are done boil the syrup until quite thick and pour over the plums placed to dry. Dry as quickly as possible. Some gather plums when full grown and just turning color and dry them whole. Prick the fruit, to prevent bursting, put into a saucepan cold water and set on fire until at boiling point; then take out, drain, and boil gently in syrup, made in proportion of one-fourth pint water to every pound sugar. If the plums shrink and will not take the sugar, prick them as they lie in the pan, give them another boil and set them away. Next day add more sugar boiled almost to candy; put all together in wide-mouthed jar and place in cool oven for two nights. Then drain the plums from the syrup, sprinkle a little powdered sugar over and dry in a cool oven.

Prunes.—Look over and wash nice French prunes; simmer gently in plenty of water, with a small stick cinnamon and a tablespoon strong vinegar to a pound of fruit, for at least six hours, and when thus thoroughly done, add just enough brown sugar to slightly sweeten them and thicken juice with a very little corn starch wet up in cold water; or in place of vinegar use a quarter teaspoon cream tartar mixed with corn starch, let prunes just boil and remove from stove. This makes a most delicious sauce and when nearly done a few kernels extracted from the prune stones, dropped in the juice, give a delicate flavor.

Browned Prunes.—Soak prunes overnight in cold water, boil until tender, not allowing them to break, and take out the pits.

Grate some chocolate, mix it with three ounces powdered sugar and beaten whites of three eggs. Dip the prunes one by one in the mixture, and put them, without allowing them to touch, on a buttered tin. Bake fifteen minutes and serve hot.

Prune Tapioca.—Soak half pint tapioca in one quart water three or four hours, keeping it just tepid, add juice of a lemon, and a little grated rind, three-fourths cup sugar and boil till clear, stirring occasionally. Place one and half pints stewed, sweetened and seeded prunes, without juice, in dish and cover with the tapioca. When cold cover with some whipped cream and serve. Or for *Cherry Tapioca*, place two cups dried cherries or three of stoned fresh ones, cooked and sweetened, in dish, cover with the boiled tapioca, and if wished, stir together and put in a mold; then serve with whipped sweetened cream.

Prune Whip.—Sweeten to taste and stew three-quarters pound prunes; when *perfectly cold*, add whites of four eggs beaten stiff; stir all together till light, put in a dish, and bake twenty minutes; when cold, serve in a larger dish, and cover well with good cream.

Dried Fruit in Cakes.—Any fruit may be preserved by drying as follows: To every pound fruit allow half pound sugar, with a little water. When water and sugar are heated, take fruit in skimmer, and dip it for about a minute into the sugar, then spread it on tins. After all the fruit has been done thus, boil down the sugar to a rich, thick syrup, and pour it over the fruit. The fruit must now be put either in the sun, or in a warm oven, till it is in a dried gelatinous condition. Let remain till quite dry, when put in bags, dividing it into cakes. These cakes will keep a long time, and when wanted for use, merely require a little hot water put to them, and probably extra sugar.

Fruit Pastes.—These are really candied fruits in another form. Care must be taken in cooking not to scorch them. For an *Apple Paste*, peel and core sound, ripe apples and put in water until quite soft; then rub through a puree sieve with a wooden spoon, weigh the pulp and put in a preserving kettle with same weight of sugar and boil twenty minutes; pour out thin on plates or in molds and dry on a cool stove or in a cool oven. Or, put an equal weight of apples and stoned plums into a preserving pan. Boil without adding any water. When the fruit begins to get soft add a pound sugar to each pound pulp. Boil slowly for an hour, and pour into shallow molds; place these in a slow oven, when the preserve will dry until it resembles a *Fruit Cheese*. To make an *Apricot Paste*, take ripe apricots, and put them in a preserving-pan with a little sugar, place on the side of the fire to reduce to paste, then rub through a hair sieve, allowing a half pound sifted sugar to every pound pulp. Put

it on the fire and boil ten minutes. Spread on tins to dry. Make *Peach Paste* the same, cooking ten minutes longer. For *Currant Paste*, take either red or white currants, rub through a sieve, after having picked them over thoroughly; put the mashed fruit in a pan over the fire, stirring until it forms a paste; remove it, and to every pound pulp put one and quarter pounds fine sugar. Mix together, and boil twenty minutes; spread out on tin plates, cut into shapes and dry. For *Orange Paste*, press out the juice of five Seville oranges, boiling the rinds till they are very soft. With a thin wooden or bone spoon scoop out the pulp; pound the rinds in a mortar, as fine as possible, with half the juice of the oranges. Rub all through a hair sieve, and keep on the fire until it becomes like marmalade. Empty it out and weigh, allowing two pounds fine granulated sugar to each pound pulp. Boil it ten minutes, spread out thin on tin plates or tins, and cut it to any shape; dry it and keep in tin boxes. Make *Lemon Paste* in same manner, but do not use any juice. To make either *Cherry* or *Plum Paste* stone the fruit, boil to a jam, put through a sieve and finish as in first recipe for Apple Paste. These pastes may be cut into rings or any fancy shapes, and colored with a few drops of the usual coloring.

GAME.

Under this head are included all the edible wild animals and wild fowl. No market in the world is so abundantly supplied with this species of food as the American. The point of contrast between the flesh of wild animals and that of domesticated and artifically fed ones is the greater hardness and solidity of the flesh, the greater proportion of solid fibre to the juices, the less proportion of water and fat in the juices, and the greater proportion of lean to fat. Hence it follows that under the same circumstances (say when both the wild and the tame animals have been killed within a day) the mastication of the flesh of wild animals is less easy, the flavor is more concentrated, and the proportion of flesh-forming compounds is greater. They are therefore strong foods, and if well digested are highly nutritious. Their decided flavor is also a recommendation to invalids or others who, being satiated with ordinary food, need something to stimulate a defective appetite. White meated game should be cooked to well-done; dark meated game rare, and should always be sent to table *very hot*, with hot plates. Keeping game renders it more tender, and brings out its flavor, and the longer it can be kept without tainting the better it is. This is especially true of the pheasant and snipe. Any game may be kept several days in good condition by caring for it as follows: Pick, draw and rinse quickly with pure cold water; wipe dry, and rub lightly inside with a mixture of fine salt and black pepper. If to be kept quite a while, put in the cavity of each fowl a piece of charcoal, or rub inside and out with powdered charcoal, hang in a cool dark place and cover with a cloth, always hanging by the neck. Small

birds, unless too many of them, may be kept in refrigerator. Charcoal is an admirable preventive of decomposition. If hunters would draw game immediately after killing and stuff with hay, until it could be placed in the hands of the cook, it would be found to have a fresher, finer flavor and would keep much longer. Of game birds the woodcock outranks all in delicate tenderness and sweet flavor, but must not be kept too long. The thigh is especially deemed a choice tidbit. The leg is the finest part of the snipe, but generally the breast is the most juicy and nutritious part of birds. When birds have become tainted, pick clean as soon as possible and immerse in new milk for twenty-four hours, when they will be quite sweet and fit for cooking. Prairie chickens will keep well two or three days. Birds should be *carefully* dry-picked if feathers are wished, and if the wings are wanted, cut them off at the first joint before picking. Some then remove all feathers that come off easily, plunge for an instant in boiling hot water, and finish picking; while others do not put in water at all. When picked, singe, draw, wipe clean and *remove all shot.* Or, a quicker, *easier* and much nicer way is to skin without picking; if the skin is not broken make a small incision in the back and it will easily pull off. It is better not to skin ducks and geese, which should be dry-picked, scalded, and rolled in a woolen cloth ten or fifteen minutes; then finish picking and scrape the skin if necessary. Singe, draw and dress. Singeing with alcohol is much nicer and cleaner than with paper and does not darken the skin. Pour four or five tablespoons in a pan, light it and hold game over it. If more alcohol is wished, do not add till all is consumed.

Game should not be washed, unless absolutely necessary for cleanliness. With care in dressing, wiping inside with a damp cloth will render them perfectly clean. If necessary to wash, do it quickly and use as little water as possible. Some wash the inside of game, particularly prairie chickens, with soda and water, rinsing well with clear water, then dry with cloth. The more plainly all kinds of wild birds are cooked the better they retain their fine flavor. They require a brisker fire than poultry, but take less time to cook. Their color, when done, should be a fine yellowish brown.

Broiling is a favorite method of cooking game, and all birds are exceedingly nice roasted, especially quail. To broil, split down the back, open and flatten the breast bone by covering with a cloth

and pounding, and lay the inside first upon the gridiron; turn as soon as browned, and when almost done take off, place on a platter, sprinkle with salt, and return to the gridiron. When done, place in a hot dish, butter both sides well and serve at once. The time required is usually about twenty minutes. Broiling is the simplest of all forms of cooking and may be done well with a little attention. A brisk, clear fire, not too high in the stove, is necessary to do it with ease, but if necessary to have a high fire for other cooking, elevate the gridiron on two bricks to prevent scorching. Have the gridiron *very hot* and butter it before putting on the birds. If the fire is not very clear, and a flat broiler or gridiron is used, put a cover over the meat to prevent blackening or burning. It is well to always do this with birds or chickens, which are otherwise apt to be rare at the joints. It is a good plan to put birds in a hot oven about ten minutes before broiling, and lay a spoonful drawn butter on the breast of each. If very dry dip in melted butter, or, better still, oil them all over before cooking. There is nothing more unsightly than a dish of sprawling chickens or birds, and to serve them in good form they should be nicely placed in the broiler, with the bones broken as above.

To Roast Game.—Rub inside with salt and pepper and place a lump of butter in each bird. Truss the same as poultry, skewer and place on spit before an open fire, or, as is more usually done, roast in oven. Some still prefer the old way of leaving the head on and tucking under the wing, but this is not much practiced now. Cut off the head, push the skin down and cut off the neck, then draw the skin smoothly over and fasten to the back. The flavor is best preserved without stuffing, but a plain bread-dressing with a piece of salt pork or ham skewered on the breast is very nice. A delicate way of dressing small birds is to place an oyster dipped in the well-beaten yolk of an egg or in melted butter, and then rolled in bread crumbs, inside each bird. Allow thirty minutes to roast, or longer if stuffed. Wild ducks, pheasants, prairie chickens and grouse are always best roasted. Do not sprinkle the outside of game or any meat with salt or pepper before putting in oven, as salt draws out the juices, the flavor of pepper is entirely changed by the parching on the surface, and it also emits an unpleasant odor. This applies also to broiling and frying. Always pepper the bird after it is cooked, using white pepper. Baste often, every five or ten minutes,

with melted butter, hot water and butter or the drippings in the pan, and to give a handsome frothy appearance, when nearly done baste with butter, dredge over with flour and brown, baste with butter again, close the oven a few moments and the bird will come out beautifully finished. Use an empty spice-box with perforated top for dredging and a brush or spoon for basting; the brush is especially nice for putting over the melted butter in frothing. To keep hot while making the gravy, place in a pan on a trivet in the oven, or in a colander lined with soft paper, and if in danger of becoming too brown, cover with another pan, or a paper cap kept for the purpose. Larding game is a very nice way of preparing it for roasting, and will be found fully described in Meats.

To Steam Game, prepare as for roasting, place in steamer and steam until tender. The length of time will of course depend upon size and kind of game. When tender put in oven to brown, baste, and finish as in roasting. As the meat of most game is rather dry, this is an excellent mode of cooking, the steaming making it more moist.

To Fry Game, prepare small birds as for roasting, and cut up the larger ones. Small birds may be double-breaded (see Croquettes) and dropped whole into hot fat, others cut up and fried in joints. Pigeons and the birds of coarser flesh will need to be parboiled if fried thus. Half drippings and half lard make a good frying mixture. Some prefer to roll game in corn meal and fry in butter, or half butter and half drippings, in frying pan, and it is excellent either way but presents a finer appearance when fried by immersion.

Pigeons should be cooked a long time, as they are usually quite lean and tough, and they are better to lie in salt water half an hour, or to be parboiled in it for a few minutes. Wild duck should be cooked rare, with or without stuffing. If the "wild flavor" of the larger birds, such as pheasants, prairie chickens, etc., is disliked, they may be soaked overnight in salt water, or two or three hours in soda and water, or parboiled with an onion or two in the water, and then cooked as desired. The coarser kinds of game, such as geese, ducks, etc., may lie in salt water for several hours, or be parboiled in it with an onion inside each to absorb the rank flavor, and afterwards thoroughly rinsed in clear water, stuffed and roasted; or pare a fresh lemon without breaking the thin, white, inside skin, put inside the game for a day or two, renewing the lemon every

twelve hours. This will absorb unpleasant flavors from almost all meat and game. Some lay slices of onion over game while cooking, and remove before serving, and others baste two or three times at first with hot water, to which an onion and a little salt have been added. Use plenty of butter in cooking. In preparing fat wild ducks for invalids, it is a good plan to remove the skin, and keep a day or two before cooking. Squirrels should be carefully skinned and laid in salt water a short time before cooking; if old, parboil. They are delicious broiled, and are excellent cooked in any way with thin slices of bacon. Venison, as in the days of good old Isaac, is still justly considered a "savoury dish." The haunch, neck, shoulder and saddle should be roasted; roast or broil the breast, and fry or broil steaks with slices of salt pork, and it may be cooked in almost the same manner as beef, but requires longer cooking, must be sent to table very hot, and is generally preferred very rare. Venison is not so delicate when fresh as after it has been kept from three to eight days. When not consumed at once keep in a dark cool cellar with a cloth round it. The hams are excellent pickled, smoked and dried, but they will not keep so long as other smoked meats. French cooks improve the flavor of venison by putting the meat in a jar for several days with one pint vinegar to every six pounds meat, two bay leaves, two cloves, some garlic and onion sliced, thyme, parsley and whole pepper-corns. Let this mixture boil once, then pour it over the meat, and turn occasionally while it stands in the jar. Cutlets prepared this way are much better. The seasonings are spread over them, they are then wrapped in buttered paper and broiled over a quick fire.

Bear meat, especially the flesh of young bear, nearly resembles a good quality of beef, and may be fried, broiled, roasted, or cooked like beef in any way preferred. Many lard it for roasting, and the time required is about twenty minutes to the pound. The meat of young buffalo is also much like that of fat beef and may be cooked as fresh beef.

Any kind of game may be hashed and the flavor may be varied by adding flavored vinegars, curry powder, etc.; but we do not recommend these ingredients, as a dish of game should really taste of *game*; and if too many sauces, essences, etc., are added to the gravy, they quite overpower and destroy the flavor. In warming over cold game, do not cook too long—merely heat through or bring

to the boil, but do not boil. In serving game the beauty of the dish is greatly enhanced by a garnish of green leaves, or other things mentioned with the recipes, but this is not a necessity. Epicures generally do not consider game ripe for cooking until more or less tainted, and prefer it cooked very rare, barely more than warmed through. Small birds are also often roasted or made into pies without drawing, or removing the trail as it is called, and are esteemed very dainty by the epicures, among whom, however, are numbered very few of our excellent American housekeepers.

Boiled Wild Duck.—Dress and rub well inside with salt and pepper, truss and tie in shape, drawing the legs in to the body, in which put one or two sage leaves, a little finely-chopped onion, and a little jellied stock or gravy; rub over with salt and pepper; make a paste in the proportion of one-half pound butter to one pound flour, in which inclose the duck, tie a cloth around all, and boil two hours or until quite tender, keeping it well covered with boiling water. Serve by pouring round it brown gravy made as follows: Put a lump of butter size of an egg in a saucepan with a little minced onion; cook until slightly brown, then add a small tablespoon flour, stir well, and when quite brown add a half pint stock or water; let cook a few minutes, strain and add to the chopped giblets, previously stewed till tender.

Broiled Wild Duck.—Carefully pluck a pair of ducks, singe, wipe them with a wet towel, split down the back, and remove the entrails without breaking; put the birds between the bars of a buttered gridiron, place the inside to the fire, and broil them until brown; then brown the outside, season with salt and cayenne, put a very little butter over the birds, and serve with orange salad or jelly. For *Baked Wild Duck* prepare in same manner and bake in hot oven till tender, placed in a dripping pan with a little butter. When half done season with salt and just before removing from oven pepper and serve with the gravy from pan and a dish of currant jelly or damson jam.

Hashed Wild Duck.—Cut remains cold roast duck into neat joints, put them into a stewpan with one pint good brown gravy, two tablespoons bread-crumbs, salt, cayenne, and mixed spices to taste and a tablespoon lemon or Seville orange juice; let them heat gradually, stirring occasionally; when on the point of boiling, serve, and garnish the dish with croutons of toasted bread.

Ragout of Wild Duck.—Ducks that have been dressed and left from the preceding day will answer for this dish. Cut into joints,

reserve the legs, wings and breasts until wanted; put the trimmings into a stewpan with four shallots and a pint stock, simmer about half an hour, and strain the gravy. Put a tablespoon butter into a stewpan; when melted, dredge in a little flour, and pour in the gravy made from the bones; boil and strain again; add juice of half a lemon and cayenne and salt to taste; lay in the pieces of duck, and gradually warm through, but do not boil, or the meat will be hard. The gravy should not be too thick, and should be very highly seasoned. The squeeze of a Seville orange is a great improvement to this dish.

Roast Wild Duck.—The peculiar flavor of wild ducks is not liked by many and may be removed by parboiling with a carrot or an onion before roasting, having first singed them, wiped well the inside with wet towel and cut off head. When tender stuff with a bread-dressing seasoned with salt, pepper, onion and sage; roast before a brisk fire or in oven, basting often, until brown and tender. When the ducks are taken up, skim and thicken the gravy with browned flour and send to table in a tureen. Serve currant or grape jelly with the ducks. Instead of the stuffing, a simple dressing of parboiled onions mixed with chopped sage, salt, pepper and a good slice of butter may be employed, or stuff with chopped celery or mashed potatoes and when brown season with salt and pepper. It will take about three-quarters of an hour to roast ducks well; twenty minutes will do them rare. When preferred rare it is best not to stuff them. Cut an onion in two and put in the body, then truss or bind, dredge with salt, pepper and cloves and roast in quick oven thirty minutes or before a hot fire forty, basting often. Serve with currant jelly or equal parts currant jelly and dry mustard mixed, or with garnish of fried hominy and currant jelly, or apple sauce and green peas. *Teal* can be cooked like Wild Duck. Many cooks stuff them with a bread and onion dressing, but this spoils their flavor; it is better to serve an onion and bread sauce with them, if liked. The birds should be quickly roasted or baked in a hot oven from twenty to thirty minutes, as they are liked medium or well done. Season with pepper and salt and serve a sliced lemon or fresh green salad with them.

Stewed Wild Duck.—Cut up and parboil fifteen minutes with a carrot or onion; cut into joints, put in a stewpan and cover with a gravy made of the giblets, neck, etc.; season with salt and pepper, a bunch sweet herbs and chopped onions, and stew gently till done. Take up the meat, thicken the gravy with browned flour, boil up once, pour over the duck and serve immediately. Or for a *Stew with Green Peas*, parboil, or half roast, then put into a stewpan with a pint water, or beef gravy, a few chopped mint and sage leaves, pepper, salt and half an onion chopped very fine. Cook fifteen minutes and skim out the herbs; then add a quart green peas and cook half

hour longer. Stir in a tablespoon each butter and flour, boil up once, and serve with the duck in center of dish and peas around. Some prefer to cook the peas separately and serve rounded up in center with the joints around. Some stuff and roast the ducks twenty minutes then take out and stew as above. *Duck Stewed with Rice* is liked by many. To prepare, quickly brown the duck in a hot oven; meantime peel an onion, chop it fine, and put into a saucepan with heaping tablespoon butter; when the duck is brown, cut in joints, put with the butter an onion, and fry all together till the onion is brown; then stir in a tablespoon flour and brown it, add a pint of boiling water, a high seasoning of salt and pepper, and half a cup of rice which has been picked over and washed. Cover and cook all gently half an hour, being careful not to burn. If rice absorbs all the water, add more as required, but do not make very moist. When both rice and duck are tender, serve them together. The remains of a cold roast duck may be made into a stew with a pint gravy and a little sage; cover closely, and simmer half an hour; add a pint boiled green peas, stew a few minutes, remove to a dish, and pour over it the gravy and peas.

Salmi of Duck.—Save remnants of cold duck or other game, trim meat off neatly, set aside; place all the remains (bones, gravy, etc.,) in a saucepan and cover with cold water; bring gently to a boil; skim, add an onion that has been cut up and fried brown (*not burned*); simmer gently for about an hour, then set saucepan in a cool place long enough to allow the fat to rise and "settle on top;" skim this off carefully—it will be nice to fry potatoes with. Now return saucepan to fire, and when about to boil strain off liquid; set on again, add salt and skim. If the liquid looks cloudy, let it boil up, throw in a little cold water, and the scum will rise. Now put in the pepper and such spice as may be desired, also a bunch of herbs tied up in a piece of muslin, or very finely powdered. Take a large spoon of flour that has been baked in the oven and kept for gravy, mix it well with a lump of butter same size, put this and the meat all in together and stir well until it is just ready to boil again, but see that it *does not boil*; cover closely and set back where it may keep *very hot* without cooking. The safest plan is to put the saucepan in a vessel of hot water for ten or fifteen minutes.

Roast Wild Goose.—Dry piek, as feathers are especially choice, and if possible pick clean, as meat is nicer if not scalded, but if all cannot be removed, plunge in boiling water, wrap quickly in a woolen cloth and let stand fifteen minutes, when finish picking and scrape with a knife to better clean the skin, singe with alcohol, draw, wash or wipe clean and parboil with an onion inside (a large onion to an eight-pound goose) in slightly salted boiling water till commencing to be tender, half an hour for a young goose, longer if an old one. Take out, rub inside with salt and pepper and stuff with a *Bread-*

Dressing as given in first recipe for Roast Turkey, or as follows: Quart finely minced bread-crumbs, tablespoon minced onion, level teaspoon each salt, pepper, sage and chopped parsley if liked, one egg, half cup warm water, half cup butter or fat from fried sausage; mix ingredients all together in a pan, not making the dressing too moist, as it will absorb gravy while baking. The egg should be first mixed with the water. Or stuff with a *Potato-Dressing* made as follows: Mash six boiled potatoes through a colander, and add two teaspoons each butter and onion juice, and one each salt, white pepper and sage; or first chop an onion and fry a light yellow in the butter, and add the potato and a well-beaten egg. Or for an *Onion-Dressing*, peel four large onions, put into boiling water, let simmer five or ten minutes and just before they are taken out put in ten sage leaves for a minute or two to take off their rawness, skim out and chop *very fine*, add quarter pound bread-crumbs, seasoning, and two tablespoons butter, and work the whole together with yolk of an egg, when the stuffing will be ready for use. It should be rather highly seasoned, and many do not parboil the onions, but merely use them raw. The stuffing then is not nearly so mild. This is nice for either goose, ducks or pork. If for goose add the liver, first simmered a few moments and then very finely minced. Or, boil in water to cover four apples, peeled and cored, four onions, sage and thyme leaves. When done, pulp through a sieve, removing leaves; then add enough pulp of mealy potatoes to cause stuffing to be so dry as not to stick to hand. Season with pepper and salt. For a *Fruit-Dressing*, stew one pound prunes as in recipe for stewed prunes, using as little water as possible, and add to them same quantity of tart apple sauce and a few raisins if liked, and let stew together till quite dry, adding sugar to taste (some prefer twice as much apple sauce as prunes); stuff as above or, when bread-dressing is used, it is very nice to garnish with spoonfuls of this around the goose; or omit prunes and use teacup raisins, using raisins also in the gravy; or take three quarters pound pulp of tart apples, which have been previously baked or steamed, add two ounces bread-crumbs, some powdered sage, a finely chopped onion, and season with a little cayenne pepper. After goose is stuffed, sew up and tie in shape as described in recipe for roast turkey. Place in oven on dripping pan, on a trivet or pieces of hard wood, with a little of the water in which goose was parboiled; put bits of butter or slices of fat salt pork over the goose, and to make extra nice, unless very fat, add a little butter to the drippings each time of basting, which will want to be every ten minutes, adding more of the parboiled water as needed. Where the onion flavor is an objection, simply put hot water in the roasting pan. When almost done baste with melted butter, dredge with flour, let brown, then a little more butter till nicely frothed and browned. Some claim that a specially nice way to roast is to begin by basting with a teacup cider; then, when it begins to warm, dredge with flour;

afterwards baste with its own fat and gravy, mixing with the cider. In either way, when browned, place in pan in oven, as directed, till gravy is made, using the giblets in the same manner, if good, as for Roast Turkey, adding also the parboiled water from the goose. Those liking onion flavor can slice onion when used in parboiling, putting some slices inside goose and some in kettle, and leave all in the water for the gravy. Place goose on hot platter, made hot by pouring hot water upon it, being careful to pour in center first; garnish with a border of baked, cored, tart apples, being careful not to have them bursted. Always serve apple sauce with goose. *Wild Duck* can be prepared in same way. Goose, duck and all game, being rather dry, are especially nice larded, but placing pieces of salt pork on them while cooking answers the same purpose, but does not present the handsome appearance when served as does a *Larded Goose.*

Smoked Goose.—Split the goose down the back, rubbing it well with quarter ounce saltpetre, afterwards salting with common salt, and rubbing with coarse brown sugar; let it lie in pickle for about ten days if it be summer, but fourteen if winter; rub it and turn it regularly every day, roll in saw-dust, and smoke it. The breast alone is nice prepared as above. Any wild game can be prepared in like manner.

Braised Grouse.—Clean thoroughly, washing out the inside in soda and water, and then rinsing and wiping. Truss, but do not stuff the birds; tie them in shape. Cover the bottom of a saucepan with slices of fat salt pork; lay the grouse upon these; sprinkle minced onion and parsley over them, with pepper, salt and a little sugar. Cover them with more pork, and pour in a large cup of soup stock, or other broth. Cover very closely; simmer one hour; turn the birds and cook—always covered—until tender. Dish the grouse, strain the gravy, thicken with browned flour, boil up and pour into gravy-boat. *Patridges* and *Wild Pigeons* may also be cooked in this way.

Roast Grouse.—Clean and wash the birds, lard breast and legs run a skewer into the legs and through the tail, and tie firmly with twine. Dredge with salt, rub the breast with soft butter and dredge thickly with flour. Put into a quick oven and cook twenty minutes if wanted very rare; if wished better done, thirty minutes. Baste often. Serve on toast which has been soaked in the dripping-pan and buttered, or on bread sauce sprinkled with fried bread-crumbs, and garnish with parsley. Or clean, truss, and stuff the birds; cover with thin slices of corned ham, binding all with buttered pack thread. Roast three-quarters of an hour, basting with butter and water three times, then with the dripping. When quite done, dish with the ham laid about the body of the bird. Skim the gravy, thicken with browned flour, and season with pepper and the juice of

a lemon. Or put a tablespoon butter in each bird, then lay each one, covered with strips of bacon, on a slice of dry toast in the dripping-pan; as soon as they begin to get at all dry moisten them well with stock, and baste and turn them several times. Serve on a hot platter garnished with parsley or cress, and the toast (which will be delicious) cut in points.

Grouse Pie.—Line the bottom of a pie-dish with a pound rump-steak cut into neat pieces, and, should the grouse be large, cut them into joints; but if small, they may be laid in the pie whole; season highly with salt, cayenne, and black pepper; pour in a half pint broth, and cover with a puff paste; brush the crust over with the yolk of an egg, and bake about an hour. If the grouse is cut into joints, the backbones and trimmings will make the gravy, by stewing them with an onion, a bunch of herbs, and a blade of mace; this should be poured in after the pie is baked

Grouse Salad.—Boil eight eggs hard, throw them into cold water and shell, cut a thin slice off the bottom so they will stand in dish, cut each one into four pieces, lengthwise, and make a very thin flat border of butter, about one inch from the edge of the dish the salad is to be served on; place the pieces of egg upright, close to each other, the yolk outside, or the yolk and white alternately; lay in the center a fresh green salad of whatever is in season, and, having previously roasted the grouse rather underdone, cut it into eight or ten pieces, and prepare the sauce as follows: Put one tablespoon chopped shallot or onion into a bowl with two tablespoons sugar, the yolk of an egg, a teaspoon minced parsley, teaspoon and half salt, and stir in gradually four tablespoons Chili vinegar and twelve of oil; when all ingredients are well mixed put the sauce on ice or in a cool place. When ready to serve, whip four tablespoons cream rather thick, which lightly mix with it; then lay inferior parts of grouse on the salad, put sauce over so as to cover each piece, then add more salad and the remainder of the grouse, pour the rest of the sauce over, and serve. The eggs may be ornamented with a little dot of radishes or beet-root on the point. Anchovy and gherkin, cut into small diamonds may be placed between; or cut gherkins in slices, and use as a border. The remains of *Cold Pheasant* or *Partridge* may be used in same manner, and will make a very delicate dish.

Grouse Sandwiches.—Chop cold grouse very fine, and then pound in a mortar, or rub through a sieve with a potato-masher; mix the pounded meat with an equal quantity currant jelly, and put it between thin slices of bread without crust. Or cut the meat in small thin slices, and put it between leaves of lettuce laid on thin slices of buttered bread; the lettuce leaves may be dipped in plain salad-dressing, made by mixing three tablespoons salad oil with one

of vinegar, and a seasoning of salt and pepper, or sauce of currant jelly and mustard may be used.

Jugged Hare.—Skin, wipe with a towel dipped in boiling water, to remove the loose hairs, dry thoroughly and cut in pieces, strew with pepper and salt, fry brown, season with two anchovies, a sprig of thyme, a little chopped parsley, nutmeg, mace, cloves, and grated lemon peel. Put a layer of the pieces with the seasoning into a wide-mouthed jug or jar, then a layer of bacon sliced very thin, and so on till all is used; add a scant half pint of water, cover the jug close and put in cold water, let boil three or four hours, according to the age of the hare; take the jug out of kettle, pick out the unmelted bacon and make a gravy of a little butter and flour with a little catsup. A teaspoon of lemon peel will heighten the flavor.

Roast Hare.—Have the hare skinned and well cleaned, stuff as fowl, with a force-meat of bread-crumbs, chopped fat pork, a little sweet majoram, onion, pepper and salt, just moistened with hot water. Sew up with fine cotton, tie legs closely to the body in a kneeling position, lay in dripping-pan, back uppermost, pour two cups boiling water over it, cover with another pan and bake, closely covered—except when basting with butter and water—for three quarters of an hour. Uncover, baste freely with the gravy until nicely browned; dredge with flour and baste with butter until a fine froth appears on the surface. Take up hare, put in another pan on a trivet or rack and place in oven while gravy is being made. Skim that left in the pan, add water if necessary, season, thicken with browned flour, stir in tablespoon currant jelly and some chopped parsley, boil up, pour a few spoonfuls of it over the hare, and serve the rest in a gravy-boat. Clip the threads and send the hare in with currant jelly around it, as this is an indispensable accompaniment. Some baste well with milk for a short time, and afterwards with butter, basting often so as to preserve the meat on the back juicy and nutritive. When it is almost roasted enough, flour the hare, and baste well with butter. When nicely frothed, dish, remove the twine, and send to table with a little gravy in dish, and a gravy-boat of same. For economy, good beef dripping may be substituted for milk and butter in basting, which must be continued almost without intermission. If liver is good, it may be parboiled, minced, and mixed with the stuffing; but it should not be used unless quite fresh. The Jack Rabbit of our western prairies is said to be closely akin to the much prized English hare and equally as fine eating. Some broil slightly over the coals, to give firmness to the flesh, then cover with slices of fat pork from the neck to the legs, roast it for an hour, and serve with sharp sauce to which has been added the chopped liver.

Landrails—After birds have been drawn they should be wiped very clean with a damp cloth. They must be continuously basted

with butter, and will take about fifteen minutes to cook. Put them on a layer of fried bread-crumbs on an exceedingly hot dish. Send to table with a tureen of bread sauce, and one of good gravy. This is a nice side dish.

Hashed Partridge.—Take three partridges and after they are plucked and drawn, roast rather underdone, covering with paper, as they should not be browned; cut into joints, take off the skin from the wings, legs and breasts; put these into a stewpan, cover and set by until gravy is ready. Cut a slice of ham into small pieces, and put into a stewpan with a sliced carrot, three or four mushrooms, three sliced shallots, a bunch of savory herbs, two cloves, and six whole peppers, and fry lightly in a little butter, pour in three-fourths pint stock, add the bones and trimmings from the partridges, and simmer fifteen minutes. Strain the gravy, let cool, and skim off every particle of fat; put it to the legs, wings, and breasts; let all gradually warm through on back of stove, and when on the point of boiling, serve, garnishing the dish with croutons. The remains of roast partridge do very well dressed in this way, although not so good as when the birds are only half roasted. This recipe is equally good for *Pheasants*, *Prairie Chickens*, etc., but care must be taken always to skin the joints.

Potted Partridge.—Pluck and draw the partridges and wipe inside with a damp cloth. Pound well some mace, allspice, white pepper and salt, mix together and rub every part of the birds with this. Pack as closely as possible in a baking-pan, with plenty of butter over, and cover with a coarse flour-and-water crust. Tie a paper over this, and bake rather more than one and a half hours; let the birds get cold, then cut into pieces for keeping, pack closely in large potting-pot, and cover with clarified butter. This should be kept in a cool dry place. The butter used for potting game will answer for basting, or for paste for meat-pies.

Roast Partridge.—Clean and wash out the inside with soda water, afterwards rinsing in fresh water. Unjoint the legs at the first joint, truss and cover breast with a thin slice of fat salt pork, tying the pork on with twine. Place the partridge on its back in the baking-pan with a piece of butter the size of a walnut on it; set it in a quick oven, baste often with butter and serve on a dish surrounded by bread-crumbs fried brown and arranged in small heaps; pour over the bird a gravy made from the drippings in pan thickened with browned flour and flavored with lemon juice. Or spread thin slices of ham or bacon over the entire bird and tie on with twine, removing just in time to brown nicely.

Stewed Partridges.—Prepare two young partridges as for roasting, lard the breasts with three or four strips fat bacon, cutting off the ends, and place the birds in a stew pan, with a cabbage cut in

quarters and heart removed, over them; put in also a carrot, an onion stuck with a clove, bunch sweet herbs, quarter teaspoon pepper, quarter pound Bologna sausage (uncooked) and half pound rather lean bacon, slightly freshened. Put in broth or stock to cover and a half cup good drippings. Cover closely, first placing a cloth over stewpan, then fitting in the cover and simmer an hour and a half. Take out the meat and place in oven to keep hot, drain the cabbage and stir in a pan over fire with seasoning of salt and pepper until free from moisture, then place a layer on a dish, take out and undo the birds and lay them around the outer edge and put more cabbage in center. Cut the sausage and bacon in slices and serve as a garnish with the sliced carrot. Make a brown gravy in the stewpan and send to table with it.

Partridge Pie.—Line a deep pie dish with veal cutlets and over them place a slice of ham and seasoning of pepper and salt. Pluck, draw and wipe the partridges, cut off legs at first joint and season inside with salt, pepper, minced parsley and a small piece butter, place in dish and pour in half pint any stock, or water and tablespoon butter will do; line edge with puff-paste and cover with same, bake three-quarters of an hour, brush over with the Roll Glaze or simply a yolk of egg and bake fifteen minutes longer. If partridges are large, split in two.

Partridges with Mushrooms.—Prepare brace of young partridges, dredge a little flour over and brown them equally and lightly in hot butter. Put them side by side into a stewpan, pour in as much rich brown gravy, seasoned with salt and cayenne, as will half cover them, and stew very gently until half done. Turn them over, put in with them two dozen small mushrooms, and simmer again until the birds are done enough. Serve on a hot dish, with the sauce poured over them.

Rissoles of Partridge.—Take three roast partridges, one half cup mushrooms, one cup each butter, flour, cream, and broth or water, a slight grating of nutmeg, a little lemon juice, pepper and salt. Cut meat into the smallest dice, mince the mushrooms and add, sprinkle with a teaspoon of mixed pepper and salt, grate a little nutmeg and squeeze a lemon over. Make a cream sauce by stirring the butter and flour together in a saucepan and adding the broth and cream when it begins to bubble, and when the sauce is ready moisten the meat with it, stir up well and set it away to become cold. Then make out in rolls about the size of a finger, roll in flour, then in egg, then in cracker crumbs and fry in hot lard. Pile in the dish and garnish with fried parsley.

Broiled Pheasant.—Scald and skin, cut the breast in two and the rest in joints, being careful to remove all shot; put in hot water all except the breast (which will be tender enough without parboiling)

and boil until it can be pierced with fork; take out, rub over salt and butter, and broil with breast over brisk fire; place a lump of butter on each piece, season with pepper and set all in the oven for a few minutes. For breakfast, serve on fried mush, and for dinner, on toast with a bit of currant jelly over each piece, or with Saratoga potatoes in center. Or it may be served with toast cut in pieces about two inches square, over which pour gravy made by thickening the liquor in which the birds were boiled with a little butter and flour rubbed together and stirred in while boiling. This is more appetizing but not as handsome a method of serving as above. Garnish with water-cresses, pepper-grass or other greens. Or put pieces into a frying-pan with a little lard, and when browned on both sides, and about half done, take out and drain; brush the pieces over with egg, and sprinkle with bread-crumbs with which has been mixed a good seasoning of cayenne and salt. Broil over moderate fire about ten minutes, or rather longer, and serve with mushroom sauce, sauce piquant, or brown gravy in which a few game-bones and trimmings have been stewed. *Prairie Chickens*, *Partridges* and *Squirrels* may be prepared same way.

Pheasant with Potatoes.

Roast Pheasant.—The bird should be carefully plucked, drawn and singed, then stuff with a dressing made as follows: Take two snipes and draw them, putting the bodies on one plate, and the livers, etc., on another. Take off the flesh and mince it finely with a little beef, lard, a few truffles, pepper and salt to taste, and stuff the pheasant carefully with this. Cut a slice of bread, larger than the bird, and cover it with the liver, etc., a few truffles, with an anchovy and a little fresh butter added, if liked. Put the bread thus prepared, into the dripping-pan, and when the bird is roasted place it on the preparation, and surround with Florida oranges. *Roast Prairie Chickens* and *Partridges* are equally delicious.

Roast Pheasant.

Pheasant Cutlets.—Procure three young pheasants that have been hung for a few days; pluck, draw, and wipe them inside; cut into joints; remove the bones from the best of these; put the backbones, trimmings, etc., into a stewpan, with a little stock, herbs, vegetables and seasoning to make the gravy. Flatten and trim the cutlets to a good shape, egg and bread-crumb them, broil over a clear fire, pile high in a dish, and pour under them the gravy made from the bones, which should be strained, flavored and thickened. One of the small bones should be stuck on the point of each cutlet.

Roast Pigeons.—Only young and tender pigeons should be roasted. Dress carefully, and after washing clean, wipe dry and put into each bird a small piece of butter dipped in cayenne. Or fill

them with a stuffing of bread-crumbs, a tablespoon butter, a little salt and nutmeg, and three oysters to each bird (some prefer chopped apple). Truss the wings over the back and roast at least thirty minutes in a quick oven, keeping constantly basted with butter. Dish with young water-cresses, or a garnish of parsley and serve with browned gravy. Or they may be roasted with a slice of bacon over the breasts.

Stewed Pigeons.—Put the pigeons in a large stewpan with a cup water to keep from burning and a tablespoon butter for each bird. Cover, and simmer slowly until a nice dark brown. Turn occassionally and see that each is well placed in the liquor. When about half done take out and set in oven or over hot water to keep hot while a gravy is made. Chop the giblets very fine, with a little onion and parsley. Put into the gravy, pepper and salt, boil up and thicken with browned flour. Put the pigeons back in the pan, cover tightly and cook slowly until tender. If there is not enough liquor for the gravy, add boiling water before putting in the giblets. Or put slices of bacon in bottom of stewpan; lay in the pigeons, side by side, carefully tied in shape, all their breasts uppermost; add a sliced carrot, an onion with a clove stuck in, a teaspoon sugar, and chopped parsley, and pour over enough stock or boiling water to cover them. Put thin slices of bacon over the pigeons; cover them as closely as possible, adding boiling water or stock when necessary, and simmer until very tender. Serve each pigeon on a thin piece of buttered toast, and for an extra dish with a border of spinach, or make little nets of spinach on pieces of toast, putting a pigeon into each nest. For *Pigeons a la Mode*, make a stuffing of bits of salt pork, dry bread-crumbs, seasoned with salt and pepper, thyme, and one egg. Stuff each bird, lay in a stewpan, cover with water, and add a little thyme and the juice of a lemon. Cook until tender and serve with a gravy made as above.

Stewed Pigeons.

Pigeon Pie.—Make either a fine puff paste or a rich baking powder crust, as liked; lay a border of it around a large dish, and cover the bottom with a veal cutlet, or a very tender steak free from fat and bone; season with salt, cayenne pepper and mace. Prepare as many pigeons as can be put in one layer in the dish; put in each pigeon a small lump of butter, and season with pepper and salt; lay them in the dish breast downwards, and cut in slices a half dozen hard-boiled eggs, and put with them; put in more butter, some veal broth and cover the whole with crust. Bake slowly an hour and a half. The pigeons may first be fried a light brown in butter. Or split the birds and cut in quarters and put in first a layer of steak, then one of pigeons and then one of sausage meat highly seasoned with salt, pepper and powdered allspice, then another layer of each until all are used. Pour in just enough hot water to moisten and

cover the pie with crust, wetting the edges to make them adhere; cut little slits in the crust to permit the steam to escape; brush the crust with beaten egg and bake in moderate oven two hours. For another excellent pie take about eight pigeons or other small birds, and make a stuffing of bread and onions. Stuff each bird, then put into a stewpan about a tablespoon lard, and a dessert-spoon flour and brown nicely; cut a small onion very fine and fry it, adding the birds which should fry awhile before putting a pint of water over them, and let them boil until done. Take them out; add about two dozen oysters, with a little of the oyster-water, to gravy, a tablespoon butter, salt, black pepper, allspice, and nutmeg; line a baking-dish with pastry, put the birds in with the gravy, cover with the pastry and bake.

Pot-Roast of Prairie Chickens.—Skin, draw, wash, wipe dry, tie in shape without stuffing, and parboil in water to cover; cook till tender, adding more water if necessary. Take out chicken and pour broth in crock to keep for gravy. Put two tablespoons butter in kettle, let brown, put in chicken and keep turning it till nearly browned, about five or ten minutes, then add pint broth in which it was parboiled, put on cover and let cook till almost dry, then add more broth, season with salt and pepper and keep cooking and adding broth till chicken is done, and there is a pint of rich brown gravy left in kettle. Take out chicken, put in pan in oven to keep hot, and make a *Sour Cream Gravy* by adding one pint sour cream, and one tablespoon baking molasses. Thicken with a tablespoon flour stirred smooth in a little cream, either sweet or sour, let boil five minutes and then serve chicken on hot platter, garnished, if liked, with parsley, and gravy in gravy boat. *Pheasants, Quail, Duck, Spring Chickens* and any small game are nice cooked as above, and the gravy can be made in same way where game is roasted in oven.

Roast Prairie Chickens.—Skin or pluck them, as preferred, cut off head and feet, and draw without breaking intestines, wash, and for each bird put a tablespoon finely chopped onion in a frying-pan over the fire with two heaping tablespoons finely-chopped salt pork or butter; as soon as the onion is brown add a heaping cup soft bread-crumbs, a level teaspoon each salt and any powdered sweet herb except sage, a saltspoon pepper, and a tablespoon butter; use this as soon as hot for stuffing the birds, and either put them before a good fire to roast, or in a dripping-pan set in a hot oven; cook about half an hour, basting occasionally with drippings from them; when done keep hot while a gravy is made as follows: Place the dripping-pan over fire; for each bird stir in a level tablespoon flour until it is brown, and then gradually stir in a scant pint boiling water; season the gravy palatably with salt and pepper, let boil two or three minutes, and serve with the birds. Garnish with sprigs of parsley alternated with currant jelly. A delicious sauce can be

made by mixing half a glass currant jelly for each bird with the drippings in the pan, and stirring the sauce over the fire until it boils to the proper consistency; another excellent cold sauce is made by mixing a tablespoon dry mustard thoroughly with a glass of currant jelly. Plain boiled potatoes, or potatoes re-warmed, with butter, salt and pepper, may be served with the birds. *Roast Pheasant* and *Partridge* the same way.

Steamed Prairie Chicken.—Wash thoroughly but quickly, using some soda in the water, rinse and dry, fill with dressing, sew up with cotton thread, and tie down the legs and wings; place in a steamer over hot water till done, remove to a dripping-pan, cover with butter, sprinkle with salt and pepper, dredge with flour, place in the oven and baste with the melted butter until a nice brown; serve with either apple sauce, cranberries, or currant jelly.

Stewed Prairie Chicken.—Cut in joints, put over the fire in a saucepan with butter and brown quickly; for each bird add half a glass currant jelly, level teaspoon salt, quarter saltspoon pepper and sufficient boiling water to cover; cook slowly until tender, adding a little more water if necessary, and serve them on toast, with the gravy from the pan poured over. Or, put about tablespoon butter, and two of salt pork, cut into bits, in a saucepan, and set on quick fire; when butter is melted put the bird in, and brown it all round; then add four small onions, half a carrot in slices, salt and pepper, stir till onions and carrots are partly fried; then add a pint of good broth and a bunch of sweet herbs; boil gently till done. Dish the bird, strain the gravy over it, and serve hot.

Salmi of Prairie Chickens.—This is an excellent way of serving the remains of roasted game; but when a choice dish is desired, the birds must be scarcely more than half roasted. In either case cut up neatly, and strip every particle of fat and skin from the legs, wings, and breast; bruise the bodies well, and put them with the skin and other trimmings into a stewpan; add two or three sliced shallots or onions, small blade of mace, and a few pepper-corns; pour in a pint or more of good veal gravy or strong broth, and boil briskly until reduced nearly half; strain the gravy, pressing the bones well to obtain all the flavor, skim off the fat, add a little cayenne and lemon juice and heat the birds very gradually in it without allowing it to boil; place bits of fried bread round a dish, arrange the birds in the center, give the sauce a boil, and pour it over them. *Partridges* and other wild-fowl can be prepared in same way.

Fried Quail.—Split open on the back and boil until tender; have an equal quantity butter and lard hot in frying-pan, put in the birds and fry a nice light brown. Lay the quail on slices of

toasted bread and pour over them a nice gravy made in pan. *Pheasants* may be cooked in same way, served on platter without toast.

Roast Quail.—Pluck and dress like chickens, wipe clean, and rub both inside and out with salt and pepper; stuff with any good dressing, and sew up with fine thread; spread with butter and place in an oven with a good steady heat, turning and basting often with hot water seasoned with butter, salt and pepper; bake three-quarters of an hour. When about half done add a little hot water to the pan, and it is well to place a dripping-pan over them to prevent browning too much. Add to the gravy, flour and butter rubbed together, and water if needed. Or, when cleaned, cover the birds with thin slices of ham or bacon and then wrap in grape leaves or tie in buttered paper, place in pan with piece of butter size of hazelnut and baste well, adding very little water. While the quail are baking cut as many square pieces of bread as there are birds, fry in hot lard, put on dish, and when done, lay the birds on them, removing the twine which holds the legs, and the paper. Some prefer to remove the papers to brown the birds before taking up. Turn the gravy, thickened with the quail livers pounded to a paste, over the birds; decorate the dish with water-cress sprinkled with vinegar or lemon juice. Or send to table with a plate of fried bread-crumbs and bread sauce in a tureen. In serving put a quail on each plate, pour over a tablespoon of the sauce, and on this place a tablespoon crumbs, or the sauce-boat and plate of crumbs may be passed separately. To make the sauce, roll a pint dry bread-crumbs, and pass half of them through a sieve. Put a small onion into a pint milk, and when it boils remove the onion, and thicken the milk with the half pint sifted crumbs; take it from the fire, and stir in a heaping teaspoon butter, a grating of nutmeg, pepper and salt. To prepare the crumbs, put a little butter into a saucepan, and when hot throw in the half pint of coarser crumbs which remained in the sieve; stir over the fire until they assume a light brown color, taking care that they do not burn, and add a small pinch cayenne pepper.

Steamed Quail.—Clean the birds carefully, using a little soda in the water in which they are washed; rinse, wipe dry, and fill with dressing, sewing up nicely, and binding down the legs and wings with cords. Put in a steamer over hot water, and let cook until just done. Then place in a pan with a little butter; set them in the oven and baste frequently with melted butter until a nice brown. They ought to brown nicely in about fifteen minutes. Serve on a platter, with sprigs of parsley alternating with currant jelly.

Quail Fricassee.—Prepare six quail as for roasting. Grate the crumb of a small stale loaf of bread, scrape one pound fat bacon, chop thyme, parsley, an onion and a lemon peel fine, and season

with salt and pepper; mix with two eggs; put this forcemeat into the quail, lard the breasts and fry brown; place them in a stewpan with some beef stock and stew three-quarters of an hour; thicken with a piece of butter rolled in flour. Serve with forcemeat balls around the dish and strain the gravy over the birds. *Pigeon Fricassee* is prepared as above.

Quail on Toast.—Dry pick, singe with paper, cut off heads, and disjoint legs at first joint, draw, split down the back, and break down breast and backbone so they will lie flat; soak in salt and water for five or ten minutes, drain and dry with a cloth, lard with bacon or butter, and rub salt over them, place on broiler and turn often, dipping two or three times into melted butter; broil about twenty minutes. Have ready as many slices of buttered toast as there are birds, and serve a bird, breast upward, on each slice with currant jelly. Or cook them, prepared as above, in a covered pan in hot oven, with a very little water, until nearly done. Then fry in frying-pan with hot butter to a nice brown, and serve on buttered toast. Make a sauce of the gravy in the pan, thicken lightly with browned flour and pour over each quail. *Plover* and *Reed Birds* may be broiled in same way. *Pigeons* should be first parboiled and then broiled and served same.

Rabbits.—They are in best condition in mid-winter and are prepared for cooking by first skinning by cutting a slit under the throat; as it is pulled off, turn skin over so as to enclose the hair that it may not touch the skin; or cut skin of legs around first joints; loosen skin oft hind legs all around, and cut it inside thighs as far as tail, then turn the skin back until the hind legs are free from it, and hang up the carcass by them; next pull the skin downward toward the head, slipping out the fore legs when they are reached; after cutting off feet, either cut off head at neck or skin it, and cut off end of nose with skin, then draw, wash, wipe dry, and in cooking them always lard, or lay or tie pieces of salt pork or bacon over them as they are dry meated.

Boiled Rabbit.—Skin, wash well in cold water, and let soak for about fifteen minutes in warm water, to draw out the blood. Bring the head round to the side, and fasten it there by means of a skewer run through that and the body. Put the rabbit in sufficient hot water to cover, let boil very gently until tender, which will be from half an hour to an hour, according to its size and age. Dish and smother it either with onions, mushroom, or liver sauce, or parsley and butter; the former is, however, generally preferred to any of the last named sauces. When liver sauce is preferred, the liver should be boiled for a few minutes, and minced very finely, or rubbed through a sieve before it is added to the sauce.

Curried Rabbit.—Have the rabbit carefully drawn, skinned and washed; cut into joints and put in stewpan with two tablespoons butter or drippings and three sliced onions; let brown, but not burn; pour in one pint boiling stock; mix one tablespoon each curry and flour smoothly in a little water, and put in pan with pepper and salt and one teaspoon mushroom powder; some add also a few cloves; simmer half an hour or more; squeeze in juice of half a lemon, a little parsley, and serve in the center of a platter with a half pound rice, boiled dry, piled round it. Water may be used instead of stock, and a little sour apple and grated cocoa-nut stewed with the curry if liked.

Fricasseed Rabbit.—Skin and cut in pieces. Lay in cold water a few minutes, drain and put in saucepan with pepper and a quarter of a pound of pickled pork, cut in strips. Cover with water, and simmer half an hour. Then add an onion chopped, a tablespoon of chopped parsley, a blade of mace, and two cloves. Mix to a smooth paste a tablespoon flour, stir it in and simmer till meat is tender, then stir in half cup rich cream. If not thick enough add a little more flour. Boil up once and serve. Or for a *Creoled Rabbit*, put pieces in an earthen bean-pot with close cover, alternate with layers of sliced onions, and season highly with salt and pepper; cover the top with slices of raw ham or bacon, and bake in a moderate oven an hour and three-quarters. Serve hot.

Fried Rabbit.—When nicely dressed lay it in a pan with cold water, add a half cup salt and soak overnight. In the morning drain off water, cut up and roll each piece in corn meal and let stand till time to cook for dinner; then rinse, cut up and parboil in slightly salted water, with one large or two small onions sliced in it, until tender; take out, roll in corn meal or equal parts meal and flour and fry in a little butter a nice brown. Make a gravy in the pan or serve with onion sauce. Or, dip the pieces in beaten egg, then roll in cracker crumbs and immerse in lard, or half lard and beef drippings, or American cooking oil, as fritters, and fry brown. Garnish with slices of lemon alternated with green leaves. Some prefer to thus soak and parboil rabbits before roasting, thinking it gives a more delicate flavor.

Potted Rabbit.—Cut one large rabbit or two small ones in pieces and put it in a stone jar; cut one pound each veal and bacon in large dice, mix and add livers and a teaspoon mace, cloves, and black pepper, and a teaspoon salt, and fill the spaces between the pieces of rabbit. Lay a thin slice or two of bacon on top and one bay leaf, then cover with a lid of plain paste made of flour and water only, set the jar in a pan or pot containing water and bake in a slow oven three or four hours. There is no water needed in the meat. A greased paper on top will keep the paste from burning. When

done, set the jar away to become cold, then pick meat from pieces of rabbit and pound to a paste with veal and bacon and fat, and if any gravy at the bottom, boil down almost dry and mix it in. Season to taste. Press solid into small jars or cups, and cover the top with the clear part of melted butter. Keep tightly covered in a cool place. For *Sandwiches of Potted Rabbit*, make baking powder or buttermilk biscuits large in diameter, but thin and flaky, split them, spread one half with butter, the other with potted rabbit and place them together again.

Roast Rabbit.—Rub inside with pepper and salt and fill with a dressing made of bread-crumbs, chopped salt pork, thyme, onion, and pepper and salt, sew up, rub over with a little butter, or pin on it with wooden toothpicks a few slices of salt pork, add a little water in the pan, and baste often, or roast without a dressing; and some, larding as above, pour boiling water into bottom of pan, cover with another pan of equal size, letting rabbit steam half an hour; then take off cover, baste with a little butter, and let brown. Serve with mashed potatoes and currant jelly, and always serve a nice pickle with any dish of rabbit.

Roast Reed Birds.—Roasting by suspending on the little wire which accompanies the roaster, is the best method; turn and baste frequently; they are often roasted with a very thin slice of salt pork fastened round each with skewer; serve on toast with the drippings from the pan poured over. An oyster rolled in bread-crumbs and well seasoned with pepper and salt may be placed in each bird before roasting. For *Baked Reed Birds*, wash and peel with as thin a paring as possible large potatoes of equal size, cut a deep slice off one end of each, and scoop out a part of the potatoes; drop a piece of butter into each bird, pepper and salt, and put it in the hollows made in the potatoes; put on as covers the pieces cut off, and clip the other end for them to stand on; tie them with twine and set in a baking pan upright, with a little water to prevent burning, bake slowly and when done remove the twine and tie instead with cord, tape or ribbon and send to table on a napkin. Or bake in a dripping-pan with plenty of butter, turning to brown both sides. They may also be boiled in crust like dumplings.

Roast Snipe.—Snipe are best roasted with a piece of pork tied to the breast and placed before an open fire; or rub with butter and put in pan on trivet or muffin rings without water and cook half an hour, or they may be stuffed and baked. In either case serve on toast. Or run them on skewers alternately with thin slices of bacon or small sausages, and roast as above; when done season with salt and pepper, and serve hot at once on the skewers; toast can be served with them. This is a nice way for all small birds. Serve on toast.

Stewed Squirrel.—Skin as rabbits (see recipe) and cut in pieces, discarding the head; lay them in cold water; put a large tablespoon lard in a stewpan, with an onion sliced, and a tablespoon of flour; let fry until the flour is brown, then put in a pint of water the squirrel seasoned with salt and pepper, and cook until tender. When half done put in strips of nice puff-paste and a little butter.

Roast Teal.—Choose fat plump birds, after frost has set in, as they are generally better flavored. Skin, draw, and roast in oven in a little butter and water if needed; serve with a brown or orange gravy and garnish with sliced lemon. For *Fried Teal,* cut up, fry in pan, turning to brown both sides, and when done add seasoning and half cup currant jelly; stir teal about in the jelly and serve on slices of toast with the jelly turned over each piece. *Fried Grouse* is prepared in same way, some using only the breast, and also *Fried Duck.* The jelly dressing may be omitted, serving with a teaspoon cold currant jelly on each piece instead.

Broiled Venison.—Cut thin slices from the loin or take cutlets from the leg, season with pepper and salt and broil quickly on buttered gridiron. Or bread the slices before broiling. Dish on hot platter with bit of butter under each and serve with a gravy sauce or a dish of currant jelly, and for vegetables baked potatoes and stewed mushrooms.

Fried Venison.—Take slices from the loin or leg and place in frying-pan which has been covered to depth of half an inch with butter made smoking hot, and quickly brown both sides; season with pepper and salt and put in two tablespoons jelly to each pound venison. Slices an inch thick should cook twenty minutes. Serve hot with the gravy from pan poured over. It may be fried without the jelly but is much nicer with it.

Hashed Venison.—Remove the bones from cold venison, and mince it fine; to a pint of minced venison allow two tablespoons each butter and currant jelly; heat them together, season the mince palatably with salt and pepper, and serve on toast, very hot. *Venison Patties* is another good way to utilize bits of cold venison; chop fine, heat with some of the gravy left from dinner, season with pepper and salt, then fill patty-pans with the venison and cover the top with crust; bake until crust is done brown.

Roast Venison.—The haunch, the leg, and the saddle of venison, which is the double loin, are best for roasting or baking. Wash in warm water and dry well with a cloth, season with salt and pepper, and wrap in several sheets of buttered paper or cover with a coarse paste made of flour and water, though some use both paper and paste, first putting a sheet of white paper, buttered, over the fat, then spread with the paste, half an inch thick, and over this put a

sheet or two of strong paper, binding the whole firmly on with twine; then either put it before the fire on a spit, or place in a dripping-pan in very hot oven, and cook about fifteen minutes to the pound if desired medium rare. If roasted before the fire baste constantly while cooking and in either case, about twenty minutes before it is done, quicken the fire, carefully remove the paste and paper, dredge with flour, and baste well with butter until it is nicely frothed, and of a pale brown color; if a haunch, garnish the knuckle-bone with a frill of white paper, and serve with an unflavored gravy made from the drippings in a tureen, and currant jelly or jelly and mustard sauce. As the principal object in roasting venison is to preserve the fat, the latter is the best mode of doing so where expense is not objected to; but in ordinary cases the paste may be dispensed with, and a double paper placed over the roast instead; it will not require so long cooking without the paste. Send to table on a hot platter, or better on a hot-water platter as illustrated, and serve on hot plates, as the venison fat so soon cools; to be thoroughly enjoyed by epicures, it should be eaten on hot-water plates. The neck and shoulder may be roasted in same manner. Some wash the venison in lukewarm vinegar and water before roasting and rub well with butter or lard to soften the skin, while others remove the dry outer skin entirely, and think it better to tie on the papers and paste the day before wanted. One mode of baking is to place in dripping-pan with boiling water in the bottom, invert another pan over it to keep in the steam, and let it cook thus an hour with a good fire; wet all over with hot water, cover again and bake an hour and a half longer; then remove papers and paste, let brown half an hour, basting every five minutes, and finish by dredging with flour and butter to make a froth. Or bake in dripping-pan simply covered with the paste, basting every ten minutes with the hot water or gravy from the pan, removing the paste half an hour before done, and finish as above. Take up on a hot dish, skim the gravy left in dripping-pan, strain, thicken with browned flour, add two teaspoons currant jelly, and pepper and salt. Boil for an instant, and serve in a gravy-boat. Or a very nice gravy is made thus: Pour all the fat from the baking pan, and put in the pan a cup boiling water. Stir from the sides and bottom and set back where it will keep hot. Put a tablespoon butter in a small frying-pan with small slice of onion, six pepper-corns and four whole cloves. Cook until the onion is browned, add a heaping teaspoon flour, and stir until browned; then gradually add the gravy in the pan; boil one minute, strain, and add a half teaspoon lemon juice and three tablespoons currant jelly. Serve both venison and gravy very hot. Or after the venison has been put in the oven chop all bits trimmed

Roast Haunch of Venison.

from it, and put over the fire, with any venison bones available, or use beef bones; cover with boiling water, season with salt and pepper, add ten whole cloves or about quarter of small nutmeg, and simmer gently while venison is baking, taking care to keep covered with water. Take up the venison when done and keep very hot while gravy is made as follows: Set the baking-pan over the fire, stir into it a heaping tablespoon flour, and brown it, then strain into it the liquid from the bones, season with salt and pepper and stir in as much currant jelly as liked. To bake *Venison a la Mode,* remove the bone from the haunch, and make a large quantity of force-meat, or stuffing of bread-crumbs, bits of pork, an onion minced fine, a small piece of celery, or celery-seed, parsley, and sage. Season with pepper and salt to taste. Press in the stuffing till the hole left by the bone is filled. Sew up the opening and spread over it nice lard, sprinkling with pepper and salt, or bake as above, in a paste, until well done. Serve with either of the gravies given.

Stewed Venison.—Use the neck, shoulder, inferior part of the leg or the backbone with the layer of tender meat each side, for a stew; cut into several pieces, and put in a stewpan with just water or stock enough to cover it; add a grated onion, bunch sweet herbs, salt, black pepper, and part of a red pepper pod. Simmer gently from three and a half to four hours, and if it becomes rather dry add boiling water; it is well to stew with it some slices of fat mutton; just before serving thicken with flour rubbed smooth in an ounce of butter. Serve with red currant jelly. Another way is to put the venison in a saucepan in which butter enough to cover half an inch in depth has been made smoking hot. Brown the venison in this and stir with it a tablespoon flour for each pound; when the flour is browned cover the venison with boiling water, add a teaspoon currant jelly for each pound, and season with salt and pepper. Cover closely and stew half an hour, or until tender; serve hot with the sauce in which it has been cooked poured over. For a stew from the remains of roast, cut the meat from the bones in neat slices, and if there is sufficient of its own gravy left, put the meat into this, as it is preferable to any other. Should there not be enough, put the bones and trimmings into a stewpan, with about a pint of any good gravy or stock; stew gently for an hour, and strain gravy. Put a little flour and butter into stewpan, keep stirring until brown, then add strained gravy, and let boil, skim and strain again, and when a little cool put in the slices of venison. Place stewpan on back of stove and when on the point of simmering, serve; do not allow it to boil, or the meat will be hard.

Roast Woodcock.—Put an onion, salt and hot water into a dripping-pan with the birds and baste for ten or fifteen minutes; then change pan; put in a slice of salt pork and baste with butter and pork drippings very often; just before serving dredge lightly with

flour and baste. Or fill with a rich forcemeat of bread-crumbs, pepper, salt, and melted butter; sew up and roast, basting with butter and water, from twenty minutes to half an hour. When half done, put circular slices of buttered toast underneath to catch the juice, and serve on these when taken up. *Roast Snipe* and other small birds same way.

Fried Woodcock.—Dress, wipe clean, tie the legs close to the body; skin the head and neck, turn the beak under the wing and tie it; fasten a very thin piece of bacon around the breast of each bird, immerse in hot fat for two or three minutes. Season and serve on buttered toast. Some pierce the legs with the beak of the bird, as illustrated. *Fried Snipe* is prepared in same way.

Fried Woodcock.

Broiled Woodcock is a favorite dish. Split them down the back and broil, basting with butter, and serve on toast.

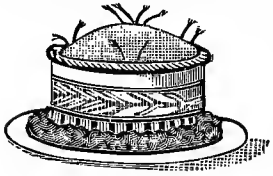
Bird Compote.—Prepare as for roasting and fill each with a dressing made as follows: Allow for each bird the size of a pigeon one half a hard-boiled egg, chopped fine, a tablespoon bread-crumbs, a teaspoon chopped pork; first season the birds with pepper and salt, then stuff and lay them in a kettle that has a tight cover. Place over the birds a few slices of pork, add a pint water for twelve birds, dredge over them a little flour, cover, and put them in a hot oven. Let them cook until tender, then add a little cream and butter. If sauce is too thin thicken with a little flour.

Potted Game.—Take any cooked remains of game and pound well together, having previously removed all skin and bone. Add to the paste pounded mace, allspice, cayenne pepper, salt, pepper, and a lump of sugar pounded, Any remains of ham may be included with the game, and should be of an equal quantity. Rub the paste through a wire sieve, If no ham be added use an equal amount of butter. Mix it well again, and place in pots or jars, covered with either clarified butter or lard. When required for use, dish on an aspic jelly and garnish with fresh parsley.

Puree of Game and Rice.—This is a pretty and economical dish, coming under the head of secondary cookery. Take the remains of any kind of roast or boiled game, put into a stewpan with a gill of water, stick of celery, a little thyme, and an onion. Boil gently together. Mince meat, and pound in a mortar with a small bit of butter, and a spoonful gravy from the bones. This should be in a state of pulp; rub through a hair seive, put in stewpan with stock from bones, which ought to be reduced to less than a gill in quantity. Add a gill cream, a sprinkling merely of pepper, salt and nutmeg, and a teaspoon flour; dish with rice, potato croquettes, poached eggs, and thin narrow strips of bacon as a garnish, or with merely the rice and tufts of parsley.

Spanish Stew.—Use hare, rabbit, chicken, partridge or pheasants. Cut up, wipe with damp towel and save the giblets. Put the pieces in a pan with sweet oil and onion sliced and fried brown. Add some chopped ham and sweet herbs, season with cayennne pepper, and sufficient beef broth to cover well; add the giblets, let simmer, skim off the grease, stir meat from the bottom, and when done add the juice of two oranges. Serve hot in covered dish.

Western Pie.—Pluck and skin blackbirds or small birds of any kind, enough to fill a baking-dish of medium size, cut off heads and feet, except leaving feet on half a dozen for upper row; draw them without breaking entrails, put birds into saucepan, with enough boiling water to cover, tablespoon each butter and flour rubbed to a smooth paste to each dozen birds, and a palatable seasoning of pepper and salt, and let stew gently until tender. For every dozen small birds boil three eggs hard, remove shells, and cut eggs in halves and while birds are stewing, make a nice crust as directed in Pastry, line a baking dish and partly bake it; when birds are tender put them in it, together with the hard boiled eggs, pour in as much of the gravy used in stewing the birds as the dish will hold, put on a cover of pastry, brush the top with beaten egg, and bake in a moderate oven, until upper crust is done. If any gravy remains after filling pie, keep hot and serve with it. *Blackbirds* skinned, parboiled, and fried or broiled and served on toast are delicious.



Western Pie.

Washington Roast.—Have a pair of young wild ducks carefully skinned and cleaned, wipe inside and out with a wet towel and stuff with potatoes, boiled until tender, mashed as if for table, and seasoned with teaspoon grated onion, pepper, salt, teaspoon powdered herbs and two heaping tablespoons butter, or a dressing made with milk or cream may be used, or do not stuff at all. Sew up the ducks, truss them, put in baking pan, set in hot oven and as soon as lightly browned dredge them well with flour and baste with drippings in pan, or with butter. Bake half an hour, basting two or three times. Serve with Giblet Gravy. Or make an *Orange Sauce* by scraping tablespoon each fat bacon and onions and fry them together five minutes, then add juice of an orange and tablespoon currant jelly. Skim off all fat from baking pan, put in above mixture, and a little thickening if necessary, boil up and serve. Epicures prefer this method to that of first parboiling the ducks. For *Stewed Ducks* have them nicely picked; stuff with bread and butter flavored with onions, pepper, and a few celery-seeds; flour them, then brown in lard in frying pan; put in a few slices of ham in iron stew-pot chopped onions, water, pepper, and salt, with a few blades of mace; add ducks and let them stew gently but constantly for two or three hours; flour them each time they are turned in pot; thicken gravy with butter rolled in flour, and serve hot.

GRIDDLE CAKES.

Griddle-cakes should be well beaten when first made, and cakes in which eggs are used are much lighter when the eggs are separated, whipping the yolks to a thick cream, and adding the whites beaten to a stiff froth just before baking. All griddle-cakes are much nicer mixed and kept overnight, to allow the flour to swell, stirring in the whites of eggs and soda or baking powder, when used, just before baking. Cakes are much more easily, quickly and neatly baked if made in a vessel with a spout from which the batter may be poured, and one can be provided for this purpose. Have the griddle clean, and if the cakes stick sprinkle on salt and rub with a coarse cloth before greasing. The neatest way to grease a griddle is with a large piece of ham or pork rind kept for this purpose, and some use a thick slice of turnip. Many prefer griddles made of soap-stone, which need no greasing—grease spoils them—but they need to be very hot. They are more costly and more easily broken than iron, and with care cakes may be baked on an iron griddle without greasing, if it is kept *polished*, and rubbed well with a cloth after every baking. The artificial stone griddle illustrated is a new article, light and durable, equally as good as the soap-stone, doing away with all grease and smoke and much cheaper. Whether greased or not, iron griddles, if properly cared for, need washing but seldom. Immediately after use they should be carefully wiped and put away out of the dust, never to be used for any other pur-

Artificial Stone Griddle.

pose. Do not turn griddle-cakes the second time while baking, as it makes them heavy; this rule should never be departed from, save in making fruit cakes, when it is necessary to turn them quickly to form a crust to confine the juice of the berries, and again to cook them thoroughly; serve all cakes the same side up as when taken from griddle. The cake lifter illustrated is almost indispensable in turning cakes smoothly and evenly and the cost of it is small. Buckwheat cakes are highly esteemed for winter breakfast, but are very properly never, or rarely, served in summer, as the chief value of buckwheat as a food is its heat producing properties.

Cake Lifter.

In making batter, bread or corn meal cakes, either sour milk or buttermilk may be used with soda; or sweet milk or water with baking powder, as convenient, using same proportion of other ingredients, and remember that one heaping teaspoon baking powder possesses the same rising properties as one level teaspoon soda. A greater proportion of either of the rising powders is necessary with buckwheat, Graham and corn meal than with flour.

Batter Cakes.—Make a batter of one quart each flour and sour milk, and let stand overnight. In the morning add three eggs beaten separately, a tablespoon butter, and two level teaspoons soda. Pulverize the soda very fine before measuring, then thoroughly mix with the flour. Add whites of eggs just before baking on the griddle. For *Corn Cakes* use two-thirds corn meal and one-third flour. Sweet milk or water may be used with two heaping teaspoons baking powder thoroughly mixed with the flour. These may also be made without eggs, and some prefer to sweeten them, using either molasses or sugar to taste. Buttermilk may be used instead of sour milk. For *Raised Batter Cakes* take three eggs, one teaspoon sugar, one coffee-cup each sweet milk and warm water, four tablespoons potato yeast, flour enough to make a stiff batter; beat yolks and sugar well, stir in milk, water and yeast, and lastly flour, stir well, and set in warm place to rise; when light, beat whites to a stiff froth, and stir into batter with a pinch of salt. Very nice for breakfast if set the night before. For *Tomato Cakes*, slice large, solid ripe tomatoes, cover with the batter without yeast and fry on a griddle; season with pepper and salt while frying.

Bread Cakes.—Soak stale bits of bread overnight in sour milk; in the morning rub through a sieve or colander, and to one quart add yolks of two eggs, one teaspoon each salt and soda, two table-

spoons sugar, and flour enough to make a batter a little thicker than for buckwheat cakes; add last the well-beaten whites of eggs, and bake. Or for *Bread Cakes with Corn Meal*, soak bread-crumbs overnight in one quart sour milk, rub as above, and add four well-beaten eggs, two teaspoons soda dissolved in a little water, one tablespoon melted butter, and enough corn meal to make the consistency of ordinary griddle-cakes. It is better to beat yolks and whites separately, stirring the whites in just before baking. Either sweet milk or water may be used, with two heaping teaspoons baking powder, instead of sour milk and soda. And if wanted to bake immediately, pour enough hot water over the bread to moisten it well, then put through a colander and add other ingredients as above, with, if necessary, a little sweet milk, sour milk or buttermilk, as liked, to give the proper consistency. Some add a little shortening of butter or cream. To make *Raised Bread Cakes*, soak the bread in enough cold milk to make it very soft, almost liquid; then beat it to a smooth batter over the fire and let it get scalding hot; cool a little, and to each quart soaked bread stir in one tablespoon yeast, two well-beaten eggs, level teaspoon salt, and enough flour to form a batter that will hold a drop let fall from the spoon. Cover it with folded towel and let rise overnight, if the cakes are intended for breakfast, or five hours, if to be used at noon or evening.

Buckwheat Cakes.—Buckwheat flour, when properly ground, is perfectly *free from grits*. The grain should be run through the smutter with a strong blast before grinding, and the greatest care taken through the whole process. Adulteration with rye or corn cheapens the flour, but injures the quality. The pure buckwheat is best, and is unsurpassed for griddle-cakes. To make batter, warm one pint sweet milk and one pint water (one may be cold and the other boiling); put half this mixture in a stone crock, add five teacups buckwheat flour, beat *well* until smooth, add rest of milk and water, teaspoon salt, and last a teacup yeast. Or, same ingredients and proportions may be used except adding two tablespoons molasses or sugar, which makes them brown nicely, and using one quart water instead one pint each milk and water. Some like also to shorten them with two tablespoons melted lard. Or, another rule, sift one quart buckwheat flour and add a cup scalded corn meal, tablespoon sugar and teaspoon salt. Stir in a half cup yeast and mix to a good batter with lukewarm water. Set to rise in a warm place overnight and before baking in the morning, thin if necessary with warm water, and if it is even the least bit sour add a half teaspoon soda, but take out a cup of the batter, before adding the soda, to serve as a rising for the next baking and put away in a cool place. If this is done every morning, fresh yeast will not be necessary for several days; some who bake cakes every morning use no other yeast all winter and think them better raised thus. Some never stir buckwheat cakes after they have risen, but take them out carefully with

a large spoon, placing the spoon when emptied in a saucer, and not back again in the batter. Wheat flour is used by many instead of corn meal, and it is recommended by some that oats be ground with buckwheat, one-third oats to two-thirds buckwheat.

Some good housekeepers in the country who make salt-rising bread and thus do not keep a supply of yeast constantly on hand may be glad when buckwheat cake time comes, of a recipe for making *Yeast without Yeast*: Take a tablespoon and a half each New Orleans molasses and warm water, stir in enough flour for a thin batter and set in a warm place. It will soon begin to throw up bubbles and in a short time ferment. While waiting for this, make ready for it by boiling a teacup of hops in two quarts water twenty minutes; strain and stir in a pint flour and tablespoon salt, beating until free from lumps. Put over the fire and boil again until of the consistency of good starch; if too thick, thin with boiling water. Turn into a bowl, cover, and let stand till lukewarm and stir in the rising of molasses, etc. Set where it will be kept warm, but not hot, until light, when place in a jug, cork tight, and put away in a cool place. The following recipe is considered by some especially nice for buckwheat cakes: *Catnip Yeast.*—Pare and boil six medium-sized potatoes; tie in a clean white cloth one handful catnip (fresh or dry) and boil with potatoes; when they are thoroughly cooked take out catnip, mash potatoes with a fork and if not smooth put through a colander or sieve; add a half teaspoon ginger, handful sugar, teaspoon salt, and water in which potatoes were cooked to make about two quarts, cool to blood-heat, add half pint yeast. Set in a warm place to rise. It will rise rather slowly in making, but will raise cakes, bread, etc., quicker than hop yeast. The advantage of catnip over hops is that more yeast can be used in cold weather, as is always necessary, without danger of giving a bitter taste.

Buckwheat Cakes.—To make buckwheat cakes without yeast, mix overnight with warm water, a little salt, and tablespoon molasses, one pint buckwheat flour, to the usual consistency of griddle-cakes. When ready to bake for breakfast add two teaspoons baking powder, thinning the batter if necessary, and bake immediately on a hot griddle. Or for *Quick Buckwheats*, take one pint sour milk or buttermilk, teaspoon soda, tablespoon baking molasses, or a little sugar; thicken with buckwheat flour to the consistency of batter-cakes. Water may be used, or sweet milk and baking powder, but the cakes will not be as tender. Bake on a hot griddle.

Cerealine Cakes.—Sift three-fourths cup flour, teaspoon baking powder and pinch of salt together, add three well-beaten eggs, tablespoon sugar and a cup cerealine, and stir in a pint milk. Bake as usual on a griddle, or in a buttered round frying-pan, putting in enough batter each time to make a cake covering half bottom of pan, turn to brown both sides, butter each cake, roll up separately.

sprinkle with powdered sugar and serve. Or take half pound boiled cerealine, three tablespoons sugar, two and one-half cups flour, one and one-half teaspoon baking powder, three eggs, teaspoon salt and three-fourths pint milk. Bake on griddle.

Cerealine Cakes.

Clam Cakes.—Sift two heaping teaspoons baking powder with a quart flour and make a batter with one pint milk and one pint liquor from canned clams, adding a tablespoon syrup, little salt, four tablespoons melted butter, and well-beaten yolks of ten eggs. Stir in two two-pound cans of chopped clams and bake as other griddle cakes.

Corn Cakes.—One pint corn meal, one of sour milk or buttermilk, one egg, one teaspoon soda, one of salt. A tablespoon flour or half tablespoon corn starch may be used in place of the egg; bake on a griddle. The scalding of corn meal takes away the raw taste and cakes made as follows will be much more delicious: One pint corn meal, one teaspoon salt, small teaspoon soda; pour on boiling water until a little thinner than mush; let stand until cool; add yolks of four eggs, half cup flour, in which is mixed two teaspoons cream tartar, and stir in as much sweet milk or water as will make the batter suitable to bake; beat the whites well and add just before baking. Or pour three cups boiling milk gradually over one cup corn meal, stirring to avoid lumps; sift one teaspoon salt, one of baking powder and two tablespoons sugar with one cup flour and add when scalded milk is cool; then stir in two well-beaten eggs. A tablespoon cream or a little butter may be added, and some scald the milk, pour over meal, stirring in the butter and sugar and let stand overnight, adding other ingredients in the morning. To make *Raised Corn Cakes*, scald a quart corn meal, cool with cold water so as not to scald the yeast, add two tablespoons yeast, one of flour, and salt to taste. Let stand overnight, and in the morning add two well-beaten eggs.

Farina Cakes.—Scald four tablespoons farina at night with a pint boiling water. In the morning thin with one quart milk stirred in slowly to avoid lumps, and add two well-beaten eggs, one tablespoon melted butter, salt to taste and enough flour to make a good batter. Add a teaspoon soda and two of cream tartar, or two, heaping, of baking powder.

Flannel Cakes.—Make hot a pint of sweet milk, and into it put two heaping tablespoons butter, let melt, then add a pint of cold milk, the well-beaten yolks of four eggs—placing the whites in a cold place—a teaspoon salt, four tablespoons potato yeast, and sufficient flour to make a stiff batter; set in a warm place to rise, let stand three hours or overnight; before baking add the beaten whites; fry like any other griddle-cakes. Be sure to make batter just stiff enough,

for flour must not be added in the morning unless it is allowed to rise again. Or take one cup corn meal, two of flour, three of boiling milk, one-fourth yeast cake dissolved in four tablespoons cold water, or one-fourth cup liquid yeast, one teaspoon salt, one tablespoon sugar, two of butter. Heat the milk to boiling and pour it over the meal and butter. When cool, add the other ingredients and let rise overnight and bake on griddle.

French Pancakes.—Beat together till smooth yolks of six eggs and a half pound of flour, melt four tablespoons butter and add to batter, with one of sugar and a half pint milk, and beat until smooth. A little grated lemon peel may be added if wished. Put a large tablespoon at a time into small hot frying-pan about five inches in diameter, slightly greased, spread batter evenly over surface of pan by tipping it about, fry to light brown on one side—about four minutes—then sprinkle sugar over or spread with jelly, jam or preserves, roll up in pan, take out carefully without breaking and set where it will keep hot while others are fried, sending to table as hot and as quickly as possible, dusting with sugar just before serving. By makeing cakes thin they will not need turning, which is difficult to do when cakes are large. For *Plain French Cakes*, make as much batter as will be required, allowing one egg and a quarter saltspoon salt to four heaping tablespoons flour and a half pint milk. Beat yolks of eggs, add other ingredients, beating thoroughly, and stir in well-whipped whites, bake and roll as above.

Fruit Cakes.—Sift together one and one-half pints flour, one teaspoon salt, two of baking powder, one tablespoon brown sugar; add two well-beaten eggs, a pint of milk and a half pint blueberries, blackberries or raspberries. Have the griddle hot enough to form a crust as soon as the batter touches it, turn quickly to form a crust on the other side to confine the juices of the berries; turn again on each side to bake thoroughly.

Gluten Cakes.—One pint sour milk, level teaspoon soda; thicken with gluten or entire wheat flour as for batter cakes; one or two eggs may be added, and sweet milk and baking powder may be used in place of sour milk and soda. These are as nice as buckwheat cakes and more wholesome.

Graham Cakes.—One cup each sour cream and tepid water, two eggs, the *best* Graham flour (unsifted) to make a thin batter, and scant level teaspoon soda dissolved in the tepid water. The water must not be too hot, or the cakes will be greasy and soggy. Bake slowly on not too hot a griddle. Or take one quart sifted Graham flour, teaspoon baking powder, three eggs, and milk or water enough to make thin batter. Or, if a mixture is preferred, take one pint sifted Graham flour, half pint each corn meal and flour, or half Graham and half corn meal, heaping teaspoon sugar, half teaspoon

salt, one egg, pint buttermilk, teaspoon soda. Another excellent recipe requires two cups Graham flour, one of flour, two and a half of milk, one tablespoon sugar, teaspoon each salt and cream tartar, half teaspoon soda, two eggs. Boil half the milk, pour it on the Graham and stir until smooth; add the cold milk, and set away to cool; mix the other ingredients with the flour and rub through a sieve, and add with the eggs, well beaten, to the Graham and milk. *Rye Cakes* made the same. What is known as "Number One" Graham flour does not need to be sifted.

Green Corn Cakes.—To one quart grated corn (raw) add yolks of three eggs, cup sweet cream (milk may be used, adding tablespoon butter), one cup flour, the well-beaten whites, teaspoon baking powder; bake on griddle and serve hot. Some use a handful fresh bread-crumbs and not so much flour.

Hominy Cakes.—Beat a large tablespoon butter into two cups soft boiled hominy, add a tablespoon white sugar, little salt and three well-beaten eggs, beating all well together; then stir in a quart milk and a cup flour with two heaping teaspoons baking powder. Or take half hominy and half flour, and water may be used instead of milk. *Rice Cakes* made same. Bake very quickly.

Oat Meal Cakes.—One cup each cooked oat meal and flour, one egg, one teaspoon each sugar and baking powder and half teaspoon salt, mixed with enough cold water to make a nice batter. Beat all well together and bake on griddle.

Potato Cakes—Six boiled potatoes cooled and mashed through a colander (cold potatoes may be used), two eggs, three tablespoons flour, sweet milk to make rather stiff batter, salt, and a little pepper if liked. Fry on griddle. Nice with butter, syrup or jam. For *Grated Potato Cakes*, after peeling and washing potatoes, wipe dry, grate quickly and to each cup grated potato allow one egg, and heaping tablespoon flour. Beat potato and egg thoroughly five minutes, add flour and teaspoon salt. Have tablespoon drippings or lard in frying-pan, put in batter to cover bottom half inch thick, and there must be enough fat to show around the edge of cake. When brown turn and brown the other side. Place in oven on plate and bake a second one, adding more fat to pan if necessary, then a third, etc., till all are baked. Place in layers and serve at table cut as jelly cake, only larger slices. Make in the proportion of one grated potato to each person. These are nice for breakfast or tea and with potato slaw, cake or fruit and a cup tea, coffee or chocolate, one has almost a "company tea."

Rye Cakes.—Warm a quart new milk, beat two eggs very light, and add gradually with sufficient rye meal to make a moderate batter, putting in the meal a handful at a time; add a saltspoon salt

and large tablespoon any fresh yeast. Beat very light and put in a warm place to rise. Bake on hot griddle and eat with butter, molasses, or honey. *Corn Cakes* may be made after this recipe, or use rye and corn in equal proportions.

Rice Cakes.—Boil half a cup rice; when cold mix one quart sweet milk, the yolks of four eggs, and flour sufficient to make a stiff batter; beat the whites to a froth, stir in one teaspoon soda, and two of cream tartar; add a little salt, and lastly the whites of eggs; bake on a griddle. A nice way to serve is to spread them while hot with butter, and almost any kind of preserves or jelly; roll them up neatly, cut off the ends, sprinkle them with sugar, and serve immediately. Or boil until soft a half pound rice, drain off water, mash well, stir in butter size of an egg, and when cold add six eggs beaten very light, pint flour, and quart lukewarm milk. Beat all well together, and bake on a hot griddle.

Rice Cakes.

Squash Cakes.—One cup cooked and sifted squash, two eggs, one and a half pints milk, little salt, flour to make good batter, and two heaping teaspoons baking powder. Or take one pint flour, scant pint milk, two eggs, teaspoon each salt and cream tartar, half as much soda, four tablespoons sugar, two cups sifted squash. Mix the flour with the other dry ingredients, and rub through a sieve; add beaten eggs and milk to the squash, and pour on the flour. Beat till smooth and light and bake on griddle. Or take a half pint cold stewed squash, pumpkin or apple, rubbed through a colander; mix with two well-beaten eggs and half pint milk. Sift together half pint each Graham flour and corn meal, half teaspoon salt, heaping teaspoon baking powder. Mix all smoothly and thoroughly into a batter and bake quickly on hot griddle.

ICES AND ICE-CREAM.

Perfectly fresh sweet cream makes the most delicious ice-cream, and what we term double cream, standing twenty-four hours, is best. This sweetened and flavored gives the justly renowned *Philadelphia Ice-cream*, having a cream-white tint and a full rich flavor. It is made either of cooked or uncooked cream; the latter gives a light snowy texture, greatly increased in quantity but not as fine in quality as if the cream is cooked, by placing in a custard kettle, stirring often till water in outer pan boils, then adding sugar, taking off fire, flavoring, letting stand a moment, straining, cooling and freezing as directed hereafter. This gives a cream of greater body and richness and prevents any tendency to curdling if cream should accidentally not be perfectly fresh, caused by very hot sultry weather, or a passing thunder-storm. This is made more delicious, adding lightness to the richness, by reserving a part of cream, whipping it and adding when cream is half frozen, beating it well in with a wooden paddle; and less flavoring is needed, a quarter less at least, if it is added to the whipped cream, as freezing diminishes the strength of flavoring; consequently, when added before freezing, the cream must be over-flavored. Freezing also lessens the strength of the sugar, so if the cream preparation is sweetened to taste, one must also oversweeten. For whipped cream some let single cream stand twelve hours after skimming, and then skim off the richer portion, thus obtaining the "cream of the cream." It will be so rich that it can *all* be whipped to a stiff froth without any remainder. This is the *true* double-cream.

When eggs are added to the cream before freezing, making a custard, it is known as *Neapolitan Ice-cream*, and as it contains a

large proportion of eggs, yields an ice as solid, rich and smooth as the finest butter, and has a pronounced custard flavor, and lemon-yellow color. It is prepared as follows: Strain and beat yolks of eggs to a smooth cream, add sugar and beat again. Strain and whisk the whites to a froth as stiff as possible, stir briskly into the yolks and sugar, and mix with the cream. Cook in a custard kettle or a pail set within a kettle of boiling water over a brisk fire, stirring constantly, until it slightly coats a knife blade dipped into it, and does not run. Be careful not to let it curdle. Take off fire, strain through a wire sieve (or a linen crash towel kept for the purpose and marked "Ice Cream,") into a crock or pan, cover with gauze, and let stand till cool, then freeze. It is well to reserve some of the cream and whip and add as above. These two creams are made of the pure cream; when made of part new milk and cream it is called *Lacteanola Ice-cream* and is made either with or without eggs: *With Eggs*, by boiling the new milk, reserving a part of it, in custard kettle and adding beaten yolks of eggs mixed with the reserved milk and stirred slowly into the hot milk; let cook two or three minutes, add sugar and in few moments take from fire and strain while hot, as above; cool, add double cream and flavoring, or add only part of the cream. Set custard in a cool place and when ready to freeze add well-frothed whites, and when half frozen, the reserved cream, whipped. Or *Without Eggs*, by boiling the milk, as above, and adding a rounded tablespoon flour (if cream to be added is very thick, use less), or a little less of corn-starch or arrowroot, to every quart milk, mixed smoothly with a part of the milk; let cook fifteen minutes, then add sugar and cook five minutes, stirring all the time; remove from fire, strain and put in a cool place; when cold and ready to freeze add part of the cream and all the flavoring, and when half frozen, the rest of the cream, whipped; or after straining, let cool and then freeze and when half frozen add all the cream, whipped, and with it the flavoring as directed above. If cream does not whip easily add beaten white of an egg. Sugar is not added to the whipped cream. In any of the methods the mixture should be placed in a bed of ice to cool so that it may be ice-cold when put in freezer, as it will then freeze easier, quicker and smoother and require less ice. It is also well when poured in can to let stand five or ten minutes before freezing as it will then surely be thoroughly chilled, as the salt with the ice makes a more intense

cold. When eggs are used, strain through a sieve—they beat easier and smoother for it; if yolks and whites are to be beaten separately, strain each before beating.

Fruit Ice-creams, when of berries, are made in proportion of a quart cream, a quart fruit and a pound sugar, allowing the berries to stand for awhile well sprinkled with part of the sugar, mashing, straining the juice, adding the rest of sugar to it, and stirring till a clear syrup, and then adding to the ice-cold mixture just before commencing to freeze, or beating into it after it is frozen, which is the better way. In the latter case use in preparing the cream or custard, half the sugar to be used in recipe and mix the *rest* with the fruit juice and stir in when frozen. If the *fruit* is preferred in the cream, cut into dice the firm-fleshed fruits such as the pine-apple, apricot, peach and plum, mix lightly with half the sugar and when it is dissolved mix with frozen cream; for strawberries and raspberries, mash or chop gently, add sugar and mix with the frozen cream. In addition to this, add whipped cream and sweetened whole berries just as the cream is ready to serve, in the proportion of a cup berries and a pint of whipped cream to three pints of the frozen mixture. Canned berries may be used in the same way. Or a pint mashed berries or peaches, cut fine, added to a quart ordinary ice-cream, when frozen makes a delicious *Fruit Ice-cream*. In either case, with juice or fruit, let stand in freezer till ready to serve, or put in molds and pack as directed hereafter.

In flavoring with vanilla the vanilla bean may be used by splitting in two, cutting in pieces and cooking in the milk; the flavoring for *Almond Cream* should be prepared by blanching and pounding the kernels to a paste with rose water, using arrowroot for thickening. Always use the Princesse Almond. For *Cocoa-nut Ice-cream*, grate cocoa-nut and add to the cream and sugar just before freezing. The milk should never be heated for pine-apple, strawberry, or raspberry cream. It is often desirable to be able to make ice-creams and water-ices of the summer fruits when they are out of season and at same time retain as much as possible of their accustomed flavor and freshness, also to avail one's self of the finest fruits of the various kinds at the lowest rates obtainable in the height of the season, and for this purpose make plentifully of *Fruit Flavors*, as given in Jams and Jellies. For making ice-cream use

either fine granulated sugar or white sifted sugar, except where cream or milk is not cooked, then use best pulverized sugar.

Both the Lacteanola and Philadelphia, being eggless, are considered better adapted to be used with fruit, as the eggs and fruit flavors are not thought to blend well, but this is a matter of taste. The eggless creams are more economical where one has plenty of cream, as each dozen eggs requires half pound sugar to sweeten them and each quart cream or milk half pound, also. Any proportion of eggs may be used to a quart of milk or cream, using sugar in quantity to correspond, viz: for three eggs, eighth pound sugar, making with the half pound sugar for milk, five-eighths pound sugar.

A freezer—White Mountain, Peerless or any of the best patent freezers—a wooden paddle made of hickory, maple, ash or oak, a fine wire sieve or crash strainer, seem almost a necessity in making ices and ice-creams, and there are also many other articles used which are given in Kitchen Utensils; of course one can make them without so complete an outfit but the process is more tedious. Put ice in a coarse coffee-sack, pound with an ax or mallet until some lumps are size of an egg and most of them as small as a hickory-nut; see that the freezer is properly set in tub, the beater in the socket, the cover secure, and a cloth in the hole and tin cup inverted over it, first having put on cross-piece, and turned the crank to see if everything is right; now place around it a layer of ice three or four inches thick, then a thin layer of salt—rock salt pounded fine or the common coarse salt is best, some advise sea salt, but *never* use table salt, as it causes the ice to melt too rapidly—then ice again, then salt, and so on until packed full, with a layer of ice last. The proportion should be about three-fourths ice and one-fourth salt. Pack very solid, pounding with a broom-handle or stick, then remove the cover and pour in the ice-cold preparation, filling only two-thirds full, leaving room for expansion; replace cover and after five or ten minutes pack ice down again and begin to freeze, turning the crank *slowly and steadily* until rather difficult to turn; open can, add whipped cream, beat in well with wooden paddle, cover, and again turn till difficult to turn longer; some claim this last turning of eight or ten minutes should be as rapid as possible. Half an hour will freeze it, although the make of freezer and quality and quantity of cream govern the time, pure cream taking the longest. Unless dan-

ger of water entering can, do not draw off while freezing as the intense cold of the water assists greatly in freezing. When done, brush ice and salt from and remove the cover, take out beater, scrape the cream down from the sides of freezer, beat well several minutes with a wooden paddle, replace the cover, fill the hole with a cork or a clean cloth and over this invert a tin cup, let off all the water, pack again with ice (using salt at bottom and between layers but none at top of tub), heap ice on the cover, spread over it a piece of carpet or a thick woolen blanket kept for this purpose, and set away in a cool place to harden two or three hours, or until needed. Some wet the blanket or carpet well with the icy brine that was drawn off and after an hour or two open the freezer, scrape down and beat cream again, and pack down with fresh ice and salt. In very warm weather it may be necessary to renew the ice and salt a second, or even a third time; the only rule is that as often as the brine appears at the top, causing the ice to float, it must be drawn off, and the tub repacked. Keep the blanket wet with the brine; the evaporation causes intense cold, and helps to keep the ice from wasting, but when "brine blanket" is used cover top of freezer first with a dry blanket, then ice, etc. About twenty-five pounds ice is necessary for two or three gallons ice-cream in summer time, and the best is that which is porous and full of air cells, commonly called "snow ice." Snow itself is also an excellent freezing material and as it is often desirable to be able to make ices in the winter season, when there is no ice in the house, if there be snow upon the ground it makes an excellent substitute. It needs only to be packed down firmly in the freezing tub, and enough water added to make a thick mush; then put in the salt, and freeze as usual. Large freezers require much less ice and salt, in proportion to their contents, than small ones; for a gallon freezer use about ten pints pounded ice, and three of salt. If a larger proportion of salt is used than one-fourth, the cream will freeze sooner but will not be so smooth and rich, and some only take one-fifth salt. *Do not let a grain of salt or a drop of brine get into the cream.* For evening use, cream should be cooked in the morning, cooled and frozen by mid-day. If wanted at the noon meal, cook previous evening, cool overnight, and freeze early next morning, or it may be cooked very early in morning. It needs several hours to harden and ripen; newly frozen cream is always somewhat mushy, and wanting in body and flavor. The creams produced by this method,

faithfully and skillfully applied, will be firm, smooth and fine-grained like the best butter or jelly. Some freeze in a warm place, believing that the more rapid the melting of the ice the quicker the cream freezes. If cream begins to melt while serving, beat up well from the bottom with the long wooden paddle.

After the last beating and before covering again with ice, if wished molded, fill cream solidly in every part of mold, that there may be no air spaces, working up and down with a spoon, which presses the cream in every part and also lightens it; heap it a little above the brim, press the cover down hard, bind a buttered cloth over the joint, or use buttered or oiled paper put on with paste or gum tragacanth, bury it in a pan or tub of ice and salt and cover with a blanket. If it be a figure or design in two parts, fill each half of mold a little more than full; the excess squeezes out on shutting it. Some cover top of cream in mold with thick white paper. When ready to serve, wash mold with cold water to remove the brine; take off cloth, and wipe mold dry, lift off cover, turn mold over on a plate, and if room is warm, it will slip off the cream in a few seconds. It is better not to use warm water on the mold; it causes the cream to melt and run down the surface in unsightly streams. The variety of molds is very large, from the plain pyramid to the most elaborate combinations of figures, animals, flowers and fruits, corresponding to the flavor, as oranges for orange ice-cream, etc., and new designs and devices are brought out every year. The Pyramid is made of a great many styles, both plain and fluted, and is useful for center-pieces, either of one or of several varieties and colors of creams or water-ices, put in layers. The Brick is a plain, oblong mold, with straight, slightly tapering sides. It is made of several sizes, from a pint to two quarts. The Cabinet, so called from its being used for Cabinet puddings, is oval in shape, about nine inches long, six inches wide, and four inches deep, and contains two quarts. It is a very convenient mold for Tutti Frutti, blanc-mange, all kinds of boiled puddings, and many sorts of cake. A small cabinet mold, holding enough to serve one guest, is four inches long, two inches wide and two inches deep. All these molds have tightly fitting covers and tapering sides, to allow their contents to be easily turned out. In the final packing of salt and ice, and when molds are packed, if rock salt is used, have it in small lumps size of a pea.

The directions for making *Self-freezing Ice-cream* with an

old fashioned freezer without patent inside, are as follows: After preparing the freezer as above and placing the cream or custard in can, remove lid carefully, and with a long wooden paddle beat the cream like batter steadily for about five or six minutes. Replace lid, pack two inches of pounded ice over it, spread above all several folds of blanket or carpet, and leave it untouched for an hour; at the end of that time remove the ice from above the freezer-lid, wipe off carefully and open the freezer. Its sides will be lined with a thick layer of frozen cream. Displace this with the paddle, working every part of it loose; beat up cream again firmly and vigorously for fifteen or twenty minutes, until it is a smooth, half-congealed paste. The perfection of the ice-cream depends upon the thoroughness of the beating at this point. Put on cover again, pack in more ice and salt, turn off brine, cover freezer entirely with ice, and spread the carpet over all. At the end of an hour or two again turn off brine and add fresh ice and salt, but do not open the freezer for two hours more. At that time take the freezer from the ice, open it, wrap a towel wet in hot water about the lower part and turn out a solid column of ice-cream, close grained, firm and delicious. Any of the recipes for ice-cream may be frozen in this way. Or they may be frozen without any freezer, by simply placing in a covered tin pail, setting latter in an ordinary wooden bucket, and proceeding as above directed for Self-freezing Ice-cream, always remembering to not much more than half fill can or pail, as the action of cream against sides of can when it is beaten hastens the freezing.

A delicate way of serving ice-cream is to place upon it a spoon of whipped cream, and the most elaborate is to enclose it in meringues or kisses (see Confectionery). Fill the shells with whatever ice-cream or other ices prepared, put together by twos, thus forming a large egg, tie it around with a ribbon of suitable color, and send to table. When several kinds are served at one time, they are designated by ribbons of the same color as the creams or ices; white for almond or vanilla, brown for chocolate, pale and deep yellow for lemon, pine-apple and orange, pink for strawberry, green for pistachio, fawn for peach and apricot, and so for all the others. Sometimes, after filling, the edges of the shells are lightly touched with the soft part that was removed, to make them stick together. For *Marbled Meringues*, fill with two or more creams of different colors, as for example, vanilla in one-half and chocolate in the other, or straw-

berry and orange, lemon and pistachio, peach and almond, and any other combination fancy may dictate. A pleasing contrast also is furnished by filling one-half with ice-cream and the other with water-ice, or one with a vanity and the other with frozen fruit. The ribbons should be double-faced and of shades to correspond with and indicate the contents; or take plain ribbons of the two colors required, stitch two pieces, one of each color, together at ends, each half the entire length wished, and tie around the meringue, finishing in a bow-knot, one-half of the bow thus being of each color. Angel or Cream Cake, Cream Sandwiches, White Lady Fingers, or Centennial Drops are nice served with Ice-cream.

For freezing small molds and also Bisque or Biscuit Glace have a large tin mold, either square or rectangular; fill this with little paper cases, which must fit the tin mold exactly in every part. These little cases may be made round, oval, oblong, square, or as little baskets, and about the size of a patty pan, of smooth, heavy white paper or light card-board, and a frill of lace paper put around the edge gives a pretty effect; fill with the mixture, and cover mold with a hermetically fitting top. In the bottom of a wooden box, made for the purpose eight inches larger each way, with a cover and handles, put about six or eight inches of pounded ice and coarse salt in alternate layers; in this place tin mold of filled cases with another eight inches of ice and salt; cover the whole with a thick, heavy cloth, or blanket, and let stand six or eight hours. The box containing ice should have a small plugged hole, to allow escape of water from melted ice. When mold is taken from ice, wipe well before opening, to prevent any salt-water getting in. Or a more elaborate square tin box is made with shelves, with feet at each corner to support them, and called a "cave," and when shelves are filled and placed in, one above the other, is also packed in the outer box with ice and salt. Then there is a patent cave that is round like an ice-cream freezer; to fill, put shelf into can, packed as for ice-cream, cover with cases, then another shelf and so on till all are added; put on lid, press tightly down, bind the joint like any mold, cover with pounded ice, then with a woolen cloth or blanket, then ice and salt and the "brine blanket." Let stand as ice-cream, drawing off water and repacking if necessary. There should be a hole, with a wooden plug, in the side of ice-tub just above bottom the same as in an ice-cream freezer. Any one having the latter may

have tin shelves made to fit the can, with three supports or feet two or three inches high, and if wished an extra cover without any opening in top, although with that plugged and carefully protected it will not be necessary; remove beater, put in shelves, fill, cover, bind and cover with ice as above. In caring for patent ice-cream freezers, the cogs should be oiled occasionally and every part of the can, beater, etc., should be well cleaned and dried on top the stove or in sun before putting away.

In making recipes refer to table of weights and measures for relative proportions of pounds, pints, teacups, gills, etc. Whipped cream may be added when cream is half frozen, or later, just before it is packed for hardening, and the quantity given in the following recipes is measured before whipping. In all recipes where only cream is used, part new milk may be substituted in any proportion wished, using with it the arrowroot, corn-starch or flour in proportion as given, remembering that the milk must always be cooked with the sugar and thickening, strained, cooled and then the cream added; but when cream alone is used it may be cooked or not as liked. Always use a custard kettle and strain all mixtures while hot. In giving proportions of ingredients in different recipes where cream and milk are used the term liquid will be given to cover both. Custard ice-cream or Neapolitan is considered by some preferable for Caramel, Chocolate, Coffee, Lemon, Vanilla and the different nut creams, and the Philadelphia and Lacteanola, without eggs, as already suggested, better adapted to fruit flavors, but where the lightness given by eggs is wished without the flavor, the whites alone can be used and added when cream is partially frozen. It is better to use earthen bowls, crocks, jars, etc., to hold any of the milk, cream or fruit preparations while in process of making ice-creams, and we feel like repeating instructions for adding fruit and juices, as one will be fully repaid for the extra trouble. Always add juice when cream is partly frozen, and especially is this true of very acid fruit, as currants, lemons, etc., for it is apt to curdle the cream if added before freezing; if fruit is used, chop and add *just before serving*, or if to be molded, when put in mold. In winter, when fresh fruit is not obtainable, a little jam may be substituted for it; it should be melted and worked through a sieve before being added, and if the color should not be good a little prepared cochineal may be put in to improve its appearance. In recipes where

candied fruits are used the French are of course the best, but one can dry and prepare them at home, and if either are not obtainable a substitute can be had by using any firm-fleshed, home-made preserves, such as cherries, strawberries, pears, peaches, pine-apples or quinces. Drain off syrup, chop into dice, roll in pulverized sugar and stir into cream, as above. In vanilla flavoring some use the bean, a small bean to a quart, others heaping tablespoon powder, others half ounce vanilla sugar, while most use half tablespoon extract to above proportion. The preparing, flavoring, molding and serving of ice-creams can be so varied, according to the taste of the kitchen-queen, that by carefully reading directions and recipes she can soon make any combinations wished, and by adding "here a little and there a little" create new and delicious flavors.

Almond Ice-cream.— Cook two quarts cream, the prepared almonds and three teacups sugar in custard kettle, strain, cool and freeze; prepare almonds as follows: blanch and rub to a paste, with four tablespoons each sugar and cream reserved from the above quantities, half pound shelled almonds and a few drops rose water. Add when half frozen one quart cream, whipped, teaspoon almond extract and half vanilla. For *Almond Caramel*, put the blanched almonds in oven, roast quickly to a yellow brown and then prepare and add as above, adding half teaspoon caramel in place of almond extract. For *Pistachio Ice-cream* make as above, using pistachio nuts instead of almonds, with a heaping teaspoon Spinach Coloring to give a fine color. If wished with eggs, use eggs and more sugar in proportion as given in general directions. Some use only two ounces shelled nuts to each quart cream. Any *Nut Ice-cream* can be made in same way except that walnuts and hickory nuts are not blanched.

Arrowroot Ice-cream.—Boil two quarts milk, add half pint arrowroot mixed smooth with part of the milk and two pounds sugar; when cold add two quarts cream, whites of six eggs, tablespoon any flavoring and freeze.

Boston Ice-cream.—Make a boiled custard of three pints cream three teacups sugar and yolks of ten eggs; strain, cool, freeze and add teacup crumbs of steamed brown bread, prepared by drying, grating and sifting, pint cream, whipped, and well-frothed whites, and pack as directed. This can be made without eggs, and also by cooking part of crumbs with custard, giving rather more body to cream.

Buttermilk Ice-cream.—Strain buttermilk through a thin cloth, so as to remove all lumps and particles of butter, add sugar until *very* sweet and flavor with vanilla. Freeze as directed.

Caramel Ice-cream.—One and a half pounds brown sugar, three quarts cream, one pint boiling milk. Put sugar in an iron frying-pan on fire and stir until it is a liquid, stir it in the milk, strain, and when cool add to cream. Whipping all or part of the cream makes it more delicious. Or to any of the cooked foundations or preparations add only half the sugar to the milk or cream and make a caramel as above with the rest, add to boiled mixture, strain, cool and freeze. The flavor may be varied by browning the sugar more or less.

Chestnut Ice-cream.—The native chestnut may be used, but is not as fine as the Italian variety. Boil, and to a quarter pound pulp add two tablespoons sugar, and four of cream, rub to a smooth paste and add it to three pints cream, three teacups sugar and twelve eggs; cook, strain, cool, freeze, and add, just before packing, a pint cream, whipped, and juice of one orange.

Chocolate Ice-cream.—Scald one pint new milk, add by degrees three-quarters pound sugar, two eggs, and five tablespoons grated chocolate, rubbed smooth in a little milk. Beat well for a moment or two, place over fire and heat until it thickens, stirring constantly, set off, add a tablespoon of thin, dissolved gelatine, and when cold, place in freezer; when it begins to set, add a quart of rich cream, half of it well whipped. To make a mold of chocolate and vanilla, freeze in separate freezers, divide a mold through the center with card-board, fill each division with a different cream, and set mold in ice and salt for an hour or more. For that delicious preparation, *Chocolate Fruit Ice-cream*, add when cream is frozen French candied fruit, or a coffee-cup preserved peaches, or any other preserves, prepared as directed. For *Spiced Chocolate Ice-cream*, cook three pints cream and two teacups sugar; prepare spice by pouring over three-quarters teaspoon best pulverized cinnamon, seven tablespoons boiling water and let stand on back of stove, (must not boil), twenty minutes; pour off clear liquid and add to it quarter pound grated chocolate, or less if not wished highly flavored. Add this to the hot cream, strain, cool and freeze as directed. When half frozen add one pint cream, whipped and flavored with half teaspoon vanilla. Delicious served in glasses or dishes covered with tablespoon whipped cream or meringue, also very dainty molded in individual molds and surrounded with whipped cream. For *Chocolate Caramel*, make as above, using four tablespoons caramel in place of cinnamon, adding it with the whipped cream and vanilla. Or to the above hot cream mixture add a chocolate paste made as follows: Stir in a dish, set in pan of hot water, six tablespoons grated chocolate, two tablespoons each sugar and boiling water, till smooth and glossy; adding whipped white of an egg just before removing from fire, is an improvement. After add-

Fancy Ice-cream.

ing to mixture, strain, cool, freeze and finish as above, adding whipped cream and flavoring. For *Chocolate Custard*, to any two quarts custard preparation add the above paste and one tablespoon dissolved gelatine and proceed as above. For *Chocolate Moss*, mix one quart double cream, whipped to a stiff froth, and drained on sieve, with half pound sugar and three-quarters tablespoon vanilla. Meantime have two squares Baker's chocolate melted by placing in a small tin basin over a teakettle boiling water. Stir chocolate carefully into the whipped cream. Pour into freezer, taking out beater, or in a pail and freeze without stirring. When wished for the table, dip a cloth in boiling water and wrap about the freezer until the cream slides out, or better, let freezer stand in warm room for a little while. Slice and it looks like variegated moss. Two tablespoons gelatine, soaked in cold water two or three hours, may be added to the whipped cream. Five tablespoons grated chocolate to each quart liquid, in any of the above recipes, gives a pleasant flavored ice-cream.

Cocoa-nut Ice-cream.—Cook one pint milk, three eggs, grated rind of one lemon and a teacup and a half sugar in custard kettle; when thickened, strain, cool, freeze, and when half frozen add cup grated fresh cocoa-nut, prepared as candied fruits in Cabinet Ice-cream, one quart cream, whipped, and juice of one lemon. Dessicated cocoa-nut can be used without any preparation.

Custard Ice-cream.—Beat yolks of five eggs, add eight well rounded tablespoons white sugar; boil a quart milk, stir with it one tablespoon corn-starch (previously dissolved in a little cold milk); when cooked until as cream, cool, add one quart cream, the eggs and sugar; season with lemon or vanilla and freeze. Plain custard is also good frozen. Sliced peaches greatly improve this or any frozen custard, added just before serving the cream.

Coffee Ice-cream.—Grind very fine a quarter pound coffee, half each Mocha and Java, or use the pulverized, taking only half as much. Put one quart cream on in custard kettle; when hot add coffee and cook ten or fifteen minutes, strain, add pint more cream, yolks of twelve eggs and three teacups sugar; cook, strain, cool, freeze and when half frozen add pint cream, whipped, and also the whites; or where the made coffee is used, scald a pint milk and stir in a tablespoon arrowroot, mixed smooth in a little cold cream, add two cups sugar and cup very strong clear coffee sweetened to taste; when cold stir in quart cream, whipped, and freeze; or for *Whipped Coffee Ice-cream*, whip one quart double cream, add cup each sugar and strong black coffee, whip to a froth, pile in goblets, freeze and serve. In winter time can be placed out doors or in summer time in Cave as described. For *White Coffee Ice-cream*, pour one quart boiling cream over half pound freshly roasted *whole* Mocha

and Java, half and half; place in custard kettle and keep on back of range for an hour or so, where water in outer kettle will keep hot, not boil; strain, return to inner kettle and add yolks of twelve eggs, beaten smooth with teacup and half sugar; when it begins to thicken, take off, strain, cool, freeze, and when half done add pint cream, whipped, and if wanted very delicious the well-frothed whites may be used; if so, add with the cream, and use in the custard a half teacup more sugar. Mold in melon mold and serve surrounded by whipped cream. *Tea Ice-cream* is made as above, using one ounce tea.

Coffee Ice-cream.

Eggless Ice-cream.—One quart cream, two quarts new milk, scant half teacup flour, or two tablespoons, and one and a half pounds granulated sugar, or three teacups; put three pints milk in custard kettle, or in pail, set in kettle of water; when hot stir in flour, previously mixed smooth in one pint new milk; let cook ten or fifteen minutes, stirring once or twice, then add sugar and stir constantly for a few minutes till it is well dissolved. Remove and strain while hot through a crash strainer. When cold add one pint cream and place in freezer. When half frozen, take a wooden paddle, scrape down sides and stir in well one pint double cream, previously whipped and flavored with one and a half tablespoons vanilla, put on cover and pack as directed. This makes one gallon and is sufficient for two dozen dishes; or take in all three pints new milk, one and a quarter pints cream, one tablespoon flour, two teacups sugar, and one tablespoon vanilla, and prepare as above, reserving and whipping *all* instead of part of cream and adding when half frozen. This makes sufficient for sixteen or eighteen dishes and any proportion may be taken for a less number. For *Fig Ice-cream* two teacups figs cut fine may be added with the whipped cream. For *Almond Ice-cream*, to each quart liquid, milk or cream, use four ounces shelled almonds prepared as follows: Blanch and pound to a paste with half pint cream or milk and four tablespoons sugar, reserved from above quantities and a few drops rose water to prevent oiling of nuts; add to milk in custard kettle and cook with rest of sugar; finish as above and add with whipped cream half teaspoon almond extract and quarter teaspoon vanilla; or if a more decided nutty taste is wished add the nuts with the flavoring; or for *Caramel Cream* add in proportion of two tablepoons caramel, made as directed, and a quarter teaspoon vanilla to each quart liquid when preparation is half frozen. For *Filbert Ice-cream*, make as the Almond and Almond Caramel.

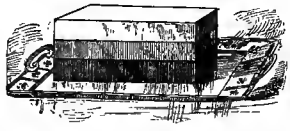
Any of the recipes with fruit, nut or any flavor where all cream is used can be made as above, using same proportions of liquid, only two-thirds new milk to one-third cream, or half and half, or any proportion wished, preparing milk as above, and adding other in-

gredients as in recipe. In whipping cream for ice-cream, if double cream is used, it is not always necessary to drain on sieve, as it will all whip stiff enough to be used.

Gelatine Ice-cream.—Soak one half package of Cox's gelatine in a pint new milk; boil two pints new milk, and pint and a third sugar, strain, add the soaked gelatine, stirring well; when cold add one quart cream, tablespoon vanilla, and freeze; or reserve half of cream, whip and add as directed.

Ginger Ice-cream.—Bruise four ounces preserved ginger in a mortar or bowl, using potato masher, add two-thirds pint powdered sugar, and one pint cream; mix well, strain, freeze and when ready to pack add two ounces preserved ginger, cut in dice, and juice of one lemon and pint cream, whipped.

Harlequin Ice-cream.—This is any three ice-creams wished arranged in layers, as illustrated, in the Brick mold; vanilla, pistachio and strawberry are used together, or chocolate, strawberry and vanilla, or almond, or any nut or fruit cream, or a water-ice is used for one layer. The mold is then bound and packed as directed.



Hickory-nut Ice-cream.—A pound hickory-nut kernels, two cups sugar, quart cream. Pick over the kernels carefully for pieces of shell, then pound in a mortar with a little sugar and water added. Put two tablespoons of the sugar over fire without water, stir constantly till melted and browned, add a little water to dissolve it, then add to cream with the sugar and nut paste and freeze.

Jam Ice-cream.—Prepare one pound of jam as directed, add one and a quarter pints cream, mix well and strain, freeze, and when partly frozen add juice of one lemon. Apricot, Raspberry, etc., are very nice made in this way.

Kentucky Ice-cream.—Make a half gallon rich boiled custard, sweeten to taste, add two tablespoons gelatine dissolved in a half cup cold milk; let the custard cool, put it in freezer, and as soon as it begins to freeze add one quart cream, whipped, and just before serving one pound raisins and one pint strawberry preserves. Blanched almonds or grated cocoa-nut are additions. Some prefer currants to raisins, and some also add citron chopped fine.

Italian Ice-cream.—Whip three pints cream and add to it three-quarters pound best pulverized sugar and tablespoon vanilla; freeze, and when frozen and ready for packing stir carefully into it the following: Half teacup granulated sugar, cooked in quarter pint water till it "threads" when a little is taken up on a spoon, or will become as soft wax when tested in cold water; then pour it slowly

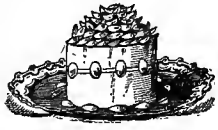
over the well-frothed whites of two eggs, pouring with the left hand and beating constantly with the right, as in making Boiled Icing, till it is cold. After stirring into frozen cream, cover and pack as directed, or the cream may be cooked instead of whipped. For *Italian Custard Ice-cream*, cook the cream with two teacups granulated sugar, yolks of nine eggs; strain, cool, add the vanilla, freeze and finish as above. For *Whipped Ice-cream*, whip quart cream, add two-thirds pint pulverized sugar and half tablespoon vanilla; freeze as directed. Any other flavoring may be used.

Lemon Ice-cream.—To two quarts sour cream that has soured quickly, take one of sweet cream, pound and a half sugar, the juice and rind of one lemon; cut the rind thin, and steep it ten or fifteen minutes in half a pint of the sweet cream over boiling water; strain, cool, and add to the rest, and freeze; or make a custard of one quart cream, yolks of six eggs and three and a half teacups sugar, (reserving six tablespoons, two for preparing the zest, as in Saratoga Ice-cream, and four to mix with the juice, obtained as directed, of three lemons and one small orange;) let boil, strain, cool and freeze: To grated rind of two lemons, being careful not to grate any of white pith, as it is bitter, add the prepared juice, let stand an hour or two, strain and add with pint cream, whipped, and the well beaten whites, to the custard when half frozen; or make as above, omitting juice and rind and flavor with tablespoon lemon extract.

Macaroon Ice-cream.—One and one-half pints cream, half teacup dry macaroons, grated and sifted, teacup white sugar, yellow rind of one orange, grated, and the juice of two. Whip cream, add sugar, freeze, and when half frozen add macaroons and the orange juice and rind; or to any half frozen preparation, in proportion of teacup or half pound sugar to each quart cream or milk, add the sifted macaroons and if almond macaroons add six drops extract almond to same. For *Macaroon Caramel*, first roast macaroons to a yellow brown and add a few drops caramel, and for *Triple Ice-cream* make as above and add tablespoon each sponge cake, macaroon and meringue crumbs, prepared by grating and sifting when dry. Flavor with teaspoon and a half nectarine extract. Serve in the little cases, first placing them in the "cave" as described.

New York Ice-cream.—Boil quart thin cream, with teacup and a half sugar and a vanilla bean in it. Beat yolks of twelve eggs light and pour the boiling cream to them. Set on fire again for a minute. This yellow custard will not become frothy, rich and light in the freezer if cooked too much, and should be taken off and strained as soon as slightly thickened. Freeze as directed. Mold in a round mold with a chocolate cream for center layer and a lemon cream above. This is very delicious.

Orange Ice-cream.—Cook two quarts cream and two teacups sugar, cool, strain and freeze. Prepare juice of one dozen oranges and one lemon as in Saratoga Ice-cream, add grated rind of two oranges, and cook to a syrup with one and one-third teacups sugar. strain, cool and mix with cream when half frozen. *Strawberry Ice-cream* is made as above, first preparing one quart juice from two or three quarts berries, by mashing through the wire sieve, adding to pulp in sieve when juice ceases to run, two-thirds teacup sugar (this is in addition to quantity given for ice-cream), let stand an hour, mash, strain and add to first juice, then cook to a syrup and finish as above. A teaspoon or two orange juice added with the syrup makes a delicious flavor. *Raspberry Ice-cream* is made as the Strawberry using the Cuthbert variety. For *Riced Orange Ice-cream*, wash and parboil eight or nine tablespoons best rice, put in custard kettle with quart milk and pint cream, teacup and a half sugar and a pinch salt; cook till grains are almost dissolved; when done, stir in yolks of six eggs and two teaspoons vanilla, mix well together, freeze as directed, then place in mold and pack. When ready to serve take from mold and place on the top and around the base a dozen oranges prepared as in Orange Compote.



Riced Orange Ice-cream.

Peach Ice-cream.—Mash to a pulp one quart peaches, strain through a hair sieve and add six ounces of loaf-sugar which has been on range to dissolve a few minutes; add one pint and a half cream, a few drops of cochineal to give a nice peach-color and freeze as directed; or cook three pints cream and two teacups sugar, strain and when cool freeze; when half frozen add one heaping pint peach pulp mixed to a smooth paste with two teacups sugar and add also the pint of cream, whipped. Two quarts peaches make one pint pulp. If wished, reserve quarter of them, cut in dice and add to cream just before serving. To prepare pulp do not peel till just ready to use, as all light fruits darken so quickly, and it is better to even drop in cold water as soon as peeled, but must not remain long as juice will be extracted; chop in fruit bowl, mash, and add sugar as above, stirring till dissolved and strain before adding to frozen cream. If Peach Flavor is used, take twice as much as of the pulp and mix it with the cooked cream after latter has cooled. Canned peaches are used same way as fresh fruit, utilizing the juice for pudding sauces or ices. Any of above recipes may be molded and surrounded with pieces of the fruit when served. Nice *Apricot* and *Apple Ice-cream* may be made as above, except do not pare fruit. *Plum* and *Cherry Ice-cream* are made same way, except after stoning and mashing the fruit add a few of the kernels pounded to a paste, and the dark fruits can stand an hour or so, stirring occasionally; if the light fruits are placed in a covered

Peach Ice-cream.

dish they may also be kept awhile and will strain easier. Any fruit may be used as above and for *Swiss Ice-cream* whip all of the cream, instead of cooking a part, using powdered sugar and not straining; freeze, add fruit and finish as above, and if wished even more delicious add with the fruit whites of six eggs, beaten with a quarter teacup sugar.

Pine-apple Ice-cream.—Three pints cream, two large ripe pine-apples, pared, and eyes, heart or core removed, as latter is bitter, two pounds powdered sugar; slice pine-apples thin, scatter sugar between slices, *cover* and let stand three hours; cut or chop it up in the syrup, and strain through a hair seive or double bag of coarse lace; beat gradually into the cream, and freeze, adding when half frozen a pint of cream, whipped; reserve a few pieces of pine-apple, unsugared, cut into square bits, and stir through cream when frozen. *Peach Ice-cream* may be made in same way; or for *Saratoga Ice-cream* take above proportions, using granulated sugar; cook the cream and two teacups sugar, strain, cool and freeze and when half frozen, add fruit juice prepared as follows: Mash and strain the pulp, a heaping pint, and to this add juice of two oranges and one lemon. (To better obtain juice of latter, roll, rub with a spoonful or two of sugar to obtain the zest, then pare, scrape off all of the inner white rind down to pulp, as this is bitter, cut in half, pick out seeds, squeeze out juice, dissolve the zest in it and strain.) Cook all the juice with two teacups sugar to a syrup, strain and cool and add with the pint of cream, whipped, when preparation is half frozen. Mold and serve with whipped cream as a garnish. Pine apple darkens very quickly and should be cooked as soon as prepared. *Banana Ice-cream* is made as above, using teacup less sugar, and juice of one lemon, or half and half orange and lemon.

Pine-apple Ice-cream.

Strawberry Ice-cream.—Sprinkle strawberries with sugar, mash well and rub through a sieve; to a pint juice add half a pint good cream, make very sweet, freeze, and when half frozen, stir in lightly one pint of cream, whipped, and handful of whole strawberries, sweetened. Mold and pack; or mash with a potato pounder in an earthen bowl one quart of strawberries with one pound of sugar; rub through a colander, add one quart sweet cream and freeze. Or if not in the strawberry season, use the French bottled strawberries (or any canned ones), mix juice with half a pint of cream, sweeten, freeze and add whipped cream and strawberries as above. *Peach* or *Apple Ice-cream* may be made in same way, using very ripe peaches and the yellow bellflower apple. In molding, one can put an inch layer of any of the above fruit creams and then fill with Vanilla Ice-cream, dropping in here and there a little candied fruit. This makes *Cabinet Ice-cream* and can be prettily molded by placing carefully some of the candied fruit next mold before filling, and more elaborately

by filling the mold two-thirds full of Almond Ice-cream; set it in bed of ice and salt; then to two quarts ice-cream, whip half pint double cream, mix in lightly one-third pint pulverized sugar and add quarter pound each blanched almonds, candied cherries, pears and apricots, first soaking fruits and nuts in a hot sugar syrup till soft, then chopping into dice and lightly dusting with pulverized sugar; mix this prepared cream carefully through the ice-cream in mold, put on cover, bind and pack as directed. For *Surprise Ice-cream*, put three pints of strawberries in a deep dish with one cup pulverized sugar and juice of one orange; whip four pints cream and add two cups sugar, freeze, take out beater and draw frozen cream to sides of freezer. Fill space in center with the strawberries and sugar, and pile the frozen cream over them. Put on cover and pack as directed. When the cream is turned out, garnish the base with strawberries. Raspberries or any fruit may be used in same way, taking a little less sugar for sweeter fruits, and may be molded as in Fruit Surprise.

Tea Ice-cream.—Pour a pint cream over four tablespoons Old Hyson tea, scald in custard kettle, or by placing the dish containing it in a kettle of boiling water, remove from fire and let stand five minutes; strain into a pint cold cream, scald again, and when hot mix with it four eggs and teacup and a half sugar, well beaten together; let cool and freeze.

Vanilla Ice-cream.—Mix three pints sweet cream, pint new milk, pint pulverized sugar, whites of two eggs, beaten light; freeze. Serve plain or as *Fruit Surprise* by lining a mold with it, then fill center with fresh berries, sweetened, or fruit cut in slices, and cover with the ice-cream, put on lid, bind and set in freezer for half an hour, with salt and ice well packed around it. The fruit must be chilled, but not frozen. Strawberries and peaches are delicious thus prepared. Or for *Vanilla Custard Ice-cream*, cook in kettle in proportion of one quart cream, six eggs and teacup and a half sugar; strain, cool, add third of tablespoon vanilla and freeze as directed; reserving the whites, beating and adding when custard is half frozen, makes it lighter; adding when this is frozen ready to pack, half pint mixed candied cherries, raisins, currants and citron prepared as in Cabinet Ice-cream, makes *Tutti Frutti Ice-cream.*

Cream Biscuit.—These are generally made of all cream, although we give a recipe with part milk and three with a syrup. The cream must be pure double cream, whipped to a stiff froth and drained on sieve as directed. There are only one or two kinds that are frozen as ice-cream; for the others, molds, paper cases, fruit cases, etc., are filled with the mixture and placed in the cave, as directed, for three or four hours. The cave in which the ice-cream freezer is utilized is best, and using the same care in packing as with ice-cream there would be no necessity for a different cover or for binding the joint

after covered; so the only additional article needed would be a set of shelves to fill the size freezer used, and it would be wise to have two or three extra shelves with feet of different heights so that individual molds, glasses, fruit cases and any other receptacle in which ice-cream, biscuits, ices, etc., are molded could be frozen. Or as a substitute for all a large tin pail can be used for freezer and round pieces to fit made of heavy white card-board for shelves, placing them on top each layer of cases, etc. When thus used do not fill cases quite full and after placing a layer of them in pail, cover with a round piece of clean white paper to fit, then the card-board shelf, then more cases and so on till all are used, when cover pail, pack and finish as directed. Below are recipes of different varieties of biscuits.

Custard Biscuit.—Beat well eight yolks of eggs, with teacup and a quarter sugar, a very little salt and one pint cream. Stir over the fire until slightly thickened. Flavor with either vanilla powder, the almond or lemon extract or coffee or chocolate. It may also be made by adding a *puree* of peaches, strawberries, raspberries, or pine-apple to custard. Freeze as ice-cream and when half frozen stir in lightly one-half pint of cream, whipped; then partly fill paper cases with the mixture, smooth over the tops and place in ice-cream cave.

Fruit Biscuit.—Beat yolks of eight eggs and four teacups sugar well together, add quart of any fruit juice, cook in custard kettle, strain and place on ice, and add to it two ounces gelatine, dissolved by adding a very little warm water, placing it in pan of hot water and setting on back of range. When mixture thickens add quart cream, fill cases, and place in cave.

Italian Biscuit.—Boil together pint each granulated sugar and water twenty minutes, add well-beaten white of an egg and boil ten minutes longer. Strain into an earthen dish and add yolks of twelve eggs and whites of two and five tablespoons orange juice. Set dish in a pan of hot water during process of beating. Beat briskly until it resembles a well-prepared, firm, sponge-cake batter. Fill cases with it and smooth over tops and pack and freeze as above. Or the mixture may be frozen in one mold, and some sifted macaroon powder or grated chocolate sprinkled over the surface, to imitate a baked *souffle*, and with care the hot salamander may be used. By adding three-quarters pint peach pulp and stirring lightly with the mixture half pint cream, whipped, and a quarter teaspoon vanilla, luscious *Peach Biscuit* will be the result, and can be filled in paper cases, or in the Brick mold, or in a long mold just the width and height of the cases, and when frozen, turn out, cut in slices, or if in long mold in pieces size of cases and frost with a *Chocolate Ice*, made of half pint syrup and four ounces best chocolate, smoothly mixed, and frozen; or a Strawberry or Raspberry Ice may be used,

and some add to the ice whites of three eggs beaten well with three tablespoons sugar. Serve in paper cases. Or for *Strawberry Biscuit* add pint strawberry pulp instead of peach and then the half pint cream, whipped. Fill in cases and surround each with a band of stiff paper, reaching half an inch above the edge of the case, pinning ends together to secure them; freeze in cave, and when ready to serve, remove the bands and cover with macaroons bruised fine and browned in oven, and one can quickly use the Salamander iron if liked. The bands of paper are meant to give the appearance to the biscuit of having risen in process of baking.

Nut Biscuit.—Make a syrup as in Vanilla Biscuit, cool and add the nuts blanched and prepared as for ice-cream, quarter pound shelled nuts to each quart cream, and the well-beaten yolks of eight eggs; return to fire, stir quickly till it thickens, coating the spoon, then strain into a large bowl and beat till cold. Whip quart cream and add lightly with half teaspoon almond extract, if almond or pistachio nuts are used, and fill in cases. Any flavoring may be used, and blanched nuts and candied fruits, prepared as in Cabinet Ice-cream, may be added just before filling cases.

Vanilla Biscuit.—Beat well together the yolks of eight eggs, and eight ounces powdered sugar. Flavor one pint new milk with vanilla, and boil it. Dissolve in a vessel set in hot water one and a half ounce of gelatine, and as soon as it is dissolved mix with the boiling milk, pour slowly over eggs and sugar, stirring all the time; when well mixed pass through a sieve and put in very cold place to cool. Whip one pint cream and add it slowly to the cold mixture; fill cases and freeze. Or, *With Syrup*, cook in custard kettle tea-cup and a quarter sugar and one gill water, add yolks of eight eggs and stir well for five or ten minutes; strain into an earthen bowl and beat with an egg beater till it is stiff and cold. Whip quart thick double cream, flavor with quarter tablespoon vanilla and stir it lightly into the above; fill the cases, pack in cave, and finish as directed; or part of mixture may be colored and flavored with raspberry syrup and placed in bottom of cases, then fill them with the plain vanilla and freeze. Or in *Fruit Biscuit*, fill two-thirds full with the mixture, freeze, and fill up with some water-ice that blends with the flavor used in mixture: For Strawberry Biscuit use a layer of Orange Ice; for Pineapple Biscuit, Lemon Ice, etc. Any of the above mixtures may be made more elaborate by glazing, but as that needs a confectioner's skill we will not describe it; but the mere icing of them is given in Strawberry Biscuit, and one can cover their tops when ready to serve with whipped cream or with a plain meringue, and the mixture can also be filled in Lemon or Orange cases, made by cutting off top from fruit and carefully removing pulp.

Sherbet Crystal.—Boil one pint sugar and pint and half

water fifteen or twenty minutes, beat yolks of fifteen eggs very light and strain. Place syrup in custard kettle and add yolks, beating with an egg-whisk for ten minutes. Remove inner kettle from fire, place in a pan of cold water and continue beating fifteen minutes. Pack mold in ice and salt, and spread on sides and bottom of it one quart Strawberry or Raspberry Sherbet; when hardened, put the cooked mixture in center, being careful not to disturb the sherbet, cover all with a piece of thick white paper, put on cover and finish as directed in packing molds.

Glazed Meringue.—Any ice-cream may be meringued and glazed successfully. Boil three-quarters pint milk and stir in tablespoon gelatine that has been soaked an hour or two in half cup cold water, strain into quart cream, add tablespoon vanilla and half pound pulverized sugar; when frozen, take out beater and pack the cream smoothly, being careful to have the top perfectly level, and pack with ice as directed. When ready to serve, make a meringue of the whites of six eggs and six tablespoons pulverized sugar. Turn the cream out on a fancy dish and cover every part well with the meringue. Brown with a red hot salamander or shovel and serve immediately; or put the frozen cream in round mold and imbed in ice and salt; have a flat round sponge cake on plate, and when ready to serve turn mold quickly out upon it, cover with the meringue and glaze as above. Another way to serve any ice cream, without the glazing, is to bake a sponge cake in one of the crown molds, ice it with a white icing, and when ready to serve place on platter, spread inside with any fruit jelly liked and fill center with any ice-cream, frozen in freezer but not molded; heap whipped cream, sweetened, on top of center and around base of cake and serve.

Frozen Pudding.—Put one pint milk in custard kettle, beat three eggs and teacup sugar together, and add, stirring all the while. Pour the hot custard on twenty-five dry lady fingers, add cup dried currants and let cool. When cold, add two tablespoons orange juice and pint cream, whipped to a froth. Freeze the same as ice-cream. When frozen wet a melon mold in cold water, sprinkle a few currants on the sides and bottom and fill with frozen mixture; bind and pack as directed. Serve with Apricot Sauce around it. Or *With Gelatine*, take dozen each macaroons and cocoa-nut cakes, dozen and a half lady fingers, and a cup dried currants. Prepare mold as above, sprinkle sides and bottom with currants and put in layers of the cakes, sprinkling with currants till all are used. Put a pint and a half milk in custard kettle, when hot, stir in two tablespoons gelatine, soaked one hour in half cup cold milk, then add four eggs beaten well with teacup sugar, and cook four minutes, stirring all the while. Take off, and add pinch salt and one teaspoon vanilla. Pour this, a few spoonfuls at a time, on the cake and let cool. When cold, cover with thick white paper, and it is well to

let paper extend over the edges and then close the cover tight upon it; bind and pack in ice and salt. Or a more elaborate pudding is made by adding to the gelatine custard a pint cream and three more eggs, while cooking; remove from fire and add half tablespoon nectarine extract and strain into mold till within half an inch of top, having first half filled it with cake, fruit and nuts, placed in layers as above, using macaroons, lady fingers, currants, seedless raisins, citron and blanched almonds, preparing currants, raisins and citron as in Cabinet Ice-cream and chopping the almonds. Now cut a piece from a sheet of sponge cake to fit top and place on the custard, cover tightly with the lid and let the pudding cool. When cold, bind and pack as directed, for three or four hours. Serve with any pudding sauce, or a rich custard, or whipped cream, sweetened. Any kind of stale cake, macaroons or meringues, dried or preserved fruit, candied fruit or flavoring may be used, although for the latter our confectioner tells us that *Nectarine Extract* is more delicious for cabinet puddings; while we have had success in all fruit puddings in mixing the flavor, vanilla and lemon, half and half. The famous *Nesselrode Pudding* can be made with or without eggs and differs very little from any of the iced puddings, save there must be chestnuts in it. *With Eggs*, boil or blanch forty chestnuts, and as in ice-cream the Italian are best to use, peel, mash and rub through a sieve and cook in custard kettle with yolks of twelve eggs, pint cream and two teacups sugar; when it thickens strain and add teaspoon vanilla and pinch salt; or mix the chestnut pulp with clarified syrup, pint sugar and pint water, as in Italian Biscuit, add cream and eggs as above and place in custard kettle, stirring constantly until it begins to thicken, remove and add vanilla. When either mixture is cold, put in freezer and freeze, adding when partly frozen, four tablespoons orange juice, pint of cream, whipped, and two ounces each citron, currants and raisins, three ounces each preserved pine-apples, and candied apricots and cherries, soaked or cooked in syrup as above; then chop raisins, slice citron very fine and cut the pine-apple and apricots into dice; or put mixture in freezer, and freeze without stirring, scraping down the cream from sides of can with the paddle as fast as it freezes and lightly mixing till smooth. Cover, and when frozen place inmold, stirring carefully into it the fruit prepared as above, and pint cream, whipped; cover, bind, and set in cave. To make *Without Eggs*, take a pint chestnut pulp, add two teacups sugar and rub to a smooth paste, add teaspoon vanilla and mix it gently with a pint of cream, whipped; put in freezer and freeze without stirring, as above; then add to it quarter pound each currants, raisins and citron, prepared as directed; put in molds and place in cave or the pail as described. Serve with any pudding sauce, custard or whipped cream. Or, *With Pineapple*, boil one pint and a half shelled chestnuts half an hour, rub off skins, pound to a paste and to it add a pint shelled almonds, blanched and pre-

pared as above. Make a syrup of pint each sugar and water and the juice from one can pine-apple, cook twenty minutes in custard kettle and add beaten yolks of eleven eggs, placing on back of range and stirring constantly till it thickens, some using an egg beater. Take off, place inner kettle in a pan of cold water and beat fifteen minutes longer and let cool; then mix nut paste with half pint cream and rub through the sieve, add to mixture and freeze. Prepare three-quarters pound mixed French candied fruit, as in Cabinet Ice-cream, chop and add with the canned pine-apple cut fine, tablespoon vanilla, six tablespoons orange juice and half pint cream, whipped, when mixture is half frozen, or when ready to mold. A melon mold makes the handsomest dish and when served stick here and there roasted chestnuts or blanched almonds, dipped in a candy syrup, then slightly cooled, and also garnish the melon with them. Some add the candied fruit, flavoring, etc., to the mixture before freezing, but the extra trouble will well repay one.

Melon Mold.

Strawberry Vanity.—Beat yolks of nine eggs and two teacups pulverized sugar to a cream, and to this add one quart strawberry juice, prepared as for Strawberry Ice-cream, mixed with two teacups sugar till all dissolved. Place mixture on ice and strain into it half box gelatine, dissolved, and when it thickens slightly, stir in gently one quart pure double cream, whipped. When it begins to harden, fill in a large mold, or individual molds, and pack. Serve in two or three hours, as Vanities are more like the different creams and do not want to be as hard as ice-cream. Whole strawberries may be dropped in just before molding. Serve with whipped cream sweetened, or it is nice with simply sweetened cream, flavored with strawberry juice; or with a custard made by cooking in custard kettle one pint milk or cream, yolks of three eggs and half teacup sugar; remove from fire and add the well-whipped whites, quarter pint strawberry juice and a teaspoon orange juice and let become ice-cold. The same flavor of Vanities can be made as of ice-creams, using same proportion of fruit juice as above, and candied and preserved fruits can be added as before in ice-creams. For other flavors as vanilla, coffee, chocolate, etc., use quart water instead of fruit juice. Orange and Lemon Vanities may be served in the Fruit Cases by cutting off about an inch from the top of fruit corresponding to the Vanity, carefully taking out the pulp and filling with the mixture; or a more economical way is to cut fruit in halves, take out pulp, then paste on a rim of buttered paper extending an inch and a half above the edge, fill and place in Ice-cream Cave; or any Vanity can be filled in a cake-case as described on bottom of page 108 and then placed in cave. It would be better to first loosen cake from mold, then return to mold, carefully cut out center, fill and set in cave in the cake-mold, as that would keep it in shape. When ready to serve

take out carefully, invert on platter, placing it right side up, and heap a meringue or whipped cream upon the Vanity in center. In *Lemon Vanity* use only one and a half pints juice, and in *Banana* and *Chocolate* use teacup less sugar.

Ices.

These are generally made of water, sugar and juice of fruits, although the fruit juice is used alone with its measurement of sugar, as pint for pint. The juice is obtained by rubbing fruit through a wire sieve, all except oranges and lemons (as with them none of the pulp is used), and then straining through the ice-cream, or three cornered jelly strainer, although with peaches, apples, apricots, etc., some prefer the pulp also, and do not strain. Where any seeded fruits are used, it gives a fine flavor to leave a few of the kernels of the seed in the pulp for an hour or so, and some mash them to a paste and add, straining juice when used, but as in all flavoring, give only a slight hint rather than a decided taste. In making the first kind, if the water and sugar are not well mixed before freezing, the sugar will sink to bottom and there will be a sharp unpleasant taste, or the mixture will be granular and mushy in texture, like a hardened mixture of sweetened snow and water, and melt very quickly, even in the freezer, if it is left open a few moments, and will soon become soft and spongy. But by following directions given ices can be made as smooth and firm as the best ice-cream and much resemble it in texture. The sugar and water must be cooked in a kettle to a clear syrup, clarified if not clear, scum removed, and the hot syrup strained through the ice-cream strainer and let become ice-cold. Pour it into freezer, packed as for ice-cream, add the strained fruit juice, and other materials, if any, and freeze as directed; it will usually take from fifteen to twenty minutes to effect the first freezing of ices, as they require more time than ice-cream. Then open can, scrape down sides, and beat till smooth, and add (if three pints water) one white of egg, beaten with a tablespoon pulverized sugar to a stiff froth, or *Meringue*, and work as smoothly as possible. Too many whites of eggs are apt to give a milky look, as they melt out rapidly. Draw off brine, renew ice and salt, place the

"brine blanket" over all as in ice-cream, and let stand to harden and ripen, for two or three hours. Open can, renew beating, repack as before and when frozen, serve.

Water-ices increase in bulk one-half when frozen as above. For what are termed Granites or Sherbets, where a syrup is not made nor the meringue added, turn out as soon as half frozen, or as wet snow. When Fruit Flavors are used, add them to the syrup when partially cooled, or place in dish in a pan of hot water and beat till melted and then add. Use earthen bowls, crocks, wooden spoons, etc., for mixing as in ice-cream. For ices, a good general rule is pint syrup to each pint fruit juice, or pint and a half Fruit Flavor, and to make syrup, take pint and a half granulated sugar to one pint water, boil fifteen minutes, add half of white of an egg, well beaten, let boil, strain and cool. Any of the fruit shrubs or fruit juices, canned expressly for this, make delicious ices, and juice from canned plums and all the berries may be used with good results. The above is one rule, but we give many different recipes that have been successfully used, making different grades of richness, flavoring, etc., although care must be taken not to make too sweet as it will not freeze as readily.

Ices are usually served in glasses as illustrated, but if molded, must have a small quantity of dissolved gelatine added to enable them to keep their shape. After mold is filled make air-tight by placing a piece of writing paper around the edges, and then shutting cover of mold upon it; bind and pack as directed,

Dish of Ices.

and when ready to serve wipe the ice and salt off mold very carefully and dip in cold water. Ices when frozen should be perfectly smooth and soft enough to yield easily to the spoon, if brittle or solid it is an indication that too much water has been used. A pretty ornamentation for them is made by preparing a gelatine jelly in the usual manner, then reduce by slow boiling to little more than half, color as desired, strain, flavor, and cool on large platters, pouring it about third inch thick; when cold cut out with any of the vegetable cutters, leaves, flowers, etc., place on the molded ices and also garnish with them when served. This is equally ornamental for ice-cream. Any fresh fruit cut in pieces, or candied or preserved fruit, or nuts, the last three prepared as in Cabinet Ice-cream, may be added just before molding, or if not molded just before serving the ice. It is

especially necessary with ices that they be beaten up well before dishing from freezer, and in using canned fruit use less water in proportion to fruit.

Apple Ice.—Grate, sweeten and freeze yellow bellflower apples; canned apples may be mashed and prepared in same way. Pears, peaches or quinces can also be frozen as above. Or make a syrup of three pints of water and four teacups sugar; let cool. Quickly slice unpared, tart and nicely flavored apples, then chop, mash and rub through wire sieve until a pint of pulp and juice is obtained, which add immediately to syrup; freeze, add meringue and finish as directed. *Peach, Pear, Apricot, Cherry, Nectarine and Plum Ices* are made in same manner. Canned fruit may be used with less water in syrup and if Fruit Flavor is used, take proportion as given.

Apricot Ice.—Cut in pieces two cups best apricots and stew with the blanched kernels in two cups water and one cup sugar until tender, then rub through sieve and put in freezer. Freeze, and when partly frozen beat in well-frothed whites of two eggs, or the meringue as described above, and finish as directed. Just before serving stir in cup sliced apricots. Canned apricots may be used with their syrup using less water. *Peach Ice* may be prepared in same way.

Cherry Ice.—Take two quarts sweet cherries, one of water and three teacups sugar. Pound fruit in mortar so as to break the stones and strain the juice through a fine strainer. Boil the cherry pulp with some of the sugar and water to extract the flavor from the kernels, and rub that through the sieve; mix all together and freeze. This may be molded with a nut cream by lining a mold with the ice and filling the middle with the cream; bind and pack as directed. Or if served direct from the freezer, place the ice as a border in the individual dishes aud the nut ice-cream in the center. This is a nice way to serve different creams and ices.

Citron Ice.—Make two quarts rich lemonade, well flavored with the rind; if grated rind is used, the lemonade must be strained before putting in citron. Slice enough citron thin and small to loosely fill a half-pint measure, and add to lemonade. Let boil a moment, or if made previous evening, this will not be necessary; cool, freeze, and when partly frozen add the meringue and finish as directed. *Preserved Watermelon* can be used in same way.

Currant Ice.—Boil down three pints water and a pound and a half sugar to a quart, skim, add two cups currant juice, and when partly frozen, add whites of five eggs.

Gooseberry Ice.—Stew gooseberries until soft, squeeze through ice-cream strainer, and to every pint juice add pint and a half granulated sugar and pint water; mix well, and freeze; when half frozen add whipped whites of three eggs.

Grape Ice.—Stew a cup ripe Concord grapes, mash with a pint sugar, add juice of a lemon and pint water, strain and freeze.

Lemon Ice.—To one pint lemon juice, add one quart sugar, and one quart water, in which the thin rind of three lemons has been allowed to stand until highly flavored; when partly frozen add the whites of two eggs, beaten to a stiff froth. Or prepare nine lemons and three oranges, as in Saratoga Ice-cream, being very careful to extract every seed, as they cause a bitter taste. To a syrup made of quart and a half water and four teacups sugar add lemon juice, will be about half pint, and half as much orange, and when partly frozen add the meringue of one egg; prepare zest from only half the lemons. Serve in glasses with tablespoon meringue, (whites of two eggs beaten well with two tablespoons sugar), flavored with orange juice, on each glass.

Orange Ice.—Make as above, using nine oranges and one lemon; when frozen fill in the orange fruit cases and place in Ice-cream Cave for three or four hours, and it is then made more delicious by covering the ice in each case with a meringue and browning quickly with a red hot salamander, serving immediately. The orange pulp taken from cases can be used in obtaining juice. Or make a thick syrup by boiling two teacups sugar with teacup water; divide three of the oranges, after peeling, by the natural divisions, and drop the pieces into the boiling syrup, first extracting the seeds; grate the yellow zest of the remaining three oranges into a bowl and squeeze in the juice; then pour the syrup from the scalded slices into the bowl, and keep the slices on ice, to be added last. Add quart water and juice of a small lemon to syrup, strain and freeze. When partly frozen whip four whites firm, stir them in and beat up the ice till it looks like cream; cover closely and pack with more ice and salt, and when done mix in gently the orange slices, without breaking them. Serve in ice-cups, glasses or saucers. *Raspberry* and *Strawberry Ice* can be made as above, using with the lemon juice, a little orange juice also in the strawberry.

Peach Ice.—Make a syrup or not as liked, in proportion as given in directions and add one can or twelve fresh peaches well mashed. When frozen add beaten whites of three eggs and finish as directed. Or, peel and quarter the fresh peaches, add syrup, and put at once in mold, having first placed some of the slices of peaches in bottom of mold; cover, bind and pack for five or six hours; cream and sugar may be used instead of the syrup, making *Peaches and Cream Ice.* Whipping the cream is an addition.

Pine-apple Ice.—Bruise a half pound fresh pine-apple in a mortar, add juice of one lemon, half pint water, pint clarified syrup, strain and freeze, adding the meringue when half frozen if wished. For *Tutti Frutti Ice*, place a layer of Lemon or above ice in a Brick mold, making it quarter full, and place in ice and salt; then mix an equal portion each candied apricots, cherries, strawberries or any fruits wished, and blanched almond or pistachio nuts, prepared as in Cabinet Ice-cream, in all about a pound of mixture, with a quart of Strawberry or Orange Ice, and add to mold till three-fourths full; smooth and add of first ice, Lemon or Pine-apple, till full to overflowing. Bind and pack as directed for three or four hours. Preserved fruits may be used, prepared as in ice-cream directions, and a little preserved ginger or angelica root is a choice addition. Use other ices also, according to different tastes.

Snow Ice.—Add quarter pound sugar to half pint cream, and flavor highly with vanilla or lemon; if lemon juice is used, more sugar will be required. Stir in newly-fallen snow until thick as ice-cream, and any kind of fruit juice may be used instead of cream. In either case the snow must not be added until just before serving.

Strawberry Ice.—Nice sound fruit should be obtained, stems removed, and the berries gently wiped perfectly clean and dry; then put into a dish, and place pulverized sugar over them, stirring with a wooden spoon until fruit is slightly mashed. Rub pint pulp with gill and a half juice through wire sieve, add pint clarified syrup and freeze. Pour into small glasses, and arrange in dish as illustrated, on a foundation of green leaves; or mash two quarts strawberries with two pounds sugar; let stand an hour or more, squeeze in a crash strainer, pressing out all juice, add equal measure water; and when half frozen, add the white of one egg beaten with tablespoon pulverized sugar.

Strawberry Ice.

Colorings.—For *Blue* rub a piece of indigo with a little water and add by drops to the mixture to be colored until the desired shade is reached. For *Brown* use grated chocolate, or for a very light brown, *Caramel*, which is prepared for immediate use by putting cup granulated sugar in *iron* skillet or frying-pan set over fire, and stirring constantly until a dark brown color and as thick as molasses. When properly done a cup sugar will make five tablespoons coloring. When preparing for bottling, boil a longer time, then add a half pint water and boil again, until a little cooled in saucer is found thick as molasses or honey. If too thick, or if it candies, add a little more water and boil again. Bottle, and if kept corked it will never spoil. For *Green* use either the Parsley or Spinach Coloring, given on page 180. For *Pink* use strawberry, currant or cranberry juice or jelly. If a bright *Red* is desired, mix

one drachm each pulverized alum and cream tartar, four drachms powdered cochineal, two ounces loaf sugar and saltspoon soda; or same proportions in level tablespoons are two-thirds tablespoon pulverized alum, half tablespoon cream tartar, two and a half of powdered cochineal, four of pounded loaf sugar and the saltspoon soda; boil ten minutes in half pint pure soft water and when cool bottle and cook for use. For *Yellow*, use the juice of a carrot or the grated peel of an orange or lemon, moistened with the juice or a little water, and squeezed through a cloth. When a deeper color is wanted boil a little American saffron with a little water till a bright yellow, strain and cool, and use enough to give desired shade; some use a mixture of an ounce turmeric with four of deodorized alcohol, shaking till dissolved and then straining and bottling. No objection can be made to the use of any of the above, save perhaps to the blue, which is very seldom used, and only for Ornamental Icing. The others are all fruit or vegetable preparations, and their use adds greatly to the handsome appearance of ices and ice-creams, icing, jellies, cakes, creams and pudding and other sauces. To guard against getting in too much coloring, use by putting in a very little at first, mixing well, then add a very little more until desired shade is obtained.

Gopher Orange Ice—Make a syrup of three pints water and one quart sugar; when cool add two gills lemon juice and three of orange juice; freeze and when half frozen add white of one egg, beaten well with tablespoon sugar. Thoroughly beat it with the ice, finish freezing and serve. Strawberries or slices of pineapples gently stirred through *just before* serving (if added too long before, they freeze and are unpleasant to eat) make a delicious variety. *Pine-apple Ice* may be made of canned pine-apple using pint of juice, and gill lemon juice with above proportion of syrup, adding the pine-apple cut in dice just before serving, if wished. With all ices it is always better to add a gill of lemon juice, as the acid assists in the freezing and also adds to the flavor. Any proportions of the recipe may be made; above makes about two dozen dishes.

ICING.

Nothing adds more to the elegance of a well spread table then a handsomely iced and ornamented cake, which with a little care and painstaking can as well be prepared at home as ordered from the caterer, and at much less expense. For a plain quickly made icing for a loaf of cake of ordinary size take white of one egg and eleven heaping teaspoons pulverized sugar. If obtainable, use the confectioners' sugar known as "XXX." Be careful not to get in any of the yolk of the eggs, as then the icing will not beat up well, and be sure the bowl, spoon or spatula, and all utensils used are perfectly free from grease. Beat well, and do not attempt to make the icing thick and stiff by adding sugar alone, or it will run. Good icing depends upon good beating as well as quantity of sugar. Beat whites of eggs to stiff froth, and add pulverized sugar gradually, beating all the time. A wooden spatula is better than a spoon for beating in the sugar. There are various opinions about the length of time icing should be beaten, some giving half an hour, others a much shorter time. Some break the whites into a broad platter and at once begin adding sugar, and keep adding gradually, beating well all the while until all sugar is dissolved and the icing is perfectly smooth. Thirty minutes' beating ought to be sufficient. Lastly, add flavoring, rose, pine-apple or almond for white or delicate cake, and lemon or vanilla for dark or fruit cake. The same amount of material, prepared with the whites of eggs *unbeaten*, will make one-third less icing than if the eggs are beaten to a stiff froth before adding the sugar; but those who prefer this method think the icing is enough smoother and softer to pay for the extra quantity required. There is a medium method much used by the best of

Wooden Spatula.

housekeepers; the eggs are beaten to a slight foam, sugar added gradually, or all at once, and when thoroughly incorporated, flavor and use. Sometimes the whites of eggs will not froth readily, when add a pinch of alum, sugar, salt or soda; a teaspoon lemon juice or a little citric acid whitens icing, and the white of one egg whipped separately and beaten in just before putting on the cake makes the icing smooth and glossy. A little corn-starch helps to thicken icing. If the flavor is lemon juice, allow more sugar for the additional liquid.

Have the icing ready when the cake is baked and be sure that it is thoroughly beaten before removing cake from oven; if possible, have some one beating while cake is being removed. Invert a common tin milk-pan, placing it on a clean paper, so that if any icing falls off it can be used again, then place the cake on the pan, trim off all unsightly excrescences with a clean, sharp knife and apply icing, pouring it around the center of the cake and smoothing off as quickly as possible with a knife; it should run over the cake, becoming as smooth as glass, and adhere firmly to it. If the icing is a little stiff dip the knife in cold water. Dredging the cake well with flour when taken from the oven and wiping carefully before icing will keep the icing from running; when icing only the top of cake, place a rim of stiff white paper around it to keep the icing in place until it sets. If but one person is engaged in preparing cake and icing, and must necessarily stop beating while getting the cake in readiness, it will be best to beat the icing a few minutes again before placing on cake. As eggs vary in size, some common sense must be used in the quantity of sugar. Practice only will teach just how stiff icing ought to be. An excellent proportion is three-fourths teacup pulverized sugar to the white of one full-sized egg, but more sugar is sometimes required. In preparing for a large party, when it is inconvenient to ice each cake as it is taken from the oven, and a number have become cold, place in the oven to heat before icing. If wanted very nice, put the icing on in two coats, letting the first dry before putting on the second, when the icing left may be sufficiently thinned with water, if necessary, to work smoothly, or more icing may be prepared, taking care to have it just soft enough to run smoothly, and yet not run off cake—better to be a little too stiff than too thin. To apply the second coat, place the icing in a lump in center of cake, and let it run level of its own accord; or if a lit-

tle stiff, spread it out with a knife, taking care not to spread it quite to edge of cake (within a quarter of an inch), as it will run to the edge of itself; if it is not fully smooth, place a knife under the cake and shake it a little, which will cause all the rough parts to become smooth. To ice the sides of the cake, add a little more sugar to the icing, and beat it in well; then with the knife place it on the sides of cake until fully covered; and by holding the knife perpendicularly, with the edge to the icing, and the back leaning a little towards the icing, draw it all around the side of the cake; when it comes round to the starting point, suddenly give the knife a twist, and turn the back from the icing, and at the same time and by the same motion, remove the edge from contact with the icing. If this is done neatly and quickly one will hardly be able to find where it is joined. The cake now needs only to be dried, and it is ready for the ornamental icing or piping. Ornaments, such as gum drops, candies, orange flowers or ribbons should be put on while the icing is moist. It is nice when the frosting is almost cold, to take a knife and mark the cake in slices.

Almond Icing.—Blanch half pint sweet almonds by putting them in boiling water, taking off skins, and spreading upon a dry cloth until cold; pound a few of them at a time in a mortar till well pulverized: mix carefully whites of three eggs and three-quarters pint powdered sugar, add almonds, flavor with a teaspoon vanilla or lemon, ice the cake and dry in a cool oven or in the open air when weather is pleasant. Or take two cups sugar, pour over a half cup boiling water, cook until ropy; beat whites of two eggs, stir into sugar and beat until cold; add flavoring extract (bitter almonds is best), and one and a half cups blanched and chopped sweet almonds.

Boiled Icing.—Beat white of one egg to a stiff froth; boil one cup granulated sugar and one-half gill or four tablespoons water till it threads when dropped from spoon. Pour in a fine stream while boiling hot, into the beaten egg, stirring briskly all the time and continue stirring the mixture in the "round and round" way, never stopping till icing is thick and cold. Flavor as liked. For *Confectioner's Boiled Icing*, take whites of six eggs and beat to a stiff froth with half pound sifted granulated sugar. Boil another half pound sugar with a pint water (adding piece of cream tartar size of a pea) until a drop taken on the finger (first dip the finger in cold water) will pull into a fine thread by touching with the thumb. Then pour this

into the whites of eggs, stirring very swiftly to cook all alike, and lastly add six ounces sifted XXX sugar. Or, boil three-fourths pint granulated sugar, moistened with four tablespoons hot water, briskly for five minutes or until it "jingles" on the bottom of the cup when dropped into cold water, or "ropes" or threads when dropped from the end of spoon. Then with left hand, pour the boiling syrup upon the well-beaten whites of three eggs in a small stream, while beating hard with right hand. This is an excellent frosting and may be flavored as liked. If preferred, add half pound sweet almonds, blanched and pounded to a paste, or a cup of hickory-nut meats, chopped fine, and it will be delicious. Some also add half cup stoned and chopped raisins. This will ice the top of two large cakes. Another method is to beat whites of four eggs with one and one-third pints powdered sugar, stir in a cup water and boil all together until thick and creamy, adding flavoring after taking from fire. For *Boiled Icing Without Eggs*, boil a cup granulated sugar four or five mintes with five tablespoons milk. Stir on ice or in cool place until cold and creamy, and wait until cake is cold before icing. Economical, and preferred by some to that with eggs. Any of the above recipes makes a nice *Chocolate Icing* with the addition of grated chocolate to taste.

Chocolate Icing.—Six rounded tablespoons grated chocolate, one and a half cups powdered sugar, whites of three eggs; beat whites but very little (they must not become white), add chocolate, stir it in, then pour in the sugar gradually, beating to mix it well. Another method used by confectioners is to put the desired quantity of Baker's eagle cocoa in a pan and place it in boiling water until cocoa is dissolved, then add powdered sugar to taste, and beat it in well; to give a gloss add also the whites of two eggs, slightly whipped, to every pound of cocoa used; beat the sugar and whites of eggs well together, and with a knife spread the cocoa (or rather the chocolate now that it has the sugar in it, for chocolate is simply cocoa sweetened), evenly on the cake; be as quick as possible, for as soon as it cools it hardens. If simple *Cocoa Icing* is wanted use the cocoa and whites of eggs only; but if sweet or chocolate icing, add sugar. To help a little in first attempt, add one tablespoon hot water to a pound cocoa; this will keep it moist and liquid a little longer, but it will take longer to harden. What is known as *Cream Chocolate Icing* is prepared in same manner, using half cocoa and half pure cream, and sweetening to taste. In this case use no whites of eggs, but simply dissolve the cocoa as above described, then add sugar, and afterwards gradually stir in cream. Chocolate icing is also used to ice jelly cakes and other small cakes, and chocolate eclairs; it may also be used as an icing for anything, and can be piped, ornamented, or decorated with Piping Icing. Cocoa may also be mixed with plain icing; add little or much cocoa as desired, and it may be used for icing a cake or for piping or ornamenting in the same manner as

other icing. For *Chocolate Icing With Gelatine*, soak a teaspoon gelatine one or two hours in three tablespoons water. Pour on it one-fourth cup boiling water, and stir in one and two-thirds cups powdered sugar. Grate two squares chocolate and stir into this mixture. Use immediately. For *Boiled Chocolate Icing*, beat one and two-thirds cups pulverized sugar into unbeaten whites of two eggs. Grate two squares chocolate, and put it and one-third cup sugar and four tablespoons boiling water in small frying-pan. Stir over a hot fire until smooth and glossy, and then stir this into beaten whites and sugar. Enough for two loaves or one layer cake. Or for a much richer icing boil two cups granulated sugar and half cup water together for five minutes and add small cup grated chocolate. When a drop hardens in cold water stir four whole eggs in rapidly, beating all the while. Cook five minutes, stirring constantly, and flavor with vanilla, if liked. Does not crack nor break, and for this reason is highly prized. To make *Chocolate Caramel Icing*, take one cup brown sugar, one square Baker's chocolate, grated, and, one tablespoon water or milk; simmer gently twenty minutes, and spread on cake while hot. Or boil half cup milk, coffee-cup sugar, butter size of an egg and two tablespoons grated chocolate twenty minutes, or till thick. Flavor with vanilla, or some add a pinch best pulverized cinnamon. To ice small cakes with this, take them on a fork and dip into the icing deep enough to ice both top and sides. If to be put together in pyramidal form, ice the bottom and sides, instead of top, because of the more uniform surface. To keep the icing from becoming cold and hard while using, set in a pan of hot water or over steam until all are iced. The above caramel is nice in which to dip the balls made in French Candy. For *Spiced Chocolate Icing*, warm a half cake chocolate in the oven ten minutes; add a heaping cup of sugar, teaspoon cinnamon, half teaspoon each pulverized cloves and ginger, two teaspoons vanilla, pour in a little water, stir all well together and melt to a smooth paste.

Clear Icing.—Mix a cup nice gelatine jelly with a teaspoon lemon juice and whites of two eggs until smooth, and pour over the cake. If the cake is not hot enough to dry it, place for a few minutes in a moderately warm oven.

Confectioner's Icing.—Break whites of four eggs into a large shallow platter in a cool room—in summer set on ice—and whip until they foam but do not whiten. Sift in a pound (one and one-third pints) powdered sugar, quite slowly, beating all the time steadily from the bottom so as to bring up every drop of egg at each sweep of the egg whip, and so continue until the mixture is as white and fine as snow, and can be cut with a knife as clean and smooth as if it were cake, when it is ready for use. Apply in two coats. Suf-

ficient for one large or two small loaves of cake, and those who prefer a *Hard Icing* will find nothing better.

Corn-starch Icing.—White of an egg beaten to a stiff froth, ten heaping teaspoons powdered sugar and one of corn-starch.

Eggless Icing.—To one heaping teaspoon laundry starch and just enough cold water to dissolve it, add a little hot water and cook in a pan set in hot water till very thick (or cook in a crock; either will prevent its burning or becoming lumpy). Stir in two and two-thirds cups sugar while the starch is hot; flavor to taste, and spread on while the cake is a little warm. This should be made the day before using, as it takes longer to harden than when made with eggs, but it will never crumble in cutting, and is excellent.

French Icing.—Take white of one egg with twice its bulk in water, about four tablespoons, and beat as stiff as possible; then add XXX sugar till as thick as plain icing, and teaspoon flavoring. It will take about one pint sugar, or three-quarters of a pound. This is especially nice for layer cakes, and in building sprinkle over each layer any nut meats liked, English walnuts, hickory nuts or blanched almonds, chopped, and for top layer place on in halves. One large egg or two small eggs will ice three layers. Use also for top of large cakes but is not nice for the sides. This is very delicious, can be put on in as thick a layer as wished, and is like the French Candy (uncooked), except more water is used; when making it one can use part for icing and thicken the rest for the candy.

Gelatine Icing.—Dissolve one teaspoon gelatine in three table spoon warm water, add a cup pulverized sugar and beat until smooth Flavor to taste. Or soak the gelatine in a tablespoon cold water half an hour; dissolve in two tablespoons hot water; add one cup powdered sugar and stir until smooth.

Glaze Icing.—Stir beaten white of one egg with a little water and set over boiling water until the mixture boils; then put in a few drops cold water, stir in a cup powdered sugar, boil to a foam and use. Or stir into one pound powdered sugar, one tablespoon cold water; beat whites three eggs a little, not to a stiff froth, and add to the sugar and water; put in a deep bowl, place in a vessel of boiling water and heat. It will become thin and clear, afterward begin to thicken. When quite thick take from fire and stir while it cools till thick enough to spread with a knife. This will ice several ordinary sized cakes.

Isinglass Icing.—Pour a half cup boiling water on a sheet isinglass and stand it in warm place to dissolve slowly. When there is no scum on top add a pound powdered sugar and a heaping teaspoon

corn-starch. When cakes are cold, pour the icing over, smooth it down as little as possible and set away in a cool place to harden. Nice, and much easier than to make icing with eggs.

Lemon Icing.—Beat whites of two eggs and two cups sugar together, and add juice and part of the grated rind of two lemons, strained. Or make Confectioner's Icing and add the strained juice and zest of one lemon, with eight tablespoons more powdered sugar. Color if desired with a few drops Yellow Coloring. *Orange Icing* made same, adding also teaspoon lemon juice.

Marble Icing.—Cover cake with any plain white icing, let harden a little, color some of the icing with chocolate and spread it over the white, and so on as many layers as desired. Spread with a knife and dry in cool oven.

Meringue Icing.—A nice icing for pies, puddings, etc., is made by beating the whites of six eggs to a very firm froth, they cannot be beaten too stiff, and if not stiff the meringue will not be good. While beating add a saltspoon salt, and heaping teaspoon powdered sugar; when well beaten stir in well but very lightly half a pound (a little more than half a pint) powdered sugar; with a knife spread a coating of the meringue all over the pie after baking, and if wanted ornamented fill a cone with the meringue icing and proceed to work out some design. When finished return to oven to take a light brown color. Any design may be worked with this as well as with other icing, but the patterns are larger and are done with a cone with a larger portion cut off the point. For centers of meringue pies use such designs as a swan, an ear of corn, an anchor, a "true lover's knot," a Maltese cross, a bunch of grapes, or whatever fancy dictates; the pie may be decorated with fruit jelly in addition to the meringue piping, putting on the jelly with a cone, and in the same manner as the piping. Chocolate is not used on meringue work, neither is the meringue ever colored except a light cream; pink colored sugar is sometimes sprinkled over it. To color pink simply drop a little cochineal color on some granulated sugar, and rub it together until colored, then dry, rub it apart and keep in bottle ready for use. It will keep its color for years. This icing is used on lemon pies, peach pies, etc.

Meringue Top.

Orange Icing.—Mix a half pound powdered sugar with one tablespoonful each orange juice and boiling water, and half the grated rind of an orange; beat till fine and smooth, strain, and spread on the cake, while still warm, about an eighth of an inch thick,

smoothing it carefully with a wet knife. This is especially nice for sponge cake.

Pearl Icing.—Break whites of three eggs in clean china bowl with a round bottom. Add about half pound finest powdered sugar and beat vigorously with a wooden spatula till it begins to thicken, then add level saltspoon cream tartar and one drop indigo blue; add about quarter pound sugar; continue beating and add more sugar, a teaspoon at a time, until the icing is as thick as wished, using in all about a pound.

Plain Icing.—Beat whites of three eggs until frothy, not white, adding one and a third pints powdered sugar gradually with one hand, beating briskly with the other. Flavor with teaspoon vanilla. Another proportion is whites of two eggs to a half pound sugar (a little more than a half pint), with a little lemon juice or tartaric acid to whiten. When icing sponge cake with plain icing it is an improvement to first grate orange peel over top of cake.

Quick Icing.—Put cup sugar into a bowl with a tablespoon lemon juice and unwhipped whites of two eggs, or add the sugar gradually. Beat together until just smooth and pour over the cake; if the cake is not hot enough to dry it, place in a moderately warm oven.

Snow Icing.—Put one pint white sugar, unbeaten whites of three eggs and a teaspoon rose or lemon extract into an earthen dish, stir well together and set in saucepan boiling water; stir constantly and cook eight or ten minutes, or until white and glistening. Put on cake while icing is warm, as it hardens quickly.

Soft Icing.—Mix a half pound finely pulverized, sifted sugar, with a tablespoon boiling water, and the same of lemon or any fruit juice, and spread at once on the cake while still warm from the oven, about an eighth of an inch thick. Especially nice for all kinds of sponge cake, and other light and dry cakes, such as snow cake, etc.

Transparent Icing.—Boil a pound granulated sugar with a half pint water until thick as mucilage: then rub with a wooden spoon against sides of pan until white and milky. Stir in one teaspoon vanilla extract and pour while hot over the top of the cake, completely covering it.

Tutti Frutti Icing.—Boil a pint granulated sugar with a half cup water until it "threads." Pour this into the well-frothed whites of two eggs and beat till cool; mix together a half pound blanched and chopped sweet almonds, and a quarter pound sultana or seedless raisins, swelled in hot water, and the same of finely chopped citron, and stir into the icing. Very nice for sponge and fruit cake.

Water Icing.—Take any quantity powdered sugar required, add enough cold water to form a thick paste (it will not take much);

beat well, and if too thin so that it runs too much, add a little more sugar. To every pound sugar, add a level teaspoon cream tartar; when this icing is prepared, spread it with a knife over the cake, and allow it to dry; then ornament or decorate it with Piping Icing or currant jelly. This water icing may also be colored a light shade of pink with cochineal, or a light cream color with saffron. For a mauve color, add a drop of indigo blue to the pink color; but none of these colors must be decided, only a simple tint. Water icing is used for tops of pound, sponge and jelly cakes.

Yellow Icing.—Take the yolk of one egg to nine heaping teaspoons powdered sugar, and flavor with vanilla. Use day it is made.

Ornamental Icing.

Ornamental icing consists in working two or more colors of icing on one surface—such, for instance, as pink and white, or chocolate and white, either with or without the addition of crystallizing. To ice a cake white and pipe or ornament it with pink pipery, or ice it with pink or chocolate icing and pipe it with white icing, would constitute ornamental icing. But there is another method called "inlaid," which consists of different colored icing on the same surface, not simply a different colored piping on icing. To do this take a cone, cut a fine point off, fill it as instructed in Artistic Piping, draw fine lines first straight down one inch apart, then across at same distance at right angles, forming squares one inch across. Fill these in alternately with either white or pink and white, and then chocolate icing or pink and chocolate, which leaves the squares in two colors, as they appear on a chess-board. The icing must be soft enough to just run smoothly; the lines will prevent it from running together. Any desired pattern may be worked in this manner by simply running a line of piping to form the design, then filling in as above. This may be varied by marking out any design, and with a small pastry brush washing it over with white of egg or gum-water, then covering with fine granulated sugar, either white or colored; or cover it with powdered chocolate or rolled rock candy, either pink or white; shake off what will not stick, and the design will be covered with sugar; pipe around the edge of the design with a fine cone of Piping Icing, and it is complete.

Crystallization.—Simply cover the cake while the icing is wet with granulated sugar, white or pink. Or use pink or white sugar or rock candy crushed. To crystallize only a portion of the icing, and that in any particular design, first allow the icing to dry, then wash the part to be crystallized with white of egg or gum-water, and cover with sugar; then shake off what will not remain on.

Artistic Piping with Diagrams.—For the benefit of those who wish to excel in the art of ornamenting bride or other cakes with icing, technically called "piping," a sheet of diagrams is given which almost explains itself, and will require but little study by those having a taste for artistic work, and by mastering this sheet of diagrams before attempting anything more elaborate, one will soon be able to ornament a cake equal to an expert. This applies to all kinds of ornamenting, as it is all done in the same manner, no matter whether the material used be butter, lard, or savory jelly for the decoration of tongues, roast chicken, hams, etc., or sweet jelly, chocolate or sugar for the ornamentation of all kinds of cakes. To use jelly for decorating or piping cakes, set in a place where it will get just warm enough to pass through the cone with a gentle pressure; in cold weather it is well to also beat it with a spoon, making it of uniform consistency. When ready for use fill cone with it, and proceed as directed for piping, using cone as if it contained icing.

Piping Icing.—Prepare in same manner as plain icing, but make stiff enough to retain its shape, or at least so that it will not run smoothly by adding a little more sugar (a teaspoon perhaps), and a little extra beating. To use it, fill the meringue bag already described in confectionery, or have ready some paper cones, made by folding or rolling up a piece of paper in form of a cornet, and securing joint with a little mucilage or white of eggs (see No. 1, in page of diagrams); with a sharp knife cut off point of cone so as to leave hole any size needed, from a pin's size to half an inch in diameter (see 2, for plain round work). If a star is wished (3), cut off point of cone to form an aperture equal to center of star, then cut out points, as shown in 22. If for a leaf, cut as shown in 24. To save trouble of cutting cones use little brass tubes, made for the purpose, to be had at a cost of from ten to fifteen cents each. In using these cut off point of paper cone large enough to allow tube to come through half its length. Fill the cones three-fourths full with prepared icing, fold down top securely, so the icing will not force back, and commence the ornamentation. Have the cake ready iced, and mark out with a lead-pencil as lightly as possible the design on the cake; then go over design with the cones of icing, as hereafter described, until the design is complete. It is of course necessary to have first mastered the diagrams in order to so arrange the various ones as to form a harmonious whole and produce an artistic design.

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To practice the use of the cones, procure a perfectly smooth walnut board, about twelve inches square. This being dark and the icing white the work can be easily seen, and if every thing is clean the sugar need not be wasted, as it can be scraped off and used for other purposes.

Fill a cone with icing, take it in left hand, and place thumb of right hand on the folded part or top; use thumb to press on cone to force out icing at point, in same manner as when using a syringe. Force out the icing with regular and even pressure, and draw a number of fine lines, as even and straight as possible, by dropping point of cone in left hand corner of board, and with an onward motion, in accordance with the flow of icing, which will be little or much, in proportion to pressure given tube, run it straight on to right hand corner (4). This line can be made larger by pressing harder on cone. Repeat this, giving cone a zigzag motion (5); then commence light, gradually increasing pressure, to produce a line small at one end and large at the other (6); reverse by beginning heavy and finishing light (7). Disconnect cone from icing, by taking off pressure from cone, and giving a quick, sudden upward jerk. Do some cross stringing (8), then 9 to 17; with same cone, held perpendicularly, (pushing the icing out till drop is required size, then suddenly detach in manner above mentioned), drop different sized dots (18 to 20); then commencing at large end first and gradually drawing fine thread, do No. 21. Take the star cut cone (22), and drop star dots, same as in 18, 19, and 20; with a circular or rotary motion, make roses (23); then repeat with the star cone all done with plain round cone. Next take the leaf cone (24), and by beginning at large end of leaf first, and gradually drawing to a point, make the leaf as long as desired (25); form veins in leaf by giving cone a wavy motion. Then put two together (26), and with star cone add a rose (27), then three leaves and a rose (28); then four, as in 29; then five, with simple plain dot in center (30). With plain round cone, make 31, adding 21 for top finish; with same cone, make stems of 32 and 33, and with leaf cone add leaves. Do the same in 34, adding a ring of dots, also a rose, with star cone; next, with same plain round cone, do 35, by giving cone a wavy motion; also 36, by giving it a sudden jerk, first to left, then to right, then straight down middle, as shown in 37.

This seems a good deal on paper, but can all be done on a board very easily if one has the patience to go slowly at first.

Having gone thus far, one may now form an original design by making whatever combination fancy dictates, from the scrolls, lines, curves, etc., shown in diagrams; it may be somewhat crude at first, but practice will make perfect. As an example, which will explain the whole, first make a simple combination, producing a bunch of grapes. With leaf cone make four leaves (38), and with plain round

cone add stem; also, with same kind of cone, only cut a little larger to make a larger drop, add grapes by making a succession of dots, gradually making higher in the middle (39); then as a finish, with plain small cone add the scroll shown running over the grapes. Another illustration: To make a large leaf, in imitation of those used on bride's cake, first mark the outline of leaf (40), and with plain round cone run cross lines, as shown in 8, also in 41; then with plain round cone add the edge in dots, shown in 20 and 42. For further illustration, see cut for top of jelly or other cake (page 429) made up of grapes and leaves described. Heavy and light work may be done with same cone by adding pressure; for instance, if using a cone with fine point, by drawing with a regular motion and even pressure, a line of icing is produced the same size as the hole though which it comes; but if the cone is drawn along slower than icing comes out, a heavier line results; to make a very fine line with same cone, use even pressure, but draw cone along very fast; bear in mind there is a limit to size, and when that is reached to press harder will burst the cone; when the limit is reached, if a larger flow is wanted have another cone with larger opening at point. This applies to all shapes, whether round, star, or leaf. The cone may be used same as a pen, pressing heavy and light; for example, if making a scroll, like 11, with fine round cone, when the bend of scroll is reached giving the cone a little more pressure causes more sugar to flow, thus producing the fullness in the curve; when this is done withdraw pressure and continue as before.

Bride's Cake.—A reference to the design for bride's cake top, No. 1, will show that it is a combination of the scrolls, etc., given in the diagrams for artistic piping; it is not given as a design or a work of art, but simply to show how those scrolls, etc., can be connected and arranged so as to form a design. After making this, one will be surprised to find how easy a task a second will be. Note that this design is made up of 36, 20, 13, 18, 6, 8, and 21 of the diagrams; also note that two leaves are of one pattern and two of another. When piping cake make all four leaves of same pattern, whichever preferred. The two are given simply to illustrate the diagrams. A cut for the side of cake is given for reference if wished to pipe the side. This is 17 in the diagrams, and the bottom is finished off with simple, plain round dots (2 in diagrams), all of one size. The cut for bride's cake top No.

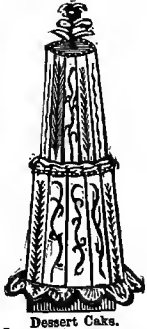
Bride's Cake Top, No. 1.

Sides for Cakes.

2 is more correct as a design, and should be attempted after practicing on design No. 1. These designs will answer for top of any cake as well as bride's cake; and for latter, use nothing but white icing, and white piping, and in the center marked "for vase," insert a vase for bouquet, or spray of flowers. The addition of a few sugar roses and silver leaves, procurable at all confectioners, will add to the effect. Place the cake on a lace paper, on a silver or plated salver. The use of orange blossoms is not imperative in the decoration of bride's cake, though generally used. It is also admissible to use pink roses or other flowers, very sparingly, or even yellow to match with the orange blossoms, or in place of them; but use none rather than too many. If the side of bride's cake is not piped, place a silver band round it. This can be procured of any confectioner.

Bride's Cake Top No. 2.

Dessert Cake.—This consists of either a pound or sponge cake mixture baked in a high mold; if no other is at hand use an ice-cream mold as represented in cut. Thoroughly clean and dry the mold, then warm and butter it with a brush (by warming it the butter goes in all parts), turn it bottom up to drain out all excess of butter, dust with sifted flour, giving it a knock to remove any excess of flour; place it, small end down, in a tin or pasteboard box to prevent its falling over, fill it three-fourths full with the cake mixture and bake in steady heat. Remove it from mold, and when cold, if to be ornamented, have ready some icing thin enough to just run smoothly but not run off. Place cake on a plate, and with a spoon place the icing on top of cake, and let it run down the sides; continue this until all parts are covered; let it drain down a minute or so, then place a knife under bottom of cake, remove to another plate, and set in warm place to dry. This method of icing shows up the pattern of the cake nicely. To ornament the cake, simply pipe it, as before described, allowing pattern of cake to be the guide; where there is no pattern ornament it as fancied, but usually the pattern of cake will furnish the design. In an ice-cream mold there is not much pattern further than fluting. A cut of one baked in a pyramid ice-cream mold is given, together with some idea as to how to ornament it. Where the dots appear, substitute red and yellow gum drops, if desired. When the cake is piped set it on a plate or salver on lace paper, place a bouquet or spray of flowers on top and add a few silver


Dessert Cake.

leaves. It looks very pretty iced a light pink and piped in white; but do not use chocolate icing, as it sets so soon, unless pretty well accustomed to it.

Jelly Cake.—Trim off edge of cake, and give it a thin coating of Water Icing, have a cone of Piping Icing ready and proceed to work out the design given in cut. After making that, any other can be easily made. With cone of white icing or pink, if preferred, pipe on the white lines in cut and fill in between these lines with fruit jelly, using a cone filled with jelly; next, with the leaf cone pipe on the leaves for the grapes, as described in diagrams for Artistic Piping, No 38; then with plain round cone pipe on the grapes, as described in No. 39, in diagrams. The edge is simple plain dots of white icing; see diagram No. 2. The bunch of grapes may be piped on with fruit jelly instead of icing; chocolate icing instead of water icing may also be used for the top. Then pipe in icing and jelly as before, or ice with jelly instead of either chocolate or water icing. In that case, where jelly was used between the white lines of icing, use chocolate or pink icing. Or dispense with the top icing of either jelly, chocolate, or water icing, if wished, and simply work out the design as shown in the white piping and jelly. But the above is most artistic.

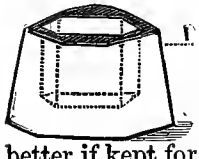
Jelly Cake Top.

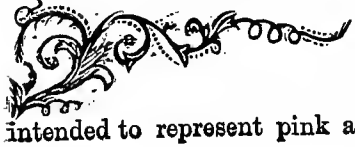
Charlotte Russe.—This may be made of either sponge or pound-cake mixture, and baked in a fancy mold, but if this is not at hand an ordinary two-quart ice-cream mold will answer the purpose. After being baked and completely cooled, carefully scoop out the inside, leaving the walls an inch thick, and fill with whipped cream or russe filling. Ice the cake with thin icing, either pink or white, and pipe in contrasting colors. Thus, if iced white, it should be piped pink, and *vice versa*. Further ornamentation can be made by a proper distribution of pastilles, crystallized fruits, etc., and the whole surmounted by a small spray or bouquet of flowers. Another way of making is to use stale sponge or pound-cake; first cut the base with a sharp knife (see figure 1 in cut), then a piece as in figure 2, then figure 3. Then hollow out cake as above, (see dotted line in 1 and 2) and fill with cream; then piece 3 is added and secured. Next take a thin piece of cake, not more than a quarter of an inch

in thickness, and cut out pieces 4, 5, 6, 7 and 8, and set aside for future use. Then take the artist's spatula and cover the whole russe with red or some other colored jelly. This done, place on the pieces 4, 5, 6, 7 and 8, in their respective places—the jelly will hold them. Leave the cut part outside, so that none of the baked parts will show, and the desired effect is produced. Next pipe and otherwise ornament the russe as heretofore directed and finish the whole by adding a spray or bouquet of flowers on top, or with a bouquet of leaves piped on with a leaf tube. Another way to make the russe is to cut the base out of a solid piece of cake; make the hole and fill with cream; lay on that a thin piece of cake. Then with a cone and tube pile up the cream in pyramid shape. Have ready six strips cut the proper shape, *i. e.*, the same width at the bottom as one of the six sections of the base, and gradually tapering to the top. Place these pieces in their proper position, fasten them with a little icing, cover the whole with jelly, as in the other case, or leave plain. In either case pipe and otherwise ornament it. If preferable, place the strips to form piece 3, securing them with icing; then force cream through the opening on top.

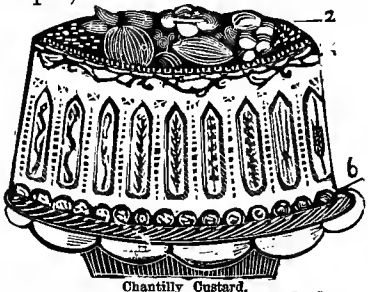
Charlotte Russe.

Chantilly Custard.—The plates from 1 to 4, inclusive, show the manner of making the receptacle for the custard, which is thus described: First, procure a mold for sponge-cake or jelly, about one quart or three pints size, with a fancy fruit or flower top (see plate No. 1). Bake in this a cake of sponge or plain pound mixture, as preferred, and when baked and cold—it is all the better if kept for a day or two—cut off the top (see figures 2 and 3), and ice it with thin white icing. When thoroughly dry, lightly color the different fruits or flowers with their natural colors. Do not lay on the colors too heavily, or the effect will be spoiled. Next cut out center of cake (see figure 1), and fill cavity thus made with a boiled custard, adding chopped almonds if liked. When the custard is set and cold replace the top as in figure 2, and pipe the outside of cake in any way liked, following the design here given, or the design for dessert cake, or selecting from page of diagrams. The light and dark balls at the bottom of the design given are intended to represent pink and yellow pastilles placed alternately



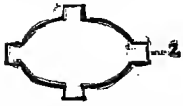


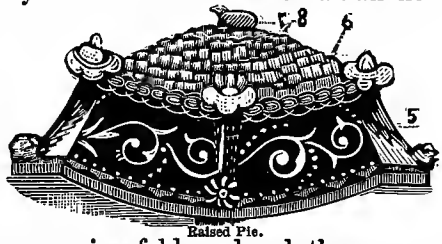
(see figure 6). But a much easier, cheaper, and more effective mode is simply to stick on gum-drops of different colors. If a good, clear white gum-drop can be procured use the three colors alternately—red, yellow and white—and the effect is very nice. The beauty of such a piece of work amply repays any lady who has the time and taste, for the trouble of mastering the accomplishment, and for the small cost of material. The cost of the latter, when compared with the price which would be charged by a professional caterer for a similar piece of work, is very small.



Chantilly Custard.

Raised Pie.—Make dough as for Meat Pie; roll half inch thick and cut out the base, (2), prick with a fork to prevent blistering, and lay aside on the pan ready for baking. Then prepare the oval bottom, (3), wash over with egg, and place evenly on center of base. Now roll out dough, half an inch thick, in a narrow strip, long enough to go all round oval bottom (measure outside of oval by passing a string around it); cut straight and even, one inch wide. Wet ends, which should be cut slanting to make fit closely, and lower edge, and wrap this around the oval piece which lies on base, joining ends and bottom edge securely. Now fill case to within half an inch of top with bran, place over it a thin cover of dough (with small hole in center); wash the outside (except top, which only serves to keep sides in place, and is not used) with egg, and bake in a moderate oven till brown. When cold, cut out top, turn out bran, and shell is ready for filling. To make cornucopias, fold up dough the same as in making a paper cone, and also fill with bran. Bake separately from pie. Now fill shell with a meat or game filling as in Meat Pies; place jelly (cut in pieces one-half inch square) on top (6), and mold a butter lamb and place on top of it, (7). Add the chopped parsley, (8); also place the cornucopias in position. Place cut roots (4) one in each cornucopia (9); place sliced lemon on top edge and add small root flowers at base of cornucopias, securing them with butter. Pipe side of pie as illustrated, using butter instead of sugar.





Raised Pie.

JAMS AND JELLIES.

It is as important when making jams as when canning that only perfect fruit be used, as if fruit has passed the ripe stage and begun to ferment in the slightest degree the jam will not keep well. The fruit should be carefully cleaned and *thoroughly* bruised, as mashing it before cooking prevents it from becoming hard. Cook in a porcelain-lined or granite iron-ware preserving kettle. Never put fruit or fruit juice in tin, either to let stand or to cook. Boil the fruit fifteen or twenty minutes and skim before adding the sugar, as the flavor is thus better preserved, usually allowing three-quarters of a pound sugar, granulated is best, to a pound of fruit—by measure a scant pint sugar to quart whole fruit, or pint when mashed; and then boil half an hour longer, skimming if necessary. Have a plate at hand for the skimmings, which should be added to vinegar barrel, as directed in Economical Vinegar. Use same utensils in making jams as in Canning Fruit, and it is also convenient to have a plate upon which to put spoon, dipper, etc., when not in use. If loaf sugar is used it should be dried and broken into small pieces before mixed with fruit. If left in large lumps it will be a long time in dissolving, and if crushed to powder it will make the jam look thick instead of clear and bright. Do not remove lid from range, as this will be likely to make the jam burn. To prevent scorching while cooking, jams require almost constant stirring, and every house-keeper should be provided with a small paddle with handle at right angles with the blade (similar to an apple-butter "stirrer," only smaller), to be used in making jams and

Preserving Kettle.

marmalades. Jams are usually made from the more juicy berries, such as blackberries, currants, raspberries, strawberries, etc.; marmalades from the firmer fruits, such as pine-apples, peaches and apricots. Both require the closest attention, as the slightest degree of burning ruins the flavor. They must be boiled sufficiently, and have plenty of sugar to keep well. To tell when any jam or marmalade is sufficiently cooked, take out some on a plate and let it cool. If no juice or moisture gathers about it, and it looks dry and glistening, it is done thoroughly. Pour in small cans, jars or glasses, let cool, and either seal as canned fruit, or secure like jelly, by first pressing paper, cut to fit glasses, dipped in alcohol or brandy, down close on fruit, and then putting on the tin covers; or if one has not covers, larger papers, brushed on the inside with white of egg, with the edges turned down over the outside of the glasses. Keep in a cool, dry, dark place. Examine every two or three weeks for the first two months, and if there are any signs of mold or fermentation the jam must be boiled over again. When jelly glasses or glass cans are used for either jams or jellies, as a precaution against breaking when the hot mixture is poured in, prepare the cans or glasses as directed [illegible] last method given on page 146 of Canning Fruits. It has recently been found that cotton is one of the best coverings for any preparation of fruit, as neither light, air nor moisture easily penetrates it. Make a covering of the cotton for the top of jelly and jam glasses and tie down over the tin covers or papers. Some housekeepers have excellent success in keeping fruit by pouring over tops of cans clarified butter or mutton tallow, a half inch thick, or covering to that depth with fine white sugar. This will apply equally as well to jellies.

Apple Jam.—Peel, core and cut apples in thin slices and put in preserving kettle with three-quarters pound white sugar to every pound fruit; add a few cloves, a small piece ginger and a thin rind of lemon (tied in piece of muslin), stir with a wooden spoon over quick fire half an hour, when it will be ready to can or put into glasses.

Apricot Jam.—Pare as thinly as possible (by immersion is best) and halve three pounds sound, ripe apricots, and take out stones; place in deep dish, and strew over half their weight of finely sifted sugar; let stand overnight. Then put them with syrup that

will have oozed from them in preserving-kettle, add a few kernels blanched and sliced, and boil very gently half an hour, stirring constantly. Put into glasses or cans and cover closely. Or the fruit may be simply stewed tender, and passed through a colander, adding sugar, pint for pint; boil until clear, and put up as above.

Blackberry Jam.—Measure or weigh and put fresh ripe berries into preserving-kettle, crush to a pulp with potato masher, and boil fifteen or twenty minutes, or until about half the juice has boiled away, skimming often; add three-fourths pound sugar to each pound fruit and finish as directed. *Currant* and all *Berry Jams* made same way.

Carrot Jam.—Select young carrots, wash and scrape clean, cut in round pieces, put over fire with water to cover and simmer until perfectly soft; then press through puree seive, weigh, and for every pound allow pound sugar, grated rind of a lemon, strained juice of two, and six chopped bitter almonds; put pulp over the fire with sugar and boil five minutes, then add other ingredients and as soon as these are well mixed put up in self-sealing cans. This is an imitation of Apricot Preserves, for which it is a very good substitute, but must be put up in thoroughly tight cans, according to directions for Canning Fruits, or it will not keep.

Cherry Jam.—Stem and wash cherries and boil till soft in very little water; put through colander to remove stones, then return to fire, sweeten to taste, boil thick as other jams and put up same. To make a very nice jam, take six pounds cherries weighed before stoning, stone and boil in their juice until nearly dry; then add four pounds sugar and pint currant juice and boil all together until it jellies, which will be in from twenty minutes to half an hour; skim jam well, keep it well stirred, and a few minutes before done, crack some of the stones and add the kernels; these impart a very delicious flavor.

Currant Jam.—Pick from stems and wash thoroughly with the hands, put in preserving-kettle and boil fifteen or twenty minutes, stirring often, and skimming off all scum; then add sugar in proportions given and finish and put up as directed in preface. The addition of one pound raisins to each gallon currant jam converts this into very fine *French Jam.*

Damson Jam.—Stone the damsons, weigh, and to every pound allow three-fourths pound sugar. Put fruit and sugar over the fire, keep stirring gently until sugar is dissolved, and carefully remove scum. Boil about an hour from the time it commences to simmer all over alike; it must be well stirred all the time, or it will be liable to burn and stick to the pan. When the jam looks firm, and the juice appears like jelly, it is done.

Gooseberry Jam.—Stew nice ripe berries in a little water, press through a coarse sieve, return to the kettle and add three-fourths pound sugar to each pound pulped gooseberry; boil three-quarters of an hour, stirring constantly; pour in jars or bowls, and cover as directed in preface. Some use an equal weight of fruit and sugar. If one prefers to keep the berries whole, put the sugar into kettle and add water enough to melt it; drop the fruit into the hot syrup and cook until the syrup begins to thicken around the berries. Do not stir but shake the kettle gently occasionally to keep the fruit from burning, and cook until a little jellies when cooled in a saucer. Put up as previously directed. *Blackberry Jam* is made same way. To make *Gooseberry Jam with Currant Juice* select the rough red gooseberries, if possible, stem and weigh them and allow a half pint currant juice and five pounds sugar to six pounds fruit; put gooseberries and currant juice over the fire and heat until fruit begins to break, then add the sugar and keep simmering until the mixture becomes firm or jellies. Skim carefully, and keep stirring that it may not burn.

Grape Jam.—Stem ripe grapes and slip off skins; put pulp in kettle with cup water and boil until seeds separate; strain, allow one pound sugar to one pint pulp, put all together in kettle with half the skins, boil until skins are tender, strain and put in glasses. Or simply stew the grapes in a little water, and press through a colander or coarse sieve, add sugar in proportion of three-quarters pound to a pound fruit, and finish as directed. *Plum Jam* made same way, adding a little water to plums to assist in straining.

Green-gage Jam.—To every pound fruit, weighed before stoning, allow three-fourths pound sugar. Halve the green-gages, take out stones, and put fruit in preserving kettle; bring to a boil, then add sugar, and keep stirring over a gentle fire till melted; remove scum as it rises, and just before jam is done add half the blanched kernels and boil rapidly five minutes.

Peach Jam.—Peel the peaches thinly with a silver knife, or if not too ripe by immersing in hot water, remove stones and weigh, allowing one-third their weight of sugar. Put in preserving kettle with sugar strewn in, set over fire, bring gradually to a boil and boil gently and steadily two hours, skimming as often as scum rises and stirring occasionally—constantly toward the last to prevent burning. Very ripe peaches, or the *sound* portion of those partly decayed may be used for jam. Some prefer rather more sugar, and stew the peaches until soft, then put them through a sieve or colander before adding sugar.

Pie-plant Jam.—Cut in pieces about one inch in length; to pound pie-plant, add a pound sugar: cut it up in the afternoon before it is to be cooked; scatter the sugar over it and let stand

overnight; in the morning drain off the syrup and boil till it thickens; then add the pie-plant and boil fifteen minutes, or till it is done. Or to every pound pie-plant allow a pound sugar and rind and juice of half a lemon; wipe pie-plant dry, cut in small pieces and put over fire with the sugar; mince the lemon peel very fine; add it and the juice to the other ingredients and keep well stirred; if very young, boil one hour, if old two hours. It will keep good for years. Omit the lemon and it is called *Pie-plant Butter.* For *Pie-plant and Orange Jam*, peel six oranges; remove as much white pith as possible, divide them, and take out seeds; slice the pulp in preserving kettle, add rind of half the oranges cut into thin strips, and the loaf sugar, which should be broken small. Peel one quart pie-plant, cut in thin pieces, add to the oranges, and stir all together over gentle fire until jam is done. Remove all scum as it rises, put the jam into pots, and, when cold, cover. Should pie-plant be very old, stew it alone for quarter of an hour before other ingredients are added.

Pine-apple Jam.—To one pound grated pine-apple add three-fourths pound sugar and boil ten minutes.

Plum Jam.—Weigh, then halve and stone the plums, spread on large dishes, sprinkle sugar over in the proportion of three-fourths pound to pound fruit, and let stand one day. Then simmer gently half an hour and boil rapidly fifteen minutes. Remove scum as fast as it raises and stir constantly. May be flavored nicely by cracking a few stones and adding kernels just before jam is done. The sweet varieties of plums do not require so much sugar.

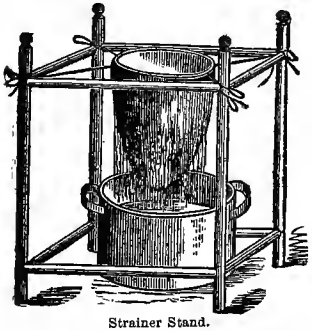
Quince Jam.—Boil fruit in as little water as possible until soft enough to break easily; pour off all water and rub with spoon until entirely smooth. To each pound quince add ten ounces brown sugar, and boil twenty minutes, stirring often. A more elaborate recipe requires seven pounds quinces, two of sour oranges and nine of sugar; cut quinces into dice and boil with them in one quart water, one-third or less of the orange rind; when quinces are tender add oranges and sugar and boil fifteen minutes. If sour oranges cannot be obtained use lemons. If quinces are not acid use less sugar. Very excellent.

Raspberry Jam.—Use small or crushed berries, carefully rejecting all decayed ones; prepare as directed, and allow two-thirds their weight in sugar; crush the berries in preserving kettle with potato-masher or wooden spoon, and beat well and boil fifteen or twenty minutes, add sugar and finish as in general directions. Or add currants in proportion of one-third currants to two-thirds raspberries; or use only the juice of currants, half pint to each quart mashed raspberries, and as a substitute two or three tablespoons currant jelly may be well beaten, thinned with a little water and added as the juice. Another method of making is to crush the berries and sugar together, and let stand two or three hours before cook-

ing, then proceed as above. Make *Strawberry Jam* same way, allowing sugar in proportion of three-fourths the weight of the fruit.

Fruit Jellies.

Vegetable jelly is a distinct principle existing in fruits, which possesses the property of gelantinizing when boiled and cooled, and is a principle entirely different from the gelatine of animal bodies, although the name of jelly, common to both, sometimes leads to an erroneous idea on the subject. When made of gelatine, jellies have no nutrition, and are simply used to carry a palatable flavor, but the fruit jellies are wholesome as well as palatable. Always make in a porcelain or granite iron-ware kettle. Never use tin utensils either in preparing the juice or making the jelly. Use the best refined or granulated sugar, and do not have the fruit, especially currants and grapes, overripe. To make clear, handsome jelly the fruit must be quite fresh and all blemishes removed. Currants and berries must be made up as soon as picked, and should never be gathered immediately after a rain, as they are greatly impoverished by the moisture absorbed. Never on any account let them stand overnight. Nearly all fruit jellies may be made in same way, whether currant, plum, crab-apple, gooseberry, quince, apple, peach or grape, using less sugar for the sweeter fruits. The first five fruits mentioned jelly very easily and quickly, and the others will give no trouble if directions are faithfully followed. Cherries will not jelly alone, and must be mixed with one-fourth their quantity of currants, or gelatine may be used with them, an ounce to a quartof juice. All fruit forms into jelly more readily if not quite ripe. Have the flannels and cloths used for straining perfectly clean and white, and the strainer stand illustrated will be found a great convenience. The cut explains itself, and the stand can be made by any one at all familiar with the use of tools.



Strainer Stand.

To extract the juice, place fruit in kettle with just enough water to keep from burning, or bruise with potato masher until enough juice starts for the same purpose, stir often, and let remain

over fire until thoroughly scalded; or a better but rather slower method is to place it in a stone jar set in kettle of tepid water, boil until fruit is well softened, stirring frequently, and then strain a small quantity at a time through a strong coarse flannel, crash or cotton bag, wrung out of hot water, after which let it drain, and squeeze it with the hands as it cools, emptying the bag and rinsing it off each time it is used. A three-cornered bag is best and there is not so much need of pressing a bag of this shape, the weight of the fruit in the large part causing the juice to flow freely at the point. Press occasionally at the top and sides if necessary, but the jelly will be clearer if the juice is allowed to drain through without squeezing. The small salt bags do nicely for straining a small quantity and can be kept for this purpose. If jelly is wanted very nice, strain the juice again through a clean cloth, then return it to the clean preserving kettle. The larger fruits, such as apples and quinces, should be cut in pieces, cores removed if at all defective, water added to just cover them, boiled gently until tender, turned into bag and placed to drain for three or four hours, or overnight. Make not over two or three pints of jelly at a time as larger quantities require longer boiling. As a general rule allow equal measures juice and sugar. Some boil juice rapidly ten minutes from the first moment of boiling, skim, add sugar, and boil ten minutes longer; but a better way, which insures a clearer jelly, is to spread the sugar in a large dripping-pan, set in oven and stir often to prevent burning; boil the juice twenty minutes, skimming carefully, add hot sugar, let boil five minutes and pour into the prepared jelly-glasses immediately, as a thin skin forms over the surface when jelly cools, which should not be broken as it keeps out the air, and if formed upon the top of glasses of jelly acts as a preservative. Do not put on paper dipped in alcohol or brandy till jelly is cold, as the skin might thus be broken. This applies to jams when put up in glasses or stone jars. It is always best to test jelly before pouring into glasses, as some fruit juices require longer boiling than others to reduce to jelly. The simplest test is to take a few drops on a spoon and by holding it in a cool place and turning from side to side one can easily tell when it jellies, as it will jelly on the spoon and not run; or drop a little in a glass of very cold water, and if it immediately falls to the bottom it is done; or if when dropped in a saucer and set on ice or in a cool place it does not spread, but remains rounded, it

is finished. Be careful not to have so hot a fire when boiling as to scorch and so ruin the jelly, and too long cooking after the sugar is added will make it dark and strong. Some strain through the bag into glasses, but this involves waste, and if skimming is carefully done is not necessary. A little butter or lard, rubbed with a cloth on outside of glasses or cans, will enable one to pour in the boiling fruit or liquid, the first spoon or two slowly, without breaking the glass. If jelly is not very firm, let it stand in the sun covered with bits of window glass or pieces of mosquito netting, for a few days. Never attempt to make jelly in damp or cloudy weather if firmness and clearness are desired. When ready to put away, cover as directed for jams.

If pulp is wanted for jam do not squeeze the fruit too hard, and it can be made up very nicely. The jelly should be placed in a dry, dark, cool place and examined toward the end of summer, when if there are any signs of fermentation, reboil. Jelly needs more attention in damp rainy seasons than in others.

When jelly is wanted in its greatest perfection do not squeeze through strainer at first, simply use what will drain through of itself. This will make a beautifully clear jelly. The remainder of the juice may be squeezed through and jelly made of it as usual, but it will not be so nice as that made from the first drippings.

Jelly designed for frequent use, as for making jelly cake, sandwiches, serving with meats, etc., may be put up in stone jars, for which the half gallon is a nice size, but must be carefully covered again each time after opening. Writing paper cut to fit the tops and dipped in alcohol or brandy is best for the first covering for jars as well as glasses, then cover as directed in jams.

Apple Jelly.—Quarter and core but do not pare nice tart red-cheeked apples, and boil until soft; then strain with very little pressing and after boiling up and skimming thoroughly add three-fourths the quantity of sugar and boil until it jellies nicely. It will be delicious and of a beautiful pink color. Too ripe apples will make it dark. Some do not add sugar until about five minutes before jelly is done, and if apples are perfectly sound many cook the cores. Green apples are often used for jelly, and a very good article may be made by boiling the parings of apples with the sound cores in as little water as possible until soft, and finish as above. Three-quarters of a pint sugar to a pint juice is the rule of some housekeepers, who

also clear the jelly with whites of eggs. But if juice is properly strained and skimmed this should not be necessary. A German method of making is to let the apples boil untouched until they break, then set away in the kettle, if it can be spared, otherwise in an earthen bowl, for three days; then drain without pressing, add a pound sugar to every pint juice, and boil three-quarters of an hour. Fill glasses, and cover. Some economical housekeepers pare and core the apples and do not strain so closely but that they may be used for sauce or pies. If the flavor of lemon is liked boil half the peel of one with every two dozen apples, but lemon juice is thought by some to render the jelly muddy and thick; when used strain it in just before jelly is done. If the jelly is wanted light colored peel the apples. Apple jelly, ornamented when put into the molds with preserved greengages or other preserved fruit, turns out very prettily for dessert. Apple jelly is also made very delicious by the addition of orange and lemon juice, equal parts of both, in any proportion liked, half and half, or one-fourth orange and lemon to three-fourths apple juice.

Crab-Apple Jelly.—Wash and quarter large Siberian crabs, but do not core, cover to depth of an inch or two with cold water, and cook to a mush; pour into coarse cotton bag or strainer, and when cool enough, press or squeeze hard, to extract all juice. Wring a piece of fine Swiss muslin or crinoline out of water, spread over colander placed over a crock, and with a cup dip juice slowly in, allowing plenty of time to run through; repeat this process twice, rinsing out the muslin frequently. Allow the strained juice of four lemons to a peck of apples, and three-quarters of a pound sugar to each pint juice, though some use a pound sugar to pint juice. Boil the juice from ten to twenty minutes; while boiling sift in the sugar slowly, stirring constantly, and boil five minutes longer. This is generally sufficient, but it is always safer to try it, and ascertain whether it will jelly. This makes a very clear, sparkling jelly. The pulp may be made into jam or marmalade. For *Transcendent Crab-Apple Jelly*, prepare the transcendent or any variety of crab-apples as Cultivated Wild Plums, adding flavoring of almond, lemon, peach, pine-apple or vanilla to the jelly in the proportion of one teaspoon to two pints, or more if wished stronger, just before it is done. Or make without flavoring.

Dried Apple Jelly.—Wash carefully two quarts dried apples and let soak in soft water to cover for half an hour; put on to cook in same water, adding if needed more to cover, and cook two or three hours; strain the juice, and to every pint add three-quarters pound sugar and juice of two lemons; boil till when tested it will jelly, then finish as directed. Some add a few raisins to apples when cooking.

Apricot Jelly.—Take out stones from two quarts apricots, cut in small pieces, and lay them in preserving-kettle with a clove, well

pounded, and juice of half lemon; cover with water, set on moderate fire, and boil slowly till well cooked. Strain, and when juice is all squeezed out, put it in kettle with three-quarters pint sugar to every pint juice; boil till it jellies.

Blackberry Jelly.—Select nice, not over-ripe berries, and prepare as directed for all jellies in preface, allowing three-fourths as much sugar as juice, though some use pint for pint. Others prefer to use the berries while still red, but the jelly from fruit in so green a state will wholly lack the delicious flavor of that made from the ripe berries.

Cherry Jelly.—Stone and stem a quantity of best cherries, and to every four pounds add one pound red currants; put into preserving-kettle, place over the fire and reduce all to a mash, stirring all the while with the wooden spatula. Strain by pressing through a hair sieve, and filtering through a jelly bag. To each pint fruit add three-quarters pint or a pint sugar as liked. Place again on fire and boil to a jelly, removing the scum, and fill glasses or jars. A very nice jelly, and excellent for flavoring summer drinks.

Cranberry Jelly.—Prepare juice as in general directions, add one pound sugar to every pint, boil and skim, and test by dropping a little into cold water. When it does not mingle with the water it is done. The pulp may be sweetened and used for sauce. Instead of squeezing to obtain juice some prefer to let the cooked fruit hang in the jelly bag to drip overnight. Then proceed as directed for all jellies.

Currant Jelly.—Do not pick from stem, but carefully remove all leaves and imperfect fruit, place in a stone jar and follow general directions, allowing for each pint juice a pint sugar. Some use a pound sugar to pint juice. Or weigh the fruit and to each pound allow half the weight of granulated or pure loaf sugar. Put a few currants in porcelain-lined kettle, and press with potato-masher, or anything convenient, in order to secure sufficient liquid to prevent burning; then add the remainder of fruit, and boil freely twenty minutes, stirring occasionally, to prevent burning. Take out and strain carefully through the three-cornered strainer above mentioned, putting the liquid into either earthen or wooden vessels. When strained return liquid to kettle, without trouble of measuring, and let it boil thoroughly for a moment or so, skim well and add the sugar, which has been heated as directed in preface. The moment the sugar is entirely dissolved, the jelly should be done, and must be immediately dished, or placed in glasses. It will jelly upon the side of the cup as it is taken up, leaving no doubt as to the result. *Blackberry* and *Strawberry Jelly* are made by either of above methods, and a very finely flavored jelly is obtained by mixing red raspberry and currant juice, two parts former to one of latter. Make

Black Currant Jelly as above, using only half pound sugar to pint juice. Or if the currants are wished for jam or to dry take pint currants, picked off stem, pint sugar, place in kettle on stove, scald well, skim out currants, strain juice and cook until it jellies. Dry currants on plates, or make into jam, adding half pint sugar with one-third currants and two-thirds raspberries. When currants are dried put in stone jars and cover closely.

To extract currant juice without boiling fruit, crush the fruit with the hands in large earthen bowl, about a quart at once. Pour the currants into the strainer, and when all crushed and draining, stir them about with the hand and squeeze the thin juice from them; then take about a pint and a half of the crushed fruit at a time in a strong towel and squeeze; the thick juice that comes at the very last it is well to put aside for currant shrub; the first can be used with that already strained for the jelly. A jelly of a prettier color is obtained by mixing the white and red currants, half and half. Some take the trouble to make jelly from the white and red currants separately, then harden it in successive layers in glasses. For the process see directions given for making Ribbon Jelly. Another pretty arrangement is to melt jelly before serving, add little dissolved gelatine, put in mold and set in ice-box or cool place to harden. Some housekeepers report excellent success in making *Uncooked Currant Jelly:* To one pint currant juice from raw fruit, add a pint granulated sugar; stir the juice very slowly into the sugar until sugar is dissolved, then let stand twenty-four hours and it will be stiff jelly. Turn into glasses, cover with a thin covering and set in the sun two or three days, then cover as directed and put away. Half a bushel of currants makes twenty-two and one-half pint glasses of jelly.

Elderberry Jelly.—One quart elderberries, one pint water: boil together a few minutes, then press through a towel till all juice is extracted; one quart crab-apples and one pint water boiled together, and juice extracted in same way; the apples should be cut once or twice through before boiling; mix juice of both together, and for every pint juice take one pound white sugar and boil about ten or fifteen minutes, till it will jelly nicely; elderberry juice will not jelly when taken alone, but by adding the juice of apples a beautiful jelly is made.

Four-Fruit Jelly.—Take equal quantities ripe strawberries, raspberries, currants, and red cherries; all should be fully ripe, and the cherries must be stoned, taking care to preserve the juice that escapes in stoning, and add it to the rest; mix the fruit together, put into a linen bag, and squeeze thoroughly; when it has ceased to drip, measure the juice, and to every pint allow a pound and two ounces best loaf sugar, in large lumps. Mix juice and sugar together; put them in a porcelain-lined preserving kettle, and boil for half an hour, skimming frequently. Try the jelly by dipping out a spoon-

ful, and holding it in the open air; if it hardens readily it is sufficiently done.

Gooseberry Jelly.—To every quart green gooseberries add a pint water and boil until bursting and almost a jam. Then strain and proceed as in general directions, adding a pound sugar to each pint juice. Requires longer boiling than most jellies. Juice may be obtained without boiling the fruit as in Currant Jelly, if preferred, and some let them stand twenty-four hours after cooking before straining, or hang in jelly bag all night.

Grape Jelly.—Prepare fruit and rub through a sieve; to every pound pulp add a pound sugar, stir well together, boil slowly twenty minutes, then follow general directions; or prepare the juice, boil twenty minutes, and add one pound sugar to one pound juice after it is reduced by boiling; then boil ten or fifteen minutes. Or crush the grapes over the fire and do not strain until thoroughly heated through. Or put on grapes just beginning to turn, boil until broken, place in jelly-bag, let drain without pressing and finish as in general directions. Just before jelly is done some add a teaspoon dissolved gum-arabic, or a little gelatine, but if fruit is not too ripe and the directions heretofore given have been carefully followed this will not be necessary. Some use pound sugar to each pint juice, measured just after straining. Green grapes, about half ripened, are best for jelly. *Wild Grape Jelly* is made same way. Some cook the grapes whole, but if first pulped through a sieve, the pulp may be used for jam, marmalade, or be eaten while fresh for sauce at tea.

Muscadine Jelly.—Squeeze skins from muscadines, saving all the pulp and juice, and add to each quart a dozen or twenty of the skins, or enough to give a rich crimson color; too many will make the jelly dark, and if none are used it will have a muddy color. If there is not sufficient juice to prevent scorching add a little water, set on brisk fire and cook twenty to thirty minutes; take off and strain through flannel jelly-bag, once only; add pint sugar to each quart juice, return to fire and boil hard twenty minutes without stirring. Test, boiling until it will jelly, and put away in glasses.

Peach Jelly.—Crack one-third of the kernels and put them in the jar with the peaches, which have been pared, stoned and sliced, though some prefer not to pare, and simply rub off the down. Heat in a kettle of boiling water, stirring occasionally until the fruit is well broken. Strain, and to every pint juice add the juice of a lemon. Measure again, and to every pint juice add a pound sugar. Heat sugar very hot, and add when the juice has boiled twenty minutes, and been well skimmed. Let it come to a boil and take instantly from the fire. Very nice for jelly cake.

Pie-plant Jelly.—Wash the stalks well but do not peel, cut into pieces an inch long, put them into a preserving-kettle with enough

water to cover, and boil to a soft pulp; strain through a jelly-bag. To each pint juice add pound sugar; boil again, skimming often, and when it jellies on the skimmer remove from the fire and put into jars. Or after cut in pieces put in crock with a very little sugar and a few spoonfuls water; place in oven, cover and cook slowly till soft, strain and to each pint juice take pint sugar and finish as in general directions. Some flavor with extract of lemon just before it is done.

Pine-apple Jelly.—Pare and grate fruit and to each pound fruit take pound sugar, stir till sugar is dissolved and cook and test as above. Strain into glasses and cover as directed. This is delicious molded and served as a Dessert Jelly, surrounded with sweetened whipped cream if liked.

Plum Jelly.—If plums are wild (not cultivated) put in pan and sprinkle with soda and pour hot water over them, let stand a few moments, then stir once or twice; take out and put on with water just to cover, or less if plums are very juicy; boil till soft, dip out juice with a china cup; then strain the rest without squeezing. Take pint for pint juice and sugar, and boil, test and finish as directed in preface. For *Cultivated Wild Plum Jelly* make as above without using soda. Take plums that are left after straining and press through a sieve and take pint for pint of sugar and pulp, boiling the latter half an hour, and then adding sugar, boiling ten or fifteen minutes more. Half a pint sugar to a pint pulp makes a good *Plum Marmalade*, and one-third pint to pint, boiling it longer, is nice canned and used for pies, adding milk, eggs and sugar as for squash pies. *Plum-Apple Jelly* may be made by preparing the juice of crab-apples and plums as above, mixing the juice in any proportion wished, half and half, or less of either fruit, and finish as in general directions. The marmalade is made in the same way as above. Some add a little ginger root. A bushel apples and peck of plums make forty pints jelly, part crab-apples and part mixed, and sixteen quart glass cans of mixed marmalade. In making either kind of jelly the fruit may be squeezed and juice strained twice through swiss or crinoline and made into jelly. The pulp can not then be used for marmalade. For a *Rich Marmalade* take the crab-apple and plum pulp without first straining for jelly and make as in Plum Marmalade.

Quince Jelly.—Rub the quinces with a cloth until perfectly smooth, cut in small pieces, pack tight in a kettle, pour on cold water until level with the fruit, boil until very soft but not red; pour in three-cornered strainer and hang up to drain, occasionally pressing to make the juice run more freely, taking care not to press hard enough to expel the pulp; some let it hang overnight. To a pint juice allow pint sugar, and boil fifteen minutes, or until it will jelly: pour into tumblers, or bowls, and finish according to general direc-

tions. If the quinces are pared and cored before cooking, the pulp can be made into marmalade by adding three-fourths pound sugar, and a fourth pound juicy apples to each pound quinces. If quinces are scarce, the parings and cores of quinces with good tart apples, boiled and strained as above, make excellent jelly, and the quinces may be used for preserves.

Raspberry Jelly.—Cook red raspberries until the juice separates, then strain and proceed as directed in preface, adding three-fourths as much sugar as juice. Or the juice may be obtained by mashing and straining, without cooking. Care must be exercised in selecting the berries, as if at all over-ripe the juice may not jelly readily. Success is sure, however, if one part currant juice is added to two parts raspberry, and some use half and half.

Strawberry Jelly.—Mash the berries and strain through jelly-bag without squeezing. Put juice on stove and follow general directions, adding sugar pint for pint. The berries must be firm and freshly gathered, as the slightest tendency to fermentation will prevent the juice becoming jelly.

Tomato Jelly.—Cut a peck yellow tomatoes in pieces, boil until soft, and strain; put the juice on, after measuring, with a sliced lemon added and boil half an hour; add sugar pint for pint, let dissolve and come to boiling point, when it should be jelly. Test until properly done, then strain into glasses.

Fruit Flavors.—These are very easily prepared, and very convenient for flavoring and coloring ices and ice-creams, dessert jellies, sherbets, drinks for the sick, creams, pudding sauces, etc., when fruit is out of season. Directions for preparing the juices or pulps of the different fruits have already been given in Ices and Ice-creams, and the process of making is the same for all: Mix the given quantities prepared fruit juice or pulp and sugar together, stirring until sugar is dissolved and a clear syrup results; then pour into glass fruit jars of pint or quart size, same as used for canning, cover closely with their lids, stand in wash-boiler and finish as directed in third recipe for Canned Peaches, on page 153, boiling half an hour after boiling point is reached. Put cans away as directed in Canning Fruit. If properly prepared these flavors will keep two or three years and when used will have all the flavor of the fresh fruit juices. For *Orange Flavor* to each pint prepared orange juice add juice of one lemon and three cups granulated sugar. Make *Strawberry Flavor* same way using prepared strawberry juice and juice of only half a lemon. For *Raspberry Flavor* take a pint prepared raspberry juice, juice of half a lemon, or half gill currant juice, three and a half cups sugar. For *Cherry*, *Currant*, *Grape*, *Plum* and *Apple Flavors* use a pint prepared juice and three cups sugar. For *Peach*, *Apricot*, and *Nectarine Flavors* allow three cups sugar to each pint prepared pulp.

Dessert Jellies.

Very handsome jellies for dessert are made with gelatine formed in fancy molds, and when fruit is added exceedingly elegant and ornamental dishes result. But there are a few points connected with the use of gelatine for culinary purposes which cannot be too strongly impressed upon housekeepers and cooks. It should always be soaked in cold water till thoroughly saturated or so soft that it will tear with the fingers. In some cases it should be soaked for not less than five or six hours. The liquid containing gelatine should never be boiled, except in cases when it cannot be avoided, such as in clearing a jelly with white of egg, when it is necessary to raise the temperature to boiling point to coagulate the albumen; but two minutes' boiling is quite sufficient for that purpose. Use as little gelatine as possible; that is, never use more than will suffice to make a jelly strong enough to retain its form when turned out of the mold. The prejudice common against gelatine which existed in former years was doubtless caused by persons unacquainted with its qualities using too large a quantity, and producing a jelly, hard, tough, and unpalatable, which compared very unfavorably with the delicate jellies made from calves' feet, the delicacy of which arose from the simple fact that the gelatine derived from calves' feet is so weak that it is almost impossible to make the jellies too strong. Persons accustomed to use gelatine will know that its "setting" power is very much affected by the temperature. In hot weather a little more gelatine than ordinary should be added. If jelly is not perfectly clear after straining, beat up whites of eggs and add, bring to a boil and skim, then strain again. Do not use lemon extract for flavoring jellies made with gelatine, as it imparts a milky appearance, and as in making these jellies ornament is the chief aim, it is desirable to have them as clear and transparent as possible. To mold, rinse the mold in cold water, and then fill. Jelly is sometimes formed in a mold with a cylindrical tube in the center, and when turned out the space in center is filled with whipped cream. If wanted still more ornamental dot the whipped cream with strawberries, or any kind of preserved fruits, such as cherries, grapes, slices of peaches, etc. Any jelly left over, whether fruit or gelatine, may be reheated in a custard kettle and molded again. If of two colors, mold as directed for Ribbon Jelly, or in any way fancied. Blanc-

manges may also be remolded in same way, and by placing with the jelly in mold, half and half, makes a pretty dish. To serve any dessert jelly wrap a cloth wrung out of water around the mold and turn out.

Apple Jelly.—Core and cut two dozen apples into quarters, boil with rind of a lemon until tender; drain off juice, strain it through jelly-bag, and to each pint add a half pint sugar and a half ounce gelatine, previously soaked and simmered gently in half pint water; boil all together slowly fifteen minutes and strain into molds. Turn out, when cold, and serve surrounded with whipped cream or custard.

Aspic Jelly.—To three pints clear stock (that made from knuckle of veal is good) add two ounces gelatine that has been softened in cold water. Beat up whites and shells of two eggs and one yolk; add them to the stock, and put into a saucepan, with a tablespoon catsup, one of vinegar, and a teaspoon each savory, thyme, marjoram and parsley, and a smaller quantity of mace, cloves, allspice, white pepper and salt, with one wineglass wine. Set over a slow fire, stirring till it boils; then cook slowly a few minutes, giving it constant attention; set aside to settle, strain through a coarse cloth or a fine sieve, and turn into mold to harden. It should be perfectly clear, and may be cut into blocks or dice for garnish, or cut into thin slices and alternated with slices of ham or beef; or it may be melted and poured upon chopped chicken in a mold. There are many other ways in which it may be useful and ornamental. It is very nourishing, and generally very acceptable to sick persons, especially if given to them in small quantities ice-cold. Another *Aspic* or *Savory Jelly* is prepared from four pounds knuckle of veal, one beef's foot, three or four slices ham, any poultry trimmings, two carrots, one onion, a bunch of savory herbs, glass of sherry, three quarts water, seasoning to taste of salt and whole white pepper. Put ham in bottom of stewpan with other ingredients on top and simmer all very gently four hours. Then strain and cool, turn into a clean stewpan, leaving all sediment behind, add whites of three eggs to clarify, boil until it becomes white, stirring constantly, then strain and use as above.

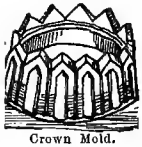
Calf's-Foot Jelly.—Boil four feet cut in three pieces in thre quarts water very slowly, until reduced to one quart; strain and se away until cold; then take off fat, and put the clear jelly in a stew pan, add a half pound powdered sugar, juice of two lemons, and chopped peel of one if flavor is liked, and whites of two eggs; boil ten minutes, strain and put in glasses or molds to harden. A more

elaborate recipe is the following: Cut the feet across the first joint, and through the hoof, place in a large sauce-pan, cover with cold water, and bring quickly to the boiling point; when water boils, remove them, and wash thoroughly in cold water. When perfectly clean put into a porcelain-lined or granite iron-ware saucepan, add cold water in the proportion of three pints to two calf's feet, put sauce-pan over fire, and when water boils, set aside to a cooler place, where it will simmer very slowly five hours; strain through a fine sieve, or a coarse towel, let stand overnight to set, remove the fat that has risen to the top, and to make quite clean dip a towel in boiling water and wash the surface, which will be quite firm. Now place in saucepan, and melt, add juice two lemons, rinds of three cut into strips, one-fourth pound cut loaf-sugar, ten cloves, and one inch cinnamon stick. Put whites of three eggs, together with the shells (which must first be blanched in boiling water), into a bowl, beat slightly, and pour into sauce-pan, continuing to use the egg-beater until the whole boils, when the pan should be drawn aside where it will simmer gently for ten minutes, skimming off all scum as it rises. While simmering, prepare a piece of flannel by pouring through it a little warm water; and when the jelly has simmered ten minutes, pour it through this bag into a bowl, and repeat the process of straining until it is perfectly clear, when add a half gill of sherry (or brandy, or brandy and sherry mixed in equal proportions), stir well, pour into molds, and place upon ice or in a cool place until jelly sets and becomes firm enough to turn out and serve.

Chocolate Jelly.—Two pints cream, three ounces sugar, four ounces chocolate, grated; boil all together, stirring well until fine and frothy, add three-fourths ounce gelatine, stir until thoroughly dissolved, turn into mold and let cool on ice.

Cider Jelly.—One package of gelatine, grated rind of one lemon and juice of three; add one pint cold water, and let stand one hour; then add two and one-half pounds loaf sugar, three pints boiling water, and one pint cider, put into molds and set in a cool place.

Coffee Jelly.—Half box Cox's gelatine soaked half an hour in half cup cold water (as little as possible), one quart strong coffee, made as if for table and sweetened to taste; add dissolved gelatine to the hot coffee, stir well, strain into a mold rinsed just before using with cold water; set on ice or in a very cool place, and serve with whipped cream. This jelly is very pretty formed in a crown mold. When turned out fill



Crown Mold.

Jelly with Whipped Cream.

the space in center with whipped cream. Orange Jelly is delicious served in same way.

Corn-starch Jelly.—Wet five tablespoons corn-starch, one cup sugar, and pinch of salt with cold water, and add one teaspoon lemon or vanilla extract for flavoring; stir the mixture into one quart boiling water and boil five minutes, stirring all the while; pour into cups previously dipped in cold water. This quantity will fill six or seven cups. If wished richer, milk may be used instead of water. Good for invalids.

Easter Jelly.—Color calf's-foot jelly a bright yellow by steeping a small quantity of American saffron in the water. Pare lemons in long strips about the width of a straw, boil in water until tender, throw them into a rich syrup, and boil until clear. Make a blanc-mange of cream, color one-third pink with poke-berry syrup, one-third green with spinach, and leave the other white. Pour out eggs from a hole a half inch in diameter in the large end. Wash and drain the shells carefully, set them in a basin of salt to fill, pour in the blanc-mange slowly through a funnel, and place the dish in a refrigerator for several hours. When ready to serve, select a round, shallow dish about as large as a hen's nest, form jelly in it as a lining, remove the egg-shells carefully from the blanc-mange and fill the nest with them; scatter the strips of lemon peel around it like straws, and around the edges place pieces of the green blanc-mange cut out from a small sheet of it, cooled in a dish as in Italian Jelly.

Easter Jelly.

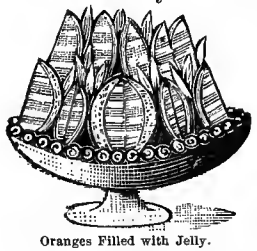
Fruit Jelly.—Soak a box of gelatine one hour in pint cold water; when well soaked pour on a pint boiling water; then put in a quart of any kind of fruit, strawberries, raspberries or cherries are nice; add half cup sugar and one spoonful lemon juice; pour into a mold, and when cold eat with cream and sugar or whipped cream. It is delicious.

Lemon Jelly.—Three good-sized lemons, sliced, half a pound white sugar, two ounces isinglass or gelatine, dissolved in two quarts cold water, a stick of cinnamon, and a little grated nutmeg. Beat whites of three or four eggs, and when the gelatine is dissolved stir them well with the other ingredients; boil five minutes, strain through a flannel jelly-bag into molds and set on ice; or the eggs, cinnamon and nutmeg may be omitted. Or soak half a box gelatine one hour in cold water; add nearly a pint boiling water, one and a half cups sugar, a little salt, and the grated rind and juice of three lemons; set on the stove till it boils, then strain it into glasses, and when cold serve with whipped cream heaped on top. For *Lemon*

Jelly in Glasses.

Snow Jelly dissolve a box gelatine in nearly a quart boiling water, add the juice of five lemons and enough sugar to sweeten to taste; strain and set aside until nearly cool. Beat whites of five eggs and whip into the jelly; turn into a mold and let stand until cool. After it becomes solid, turn out and decorate with pieces of red jelly.

Orange Jelly.—Two quarts water, four ounces gelatine, nine oranges and three lemons, a pound sugar, whites of three eggs; soak gelatine in pint of water, boil the three pints water and sugar together, skim well, add dissolved gelatine, orange and lemon juice, and beaten whites; let come to a boil, skim carefully, boil until it jellies, and pour into mold. The eggs may be omitted, when the jelly must be strained. The grated rind of one orange put in with the juice gives a fine flavor, or some of the sugar may be rubbed on the rinds. A very attractive way of serving is to keep the orange rinds whole by removing juice and pulp with the handle of a teaspoon from a small opening in one end, drain and wipe them dry. Use the juice for the jelly, made as above without the eggs, and carefully strained; then color one-half of it pink with a few drops cochineal coloring, let stand until nearly cold, and fill the rinds with alternate stripes of the pink and white jellies. When perfectly cold cut into quarters and pile tastefully on a dish with tufts of green leaves interspersed. Calf's Foot, or any variety of jelly, or different blanc-manges, may be used at choice to fill the rinds; the colors, however, should contrast as much as possible. For *Mock Oranges*, prepare as above (without eggs) but do not color the jelly with which they are to be filled, and when cold carefully cut in halves. Should be prepared the day before wanted. Serve as real fruit piled in glass dish with green leaves around. Another elegant dish is made by preserving the sections of two oranges whole, taking care not to break the thin inner skin surrounding them. Pour half the jelly in mold and let harden on ice, keeping remainder hot by standing in hot water. Then arrange the prepared sections of orange in a circle on jelly in mold, around the edge, then add just enough jelly to cover the orange sections, let it harden, put in remainder and set away to cool. If all of last half of jelly is poured over the sections they will rise to the top. When making in a hurry, instead of molding sections in jelly keep to garnish the dish.


Oranges Filled with Jelly.

Peach Jelly.—Add to the juice from a can of peaches a cup granulated sugar and boil until clear, skimming carefully; when no more scum rises, put in the peaches and let boil up once; then carefully take them out without breaking, and pour the hot syrup over a box gelatine that has soaked an hour in a cup cold water; add

juice of a lemon, cup each granulated sugar and boiling water and put all over the fire, stirring constantly until the gelatine is entirely dissolved; strain while hot; put the peaches in a mold, pour the jelly over, and set in a cold place for several hours before wanted.

Pie-plant Jelly.—Peel enough pie-plant to fill a quart mold, cut in half-inch lengths, and stew gently to a pulp with an equal weight of sugar; dissolve half an ounce gelatine in a gill of water over the fire; add it to the pie-plant when tender, and let it boil up; then pour in a mold wet with cold water, and let cool. Serve with whipped cream or powdered sugar.

Pig's Foot Jelly.—Take the liquor in which fresh pig's feet have been boiled, strain through a flannel bag and set away to cool until next day; then remove all grease from the top, return to the fire and add to each quart of jelly one-half pound white sugar, juice of two lemons or two dessertspoons lemon extract, a little cinnamon bark and the whites of two eggs (the latter to clarify it); boil all together ten or fifteen minutes and strain again into glasses, bowls, cups or molds of any shape. Let cool, after which cover closely and set in a cool place; it will keep a long time, is delicious eaten with cake, either with or without cream, according to taste, and is very strengthening and refreshing for invalids.

Pine-apple Jelly.—Take a small can pine-apple, a cup and a half sugar, package of gelatine, one lemon, white of an egg, and a quart water. Soak the gelatine in half a pint cold water for two hours and a half. Cut pine-apple into small pieces and put it with juice and remainder of water into a saucepan to simmer for ten minutes; beat white of egg well, and put it into a stewpan with the soaked gelatine, the sugar, and juice of lemon. At the end of ten minutes strain the pine-apple mixture into the stewpan. Heat slowly to boiling point, then set back where it will keep hot for twenty minutes without boiling. Strain and put away in molds to harden. It will take five or six hours for the liquid to become perfectly set.

Ribbon Jelly.—Color half the desired quantity of lemon or any light jelly with a few drops of cochineal coloring; pour in wet mold a little of the light jelly, and when set a layer of equal thickness of the red, and so alternate until mold is full, waiting until each layer has hardened before adding another, and keeping the jelly warm in hot water until all is used.

Tapioca Jelly.—One cup tapioca, three cups cold water, juice of one lemon and a pinch of the grated peel; sweeten to taste; soak the tapioca in water four hours; set in a saucepan boiling water; pour more lukewarm water over the tapioca, if it has absorbed too much of the liquid, and heat, stirring frequently. If too thick after it begins to clear, put in very little boiling water. When quite clear, put in the sugar

and lemon. Pour into molds. Eat cold with sweetened cream flavored to taste. For a nice jelly with fruit juice put a quarter of a pound tapioca over a gentle fire in sufficient water to reach two inches above it; use custard kettle in order that it may cook very slowly without danger of burning; it must be stirred thoroughly about every five minutes if an ordinary saucepan is used; if the water cooks away add half a cup cold water at a time, using only sufficient to keep tapioca moist enough to prevent burning; when only very small white particles are visible in the center of the grains of tapioca, instead of adding more water stir in a pint of any fruit juice, or the syrup from canned or preserved fruit, and let it be slowly absorbed by the tapioca. Unless the fruit juice is quite sweet enough, sugar may be added, to make the tapioca palatable; when it has absorbed the fruit, turn it out into a plain mold or bowl, and let stand until perfectly cold before using. Milk and powdered sugar may be served with it; or it may be iced and served alone.

Whipped Jelly.—This is a very pretty dessert dish and easily prepared. When any gelatine jelly is set a little, put in bowl and whip with egg-whisk until full of air-bubbles. Fill the mold, and put on ice. The light frothy appearance is very pleasing, and the addition of preserved fruits, well stirred in, about two cups to a quart jelly, forms a handsome dish.

Jelly with Fruit.—Fresh fruits are often molded with gelatine jellies for dessert and present a very handsome appearance, the fruit being arranged around sides of mold, or placed in center, or in any manner fancied. The cut given shows jelly molded with cherries. Have ready a pint and half jelly which must be very clear and very sweet, the raw fruit requiring additional sugar. Select nice, perfect fruit and pick off stalks. Begin by putting a little jelly at bottom of mold, placed in pan of ice in lumps; let stand until hard before putting in fruit, keeping remainder of jelly hot by placing in kettle of hot water. When the jelly is hard arrange the fruit around sides of mold, bearing in mind that it will be reversed when turned out. Then add a little more jelly to make the fruit adhere, and when that has hardened add another row of fruit and jelly in same way, and so on until mold is full. Strawberries, raspberries, grapes, cherries and currants are put in raw, but peaches, apricots, plums, apples, etc., are better for being first boiled in a little clear syrup. In winter, when fresh fruits are not obtainable, a very pretty jelly may be made with preserved fruits. When served garnish with the same fruit as laid in the jelly; for instance an open jelly with strawberries may have a little of the same fruit filled in the center as illustrated. This is also a delicious way

Jelly Molded with Cherries.

Open Mold.

Strawberries.

of serving ice-cream, as the open mold can be filled with Strawberry Ice-cream, or any ice-cream, placed in the cave and then quickly turned out and the center filled with the berries.

A stem of fresh grapes apparently suspended in a deep mold of transparent jelly is also a beautiful ornament for the table. To secure this effect, place the grapes stem downward in mold, and to keep in position while pouring in jelly attach two threads as near top of stem as possible, bring around the mold and tie, having bunch exactly in center. Have jelly quite cold but not hardened, pour it in around grapes, filling up to top of mold and set away to cool. Before turning out of mold, clip the threads as closely as possible, and by using a sharp-pointed pair of scissors they may be clipped quite close to the stem. Or if jelly is cold enough the threads may be carefully removed when they are reached in pouring in, then fill to top. *Italian Jelly* is also very ornamental, and is made by half filling a mold with jelly and when hard arranging round sides of mold a circle of little cakes of blanc-mange, which must have been cooled in a sheet of the desired thickness and cut out for this purpose. Finish as directed above.

Jelly Sandwiches.—These are very nice for children's parties, and are an attractive addition to any table. The *Accommodating Cake* recipe, in which neither butter nor milk is used, is excellent for sandwiches: Beat six eggs *very* light, add a cup and a half sugar and beat again; then lightly stir in a cup and a half sifted flour. A teaspoon baking powder in the flour, and a tablespoon vinegar may be used, but neither are essential. Bake in deep round cans (the ordinary baking powder cans are a nice size for this purpose), well buttered, filling only a little more than half full to allow for rising. When done and cold turn out and cut in slices as thick as liked, spread with jelly, place two together, and neat little round sandwiches are made. The cake is also excellent baked in a loaf, and any loaf cake may be baked in the cans, the round slices being a novelty on any table. *Chocolate Cake* baked as above and made into sandwiches is a favorite with the little folks. The following is one of the best recipes: Put a half cup sweet milk, yolk of one egg and two and a half tablespoons grated chocolate over the fire until it comes to boiling point, then take off, let cool, sweeten to taste and beat it into the following cake mixture: One cup granulated sugar, half cup butter, two eggs, teaspoon baking powder, half cup sweet milk, two cups flour. This may also be baked in a loaf or makes a very elegant layer cake spread with white icing flavored with vanilla. Or make after this recipe: One cup each cream and sugar, two eggs, two teaspoons baking powder and flour to make good cake batter. Bake in the cans, slice and spread with jelly; or, if variety is wanted, bake in gem or patty pans and ice with the *Chocolate Caramel Icing* given in Icing.

French Sandwiches are also favorites with children. Make batter after any sponge cake or other recipe preferred and bake in small round cans, so that the slices will be about the size of silver half dollars. Or drop on buttered paper, a teaspoon at a time, stirring a little stiff for this, and when baked trim off edges to size desired as above with tin cutter or any small round tin box lid. Spread with jelly, put together and ice the tops. For a nice variety use different jellies and icings; ice those spread with red currant jelly with chocolate icing, those with peach jelly with any white icing flavored with almond, and the icing for the raspberry sandwiches should be colored pink with a few drops cochineal coloring or cranberry juice, and may also be flavored with almond. The easiest way to ice these sandwiches is to take each half on a skewer or fork and dip it in the icing, of which there must be quite a quantity so as to give the right depth; stand the other end of skewer in a box of sand, salt or sugar until icing is dry; then put together with the jelly as above. For *Cream Sandwiches* cream a pound each butter and sugar; froth whites of twelve eggs, stir in the yolks and beat all smoothly together. Mix three-fourths pound corn-starch with fourth pound flour, sift twice and add to above with teaspoon vanilla; beat till light and fine, bake in can as above, slice and put together with whipped cream, Boiled Icing or French Icing. Or bake in patty pans and ice tops. Nice with ice-cream.

Victoria Sandwiches are also nice: Take four eggs, and half pound each sugar, butter and flour with a quarter saltspoon salt; beat the butter to a cream, dredge in flour and sugar, stir well together, and add the eggs, well beaten. Beat all together about ten minutes, butter a long shallow tin, pour in batter, and bake in moderate oven twenty minutes. Let cool, spread one half cake with a layer of any nice jelly or jam, place over it the other half, press the pieces slightly together, and then cut in long finger-pieces and pile in cross bars on a glass dish.

MEATS

Every practical housekeeper should spare no pains to perfect herself in this, one of the most important (by many considered *the* most important,) departments of cooking. Complete directions for buying and curing meats will be found under the heads of Marketing and Curing Meats, so that here only instructions for cooking are given. If cooked when first killed, meat will be found tender; if kept a little time the muscles stiffen and it will be tough, but if left a longer time the muscles relax and the meat becomes more tender than at first. Young meat of all kinds should be cooked very thoroughly to be wholesome. Beef is always "hung," as it is termed, at least a week in all first-class markets before cut up, in the refrigerator in summer, and is kept sometimes two weeks in cold winter weather. The leg and haunch of mutton is also preferred by many after it has been hung three days or longer, but all other meats, save game, should be cooked as soon after being killed as possible. If necessary to keep meat several days in summer, wash over with vinegar, cover lightly with bran and hang in a high room or passage where there is a constant current of air. While hanging, change the position of the meat occasionally to distribute the juices evenly. Should there be any signs of a change before it is possible to use it, rubbing the meat over lightly with salt will preserve it a day or two longer. Meat is more likely to spoil in rainy weather than dry and should be cared for accordingly. Beef suet may be kept a long time in a cool place without freezing, or by burying it deep in the flour barrel so as to entirely exclude the air. To restore tainted meat, wash in water in which a little borax has been dissolved, cutting away all discolored portions.

The best manner of cooking tough meat is to boil it very slowly until tender, letting the water all boil away, then brown in kettle or oven. Tough steaks, etc., are improved by laying two hours on a dish containing three or four tablespoons each vinegar and salad oil, or butter, a little pepper, but no salt; turn every twenty minutes. The action of the oil and vinegar softens the fibers without extracting their juices. Some simply soak in vinegar and water, allowing three-fourths pint vinegar to three quarts water for a ten-pound piece, and let lie in this six hours, or longer if a larger piece. To thaw frozen meat, place in a warm room overnight, or lay it for a few hours in cold water—the latter plan being best. The ice which forms on the surface as it thaws is easily removed. If cooked before it is entirely thawed, it will be tough. Meat once frozen should not be allowed to thaw until just before cooking.

When ordering a rolled roast have the butcher send home the bones to be used in making soup, stock, gravies, etc. Chop or break them in small pieces and boil with onion, celery, turnip, carrot and parsley or any one or two of these. American housekeepers have yet much to learn from the French cook who throws nothing away. Instead of going to the butcher for meat out of which to make stock he utilizes bones as above, or employs the trimmings of joints for this purpose, and converts the skimmings from the soup pot or drippings from roast or boiled meats into uses for which butter and lard are pressed into service by most cooks. For directions as to the care and preparation of drippings etc., see recipe for Clarified Drippings.

Most people also have the idea that a finely flavored dish must cost a great deal; this is a mistake, for if one has untainted meat, or sound vegetables, or even Indian meal, to begin with, it can be made delicious with proper seasoning. One reason why French cooking is much nicer than any other is that it is seasoned with a great variety of herbs and spices; these cost very little, and if a few cents' worth were bought at a time one would soon have a good assortment. The mixed spices and herbs, now to be had in all large cities, are very nice for seasoning meats, gravies, etc., and save the trouble of preparing. Recipes for their preparation are given, however, for those who prefer to mix them at home. If all the seasonings—spices, herbs, etc.,—mentioned in recipes are not to be had, make the best use of those at hand by combining them judiciously.

But no matter how nicely cooked and seasoned, meat is often utterly spoiled in serving. It should always be neatly dished on hot platter and sent to table with *very hot* plates, heated in warming oven or in a pan over hot water. Especial attention to this point is necessary when serving mutton, as nothing is more unpleasant than a showing of cold mutton fat on a still colder plate. For very full directions for garnishing meats see Garnishes, though suggestions will be found with nearly every recipe. If one has not the articles recommended, others may be substituted, according to the fancy of the cook and the meat may of course be served without any garnish, yet its attractiveness adds much to the enjoyment of any dish.

Glazing adds greatly to the appearance of meat and full directions will be found under Glaze, in Gravies. Braising is a favorite method of cooking meats in France and Germany and several recipes are given. Complete general directions for the more common methods employed follow under appropriate heads. Very complete instructions for Carving Meats will also be found under that head later on, a careful study of which, with the many illustrations given, will enable anyone to become an accomplished carver.

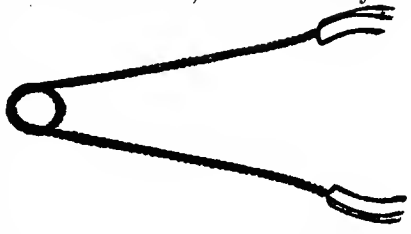
Boiled Meats.—Boiling is the most economical way of cooking meats, when properly done, as there is comparatively little waste in boiling from the fact that fat melts less quickly than in broiling or roasting, and the covering of the pot retards evaporation, while the water absorbed by the meat adds to its bulk to a certain extent without detracting from its quality; the liquor in which it is boiled, or "stock," makes excellent soups and gravies and should always be put by for this purpose. Every economical housekeeper will provide herself with a stock-pot, which should be kept in a cool place and all remains of soups, gravies, etc., emptied therein, save that from mutton or fish, which must be kept separate. Inattention to the temperature of the water and too early application of salt causes great waste in boiling meats. To make fresh meat rich and nutritious it should be placed in a kettle of *boiling* water (pure soft water is best), skimmed well as soon as it begins to boil again, and placed where it will boil *slowly* but constantly. There should be enough water to entirely cover the meat and to last until thoroughly cooked. The kettle should be large enough so that the meat will not touch the sides, and some place a plate in the bottom to prevent scorching. Care must be taken to remove all scum at the first boiling, and as fast as it rises, or it will quickly sink and spoil the appearance of the meat. The meat should be occasionally turned and kept well

under the water, and fresh boiling water supplied if it evaporates too much in boiling, Plunging in hot water hardens the fibrine on the outside, encasing and retaining the rich juices—and the whole theory of correct cooking, in a nut-shell, is to retain as much as possible of the nutriment of food. No salt should be added until about half an hour before the meat is done, as it extracts the juices of the meat if added too soon; do not fail to remove the scum that rises after salting. Boil gently, as rapid boiling hardens the fibrine and renders the meat hard, tasteless, and scarcely more nutritious than leather, without really hastening the process of cooking, every degree of heat beyond the boiling point being worse than wasted. There is a pithy saying: "The pot should only smile, not laugh." The bubbles should appear in one part of the surface of the water only, not all over it. This differs from "simmering," as in the latter there is merely a sizzling on the side of the pan. But the water must always be kept at boiling heat, or simmering, else it will soak into the meat and render it flat and insipid. Salt meat should pe put on in cold water so that it may freshen in cooking. Allow twenty minutes to the pound for fresh, and thirty-five for salt meats, the time to be modified, of course, by the quality of meat. A pod of red pepper in the water will prevent the unpleasant odor of boiling meat from filling the house. Never pierce meat with a fork when taking up or turning, as this allows the rich juices to escape; tie a stout cord around the meat when put into kettle with which to lift it out. If meat seems tough, put a tablespoon or two of vinegar in the water before putting in meat. Dried and smoked meats should be soaked for some hours before putting into water. White meats, like mutton and poultry, are improved in appearance by boiling rice with them; or boiling closely tied in a coarse well-floured cotton cloth is better, and cooked in this way the meat will be very juicy. The cloth must be wrung out of scalding water and dredged inside thickly with flour. When the meat is wanted to slice cold it will be much improved if left to cool in the water in which it is cooked. When to be served hot take up as soon as done.

To boil meat *Au Court Bouillon* make a *Marinade* by cooking in a saucepan one large onion and two slices each carrot and turnip ten minutes in two tablespoons butter; then add four cloves, a bunch of sweet herbs, two or three stalks celery, half teaspoon each pepper and mustard, stick cinnamon and one quart cider, or pint each vinegar and water. Put meat in kettle, add marinade and water to cover and cook till tender, adding two tablespoons salt quarter of an hour before it is done. This is also nice for stewed beef or fish. Any flavoring not liked can be omitted in any marinade. The meat boiled for soup may be made into *Jellied Meat* by taking from the bones, chopping, and seasoning well with catsups and spices, moistening with a bowl of the liquor in which it was boiled (taken out for this before vegetables are put in) and put into molds; when cold turn

out and slice. If the liquor is not thick enough to jelly, boil down or add a little gelatine.

Broiled Meats.—Broiling is the most wholesome method of cooking meats, and is most acceptable to invalids. Tough steak is made more tender by pounding or hacking with a dull knife, but some of the juices are lost by the operation; cutting it across in small squares with a sharp knife on both sides, being careful not to cut quite through, is better than either. Tough meats are also improved by laying for two hours on a dish containing three or four tablespoons each of vinegar and salad oil (or butter), a little pepper, but no salt; turn every twenty minutes; the action of the oil and vinegar softens the fibers without extracting their juices. Trim off all superfluous fat, but never wash a freshly-cut steak. Never salt or pepper steaks or chops before or while cooking, but if very lean, dip in melted butter. Place the steak on a hot, well-greased gridiron and leave only long enough to sear one side so that the juices cannot escape, then turn and sear the other, and cook from five to twelve minutes, as wanted rare or well done, turning often, almost continually, to keep in the juices and prevent scorching; the time required for cooking depends also upon thickness of steak and kind of broiler used. Dish on a hot platter, season with salt and pepper and bits of butter, cover with a hot platter and serve at once. A small pair of tongs are best to turn steaks, as piercing with a fork frees the juices. If fat drips on the coals below, the blaze may be extinguished by sprinkling with salt, always withdrawing the gridiron to prevent the steak from acquiring a smoky flavor. Always have a brisk fire, whether cooking in a patent broiler directly over the fire, or on a gridiron over a bed of live coals. As the success of the broil depends upon the state of the fire, be sure that it is very hot, perfectly free from smoke and will last during the broiling, whether one or more steaks are to be cooked. If the fire is not very clear put a cover over the meat when using a gridiron, which will prevent its blackening or burning, and this is an especially good plan when the meat is thick, or when broiling birds or chickens, which are apt to be rare at the joints unless this is done. A charcoal fire is of course best for broiling. Broiling steak is the very last thing to be done in getting breakfast or dinner; every other dish should be ready for table, so that this may have the cook's undivided attention. A steel gridiron with slender bars is better than the ordinary iron one, as the broad, flat iron bars fry and scorch the meat, imparting a disagreeable flavor. A light wire broiler that can be kept in the hand and turned quickly

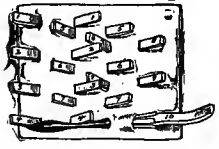


is the best, if one has not a patent broiler. In using the patent broilers, such as the American and the later and better Dover, care must be used to keep all doors and lids of stove or range closed during the process. The dampers which shut off the draft to chimney should be thrown open before beginning, to take the flames in that direction. Never take lid from broiler without first removing it from fire, as the smoke and flames rush out past the meat and smoke it.

Fried Meats.—Frying, proper, is immersing in enough hot fat to cover the article, and when the fat is hot, and properly managed, the food is quickly crisped at the surface and does not absorb the fat. The process of cooking in just enough fat to prevent sticking has not yet been named in English, but is called *Sauteing* in French and is popularly known as frying in this country; it is not nearly so nice nor healthful a method as *Frying by Immersion*, though very generally practiced everywhere. The secret of success in immersing is what the French call the "surprise." The fire must be hot enough to sear the surface and make it impervious to fat, and at the same time seal up the rich juices. As soon as meat is browned by this sudden application of heat, the pan may be moved to a cooler place on stove, that the process may be finished more slowly. This method of frying renders the meat more tender, and is a nice way of cooking tough steaks. For instructions as to preparing and heating fat, see Fritters. When improperly done, frying results in an unwholesome and greasy mess, unfit for food, but with care, plenty of fat (which may be used again and again), and the right degree of heat, nothing is easier than to produce a crisp, delicious and healthful dish. Steaks and chops, or cutlets, are very nice either single-breaded or dipped in batter, as Fritters, and fried. For complete directions for breading see Croquettes. Finely sifted bread-crumbs, cracker dust, granula, cerealine, Graham and corn meal are all used for breading meats. Be sure that the fat for frying is clean and fresh and free from salt, or the article fried will have a bad odor. Half lard and half beef drippings make a good frying mixture for either sauteing or immersing, though lard is largely used alone, and for those who cannot eat articles fried in lard, drippings or American cooking oil should be used. The latter is much superior to anything else for frying purposes, and the drippings from veal, lamb, beef and pork are better than lard, if carefully clarified according to directions hereafter given; but the mutton fat should be clarified and put away by itself and used only for frying mutton chops, etc., as many persons dislike the flavor. Fried meat should be sent to table the moment it is done, as the smallest delay tends to make the meat lose its crispness and become flabby.

Larding Meats.—This is a very nice way of preparing meat, game or poultry for roasting. Either fat bacon or fat salt pork may

be used, and is better for this purpose if cured without saltpeter, which reddens white meats. For larding small birds cut the bacon or pork into strips of same size one and a half inches long and a sixteenth of an inch thick; for chickens from an eighth to quarter of an inch thick, and for venison, beef and other meats two inches long and half an inch thick. These strips are called lardoons and are inserted in the surface of the meat with a larding needle as follows: With the point of larding needle make three distinct lines across half an inch apart; run needle into third line, at further side, and bring it out at the first, placing one of the lardoons in it; draw the needle through, leaving one-fourth inch of bacon exposed at each end; proceed thus to end of row; then make another line half an inch distant, stick in another row of lardoons, bringing them out at the second line, leaving the ends of the bacon all same length; make the next row again at the same distance, bringing the ends out between the lardoons of the first row or two, proceeding in this manner until the whole surface is larded in chequered rows as shown in cut. After inserting the needle work it around a little to enlarge the opening, and the lardoons will slip through easier. In warm weather it is well to place the lardoons in a bowl of ice to harden before using. Care must be taken not to have the strips too large for the needle or they will be pressed out as soon as the loose part of the needle touches the meat. Before *Larding Birds*, hold breast over clear fire for a minute, or dip it in boiling water, then proceed as above, using a smaller needle than for meats. Larding needles are not expensive costing only from ten to thirty cents, but if one is not at hand the larding can be very neatly done by making incisions with a pen-knife and pushing the lardoons through with the fingers, pinching the meat up with one hand while cutting and putting the lardoons in with the other. When preparing a roast in haste, strips of fat salt pork or bacon are often tied over meat or breasts of birds, instead of larding, and this is called "barding." The fat from the fowl itself may be used for this purpose instead of bacon. All white-fleshed birds are improved by larding, as well as veal and sweetbreads.



Molded Meat.—Chop fine a pound lean meat of any kind, and add to it a chopped onion, tablespoon fine bread-crumbs, teaspoon salt, saltspoon white pepper, cup gravy (made by boiling the bones or pieces left after cutting off the lean, then straining and seasoning). Stir all together and let stand half an hour. Butter a deep bowl, pudding dish or mold, press in the mixture and cover with a plate. Place in a pan of water and cool in moderate oven one hour. Turn out carefully and serve hot with any of the following sauces: For *Molded Mutton*, gravy with a dessertspoon of currant jelly; for *Beef*, gravy flavored with mushrooms or horse-radish sauce; for

Veal or *Fowl*, tomato sauce; for *Pork*, apple auce, fresh onions or onion sauce. It can also be sliced cold.

Potted Meats.—If wanted to be kept for some time, the meat must be good and well dressed, but if to be used within a day or two any odds or ends will do; when cooked, all bone, skin and sinew must be removed, and the meat pounded in a mortar with clarified butter, cayenne, and spices to taste, until a smooth paste. Press the mixture into pots or jars of small size, until about two-thirds full. Pour a layer of clarified melted butter, or good drippings (beef is preferable to any other), or mutton suet, upon the top of the paste to the depth of an eighth of an inch, for the purpose of excluding the air. Always wait till the meat is cold before potting and press very firmly into the jars, not allowing a drop of gravy to get in, for it will turn the potted or preserved meat sour. Tie oilskin or oiled paper over the jars. The air must be excluded. Although these pastes are fit to eat almost immediately they will keep perfectly good for a year, and often a longer period. The most popular meats for potting are *Veal*, *Ham*, *Beef*, *Tongue*, *Game* and *Poultry*. *Fish* is done in the same way—such as *Anchovies*, *Prawns* and *Shrimps*. Potted foods of this description are intended as relishes for the breakfast, luncheon and supper-table chiefly, served in slices or spread on toast or bread. Any cold remains of meat may be potted, and in every well-regulated English house potting is an every-day affair for the cook. If ham, game, tongue, beef, or fish is served one day, it comes on potted next day at lunch or breakfast. This is a very good way of managing left-over food, instead of invariably making into hashes, stews, etc. *Clarified Butter* for potting, or any of the other purposes for which it is used, is prepared by placing the butter in a bowl and set in a saucepan of cold water, (or use a custard kettle), which should be heated slowly until butter melts and the scum forms; remove from fire, skim, and return to warm again gently, then let stand a moment or two to settle, strain and put over the potted meat, or bottle for future use. When taken off the pots as opened for table the butter may be used for common pie paste, basting meats and for fish sauce.

Roasted Meats.—Roasting proper is almost unknown in these days of stoves and ranges—baking, a much inferior process, having taken its place. In roasting, the joint is placed close to a brisk, open fire, on a spit or in a tin kitchen, turned so as to expose every part to the fire, and then moved back to finish in a more moderate heat. The roast should be basted frequently with the drippings, and, when half cooked, with salt and water. To roast in oven, the preparations are very simple. The fire must be bright and the oven hot. Trim off any torn or bruised portions from the roast, which will need no washing if it comes from a cleanly butcher; wiping with a towel dampened in cold water is all that is needed; if washing is necessary,

dash over quickly with cold water and wipe dry. Washing and soaking fresh meat draws out its juices and impairs its nutriment. A large piece is best for roasting, this being especially true of beef. If meat has been kept a little too long, wash in vinegar, wipe dry, and dust with a *very little* flour to absorb the moisture. Place in pan, on a trivet, or two or three clean bits of hard wood or bones laid cross-wise of pan, to keep it out of the fat. If meat is very lean, add a tablespoon or two of water; if fat, the juices of the meat will be sufficient, and the addition of the water renders it juiceless and tasteless. The oven should be very hot when the meat is put in that the surface may be quickly seared or browned over and the juices confined. Keep the fire hot and bright, baste every ten or fifteen minutes, and when about half done season well with salt and turn the roast, also seasoning the turned side, always keeping the thick part of the meat in the hottest part of the oven. Take care that every part of the roast, including the fat of the tenderloin, is cooked so that the texture is changed. If the fire has been properly made, and the roast is not large, it should not require replenishing, but, if necessary, add a little fuel at a time, so as not to check the fire, instead of waiting until a great deal must be added to keep up the bright heat. Most persons like roast beef and mutton underdone, and less time is required to cook them than for pork and veal or lamb, which must be very well done. Fifteen minutes to the pound and fifteen minutes longer is the rule for beef and mutton, and twenty minutes to the pound and twenty minutes longer for pork, veal and lamb. The directions for beef apply equally well to pork, veal, mutton and lamb. Underdone meat is cooked throughout so that the bright red juices follow the knife of the carver; if it is a livid purple it is raw, and unfit for food. When done, the roast should be a rich brown, and the bottom of the pan covered with a thick glaze Remove the joint, and those who do not salt before or while roasting now sift *evenly* over with fine salt, and it is ready to serve. Never salt before cooking, as it draws out the juices. To keep the roast hot while making the gravy place it in a pan or on an old platter in the oven. To prepare gravy, pour off the fat gently, holding pan steadily, so as not to lose the gravy which underlies it; put pan on stove, and pour into it a half cup boiling water, varying the quantity with the size of the roast; soup or thin stock of any kind is better than water if at hand; add a little salt, stir with a spoon until the particles adhering to sides of pan are removed and dissolved, making a rich brown gravy; if necessary add a thickening of a little flour, mixed smooth with water, though if a nice, juicy roast, the gravy is much better without. Some first stir the flour into the drippings, then pour in boiling water.

In roasting all meats, success depends upon basting frequently by dipping the gravy from the pan over the meat with a large spoon, turning often so as to prevent burning, and carefully regulating heat

of oven. Roasts prepared with dressing require more time than those without. In roasting meats if necessary to add water do not put it in until the meat has been in the oven about half an hour, or until it begins to brown, and then only a very little, a half cup or so, of *hot* water. The appearance of a roast is very much improved by dredging with flour after each basting, commencing about half an hour before the meat is done. Do this with the flour after dredging evenly all over, first seasoning with salt. When the flour has become thoroughly browned, which will be in about ten minutes, baste and dredge again; continue thus until done, then season with pepper and the meat will be sent to table covered with a handsome brown crust. Do not baste after the last dredging, and never baste after dredging until the flour has become thoroughly browned. If wanted nicely frothed, baste with butter the last time, then dredge with flour.

Although we consider the above much the better method of roasting meat, some prefer to omit the dredging entirely, and others begin to dredge with the first basting. Some good cooks first cover the bottom of pan rather lightly with flour, then put meat on trivet in pan and place in oven until the flour is browned; sufficient water is then added to cover bottom of pan, the oven is closed for about ten minutes, when the meat is basted with the liquid in pan and dredged with salt, pepper and flour; this is repeated every fifteen minutes until roast is done. The claim is made that though the steam from the water and the salting of the meat both have a tendency to draw out the juices, by beginning thus early to dredge with flour a paste is formed over the meat which keeps in the juices and also enriches the roast. Whichever method is followed, be sure that the oven is hot when the meat is put in and the heat kept steady throughout. The meat-rack or trivet is a necessity no housekeeper should attempt to do without, and its cost is small. It keeps the meat from the bottom of pan and prevents scorching, or the soaking out of the juices when water is used. An excellent marinade for basting roast meats is made by chopping some fat bacon with a clove of garlic and sprig of parsley, adding salt, pepper, tablespoon vinegar, and four of oil; beat up well, and baste the meat with it while roasting. The variation in roasted meats consists simply in the method of preparing before putting in the oven. Some are to be larded, some stuffed with bread dressing, and others plain, as above, only seasoning with pepper and salt. To prepare a *Pot-roast*, which is a favorite method of cooking meats with many, place the meat, neatly trimmed if a thick piece, or rolled and skewered if thin, in a hot stewpan or round-bottomed kettle, in which there is a little fat or butter if needed and turn to quickly brown or sear over on all sides to confine the juices. Then turn in a little hot water, cover closely (a seasoning of herbs or spice may be added as liked), and simmer gently until done. The time required depends upon size

and quality of roast, a four-pound piece from shoulder of beef requiring about three hours. Care should be taken that the meat does not scorch or burn to bottom of kettle, though only just sufficient water to prevent this should be kept in kettle, adding a little as it cooks away. Turn the meat occasionally to brown and cook all sides alike, and toward the last it should fry gently in its drippings. Observe the same rule for seasoning with salt and pepper as given for other roasts. The cheaper cuts of meat are usually cooked in this way, though some think almost any piece juicier and richer when properly done. Pot-roasts are sometimes larded, when meat is very lean. A rich gravy may be made from drippings in kettle.

Steamed Meats.—This is by far the nicest and most economical way of cooking meats; place in steamer over hot water and cook till tender; put in pan, with any herbs or spices, if wished, season with salt and brown in oven by basting and dredging with flour as in Roasted Meats. In a hot oven it will brown nicely in twenty or thirty minutes.

Stewed Meats.—The inferior parts of meat are generally used for stews, which if properly prepared are very palatable. If made from fresh meat, it should be immersed in boiling water at first, and then placed where it will simmer slowly until done, as in Boiled Meats, skimming well; when done, season, add thickening, and flavor to taste. Sliced potatoes and any vegetables liked are cooked in stews, and some first fry both meat and vegetables a few minutes, or until brown, before pouring over the water in which they are to be cooked, and which should be only just enough to cook the meat and leave sufficient for gravy. A simple stew of meat, well seasoned, with dumplings dropped in just before done, is relished by nearly every one, and dumplings are often added when vegetables are used. Thin pieces of meat may be spread with a dressing, rolled and tied, then stewed with any additions of flavoring, vegetables etc., preferred. Trimmings from roasts and other meats, cut into pieces of same size, may be made into stews, and any cold meat may be thus utilized. Stews should cook very slowly after the boiling point is reached.

Boiled Beef.—Select a good rib piece, or thick piece from the round or rump, as a simple cut would be too thin; the flank, plate and brisket, though all good boiling pieces, are too thin to boil to advantage without rolling, but are very easily rolled and kept in place with twine or skewers. Wipe the meat with a damp cloth and put on to boil as directed in Boiled Meats. Allow twenty minutes to each pound for boiling, and when just done, add seasoning of salt and serve with any salad preferred, or *Horse-radish Sauce*, made as follows: Take equal proportions of horse-radish and boiled apples, grate together with good vinegar and a little sugar and rub with a

wooden spoon until mixture is smooth. Garnish with tufts of scraped horse-radish, boiled vegetables or parsley. If meat seems tough add a tablespoon or two vinegar when put on to boil. For a *Pot-au-feu* put six pounds beef in pot containing four quarts water, set on back of stove, skim, and when nearly boiling add teaspoon and a half salt, half pound liver, two carrots, four turnips, one head celery, two onions (one of them browned), with a clove stuck in each, and a piece of parsnip. Skim again, and simmer four or five hours, adding a little cold water now and then; skim off part of fat, put slices of bread in a soup-tureen, dish half the vegetables over them, and pour in the broth; serve the meat separately with the other half of the vegetables.

Bouilli Beef.—Procure a piece of rump weighing from twelve to thirteen pounds and have the butcher remove bone; put an onion in cavity, rub meat all over with mixed spices and let stand two days to become tender. Remove the onion when put to boil. Boil slowly three or four hours, skimming carefully; add six or eight cloves two blades mace and a few celery tops to water in which it is to be boiled, and about two hours before done put in two carrots, thinly sliced, an onion and some allspice and whole peppers. For the gravy, thicken a pint of the meat liquor with browned flour, add a few capers and a tablespoon catsup, pour over beef and serve.

Braised Beef.—Lard six or eight pounds good, lean beef with salt pork. Slice and brown two onions, a half carrot and half turnip, with six slices pork. When a rich color draw vegetables to one side of stewpan; dredge the beef with flour seasoned with salt and pepper and put in pan. Brown on all sides but do not burn; add a quart boiling water, any sweet herbs liked, and cook slowly four hours, basting every twenty minutes. Add to gravy a can of tomatoes and cook ten minutes, strain, pour around beef and serve. *Braised Chicken* is cooked the same, trussing as for roasting without stuffing. To prepare a *Braised Brisket*, first skin and trim it; then cut out bone, put in bottom of kettle and add a carrot, turnip, and small onion cut in small pieces, sprig of parsley, a root of parsley, a bay leaf, tablespoon whole cloves, two of pepper-corns, red or dried pepper, half cup vinegar. Place meat on this with boiling water to cover; set kettle where it will boil, keep covered, and when boiling put on back of stove, add heaping teaspoon salt and simmer three hours or longer. Take up and keep hot while making gravy by straining broth and rubbing vegetables through a sieve, put a little in saucepan with heaping teaspoon cold drippings and tablespoon flour; stir till nicely browned, then add little over pint of the strained broth, half cup at a time, till a nice gravy, and season to taste; or if vegetables are cooked with meat allow time for each kind to cook

before meat will be done. *Braised Fillet of Beef* is done after either of above methods, putting it in the oven a few minutes before serving to dry the larding. Garnish with cut vegetables, cutting into squares, diamonds, or balls or other shapes with vegetable cutter, and pile in little heaps around the platter, interspersing with asparagus heads, cauliflower blossoms, celery tops or sprigs of parsley. The fillet may be served whole or cut in slices ready for serving, as illustrated. For a *Braised Roll of Beef*, procure a piece of flank fifteen to eighteen inches long and six or eight inches wide. Have butcher take off outside skin. Season with salt, pepper and powdered cloves and allspice to taste. Roll up in tight roll, tie in shape and cook same as brisket with vegetables. Best cooked in jar with cover cemented on, or use great care in keeping covered. To make more elaborate a forcemeat can be made of one cup soaked bread, quarter cup chopped salt pork with seasoning of pepper, and spread over the flank, or sausage can be used in same way, then rolled up as before. The regular utensil used by the French for braising is an earthenware pot or pan with lid cemented down with a paste of flour and water. Another utensil is a kettle with a sunken lid or pan fitting tightly inside of kettle, and hot ashes and charcoal put in this. A gentle fire under the kettle cooks the meat perfectly. An ordinary iron kettle does very well, however, if kept closely covered. When the kettle with hot charcoal is used cover the meat with buttered paper.

Braised Fillet of Beef.

Curried Beef.—Fry two sliced onions a light brown in two tablespoons butter and mix in a tablespoon and a half curry powder; add beef cut into inch square pieces, with a pint milk, and a quarter of a cocoa-nut, grated and strained through muslin with a little water, and simmer thirty minutes, stirring constantly to prevent burning. Turn into a dish, squeeze in a little lemon juice and send to table with a wall of mashed potato or boiled rice around it.

Potted Beef.—Season three pounds beef with pepper and salt and put in a pan, with a half pound butter cut into bits over it. Cover closely with an air-tight cover or a paste crust and bake four hours and a half. When cold cut out all stringy pieces, pound the beef in a mortar and work to a paste with four tablespoons fresh butter, some of the gravy from baking pan and a seasoning of ground allspice and cloves, a little mace and pepper. Press into jars and cover with clarified butter. Some use any cold beef left over for potting. *Potted Veal* may be prepared same, omitting the cloves. If to be kept long the beef should first be rubbed with a pound common salt, quarter ounce saltpetre and two ounces coarse sugar and let remain in brine two days before seasoning and cooking, and when potted it should be covered with the butter and tied down with buttered paper or oil-cloth cover. For *Pounded Beef*, boil a shin of

twelve pounds of beef until it falls readily from the bone; pick to pieces, mash or pound gristle and all very fine and pick out all hard bits. Set the liquor away and when cool take off all fat; boil the liquor down to a pint and a half, then return the meat to it while hot, add what salt and pepper is needed, and any spice liked; boil up a few times, stirring all the while and put in mold or deep dish to cool. Serve cold and cut in thin slices for tea, or warm it for breakfast. Another excellent method is to cut the lean meat from a ten-pound shin of beef, break up the bone and lay it in the bottom of a soup-kettle, lay the meat on the bones, cover with cold water, set over the fire and slowly heat to boiling point, removing all scum as it rises. Meantime peel two turnips and two onions of medium size, scrape a carrot, and put them with the beef after broth is skimmed; put in about half a cup parsley or sweet herbs, if obtainable, without breaking the stems, and a level tablespoon salt; cover kettle closely, and boil slowly six hours; then take up the meat, fat and gristle, and free it from bone; put into a colander and rub through with a potato-masher; season highly and press it down firmly in a tin or earthen mold. Strain the broth in which the beef was boiled and save it for soup, first using enough to just moisten the beef in mold; put a weight on the beef to keep it down, and let cool entirely before using. When quite cold turn out of mold, and cut in thin slices before sending to the table. Nice for luncheon or supper.

Pressed Beef.—Roll and tie a piece of corned brisket of beef in a cloth and simmer gently in plenty of water four or five hours; when done remove the string, tie the cloth at each end, put upon a dish with another dish over, upon which place a heavy weight, leaving it until quite cold, then take the meat from the cloth, trim and glaze it lightly, and serve garnished with a few sprigs of fresh parsley. Or take any fresh, lean beef and boil closely covered till it will fall from the bones; use only enough water to prevent burning; mix and chop fine; put it in a pan or deep dish; skim excess of grease from the cooking liquor and add to each three or four pounds of meat a tablespoon gelatine, dissolved; put it on a large platter or tin that will fit the dish, and place on this a twelve to twenty pound weight; when cold it will be a solid mass from which slices may be cut; will keep several days, even in warm weather, if kept cool.

Roust Beef.—The fillet or tenderloin is, of course, the choicest roast, but so expensive that it is served only at very elegant dinners or banquets; next comes the sirloin roast, then the rib, round, rump, and shoulder or chuck roasts. In choosing a rib roast some prefer the first second and third ribs, called the fore-rib roast, while others order the third, fourth and fifth, which contain more meat and are without doubt most economical. There are twelve ribs of which the last five are classed with chuck roasts. A two-rib roast is sufficient

for a half-dozen persons, and no less should be roasted for a smaller number, as a one-rib roast wastes and dries up greatly in cooking. Prepare and cook as directed in Roasted Meats, or in any of the recipes that follow. When ordering a rib roast have the bones removed and the roast rolled and skewered or tied in compact form. When served take out wooden skewer and replace with a silver one. If one has not a meat rack or trivet, the bones may be ordered sent home with the roast and placed under it when put in pan. Some prefer to cover the roast with a coarse flour and water paste, which should be taken off to baste and brown the meat before serving. For a nice *Rump Roast* take three pounds of rump, trim nicely, and cut off all fat. Chop all sorts of sweet herbs together, very fine, with a little shallot and a great deal of spice, put in saucer that has been rubbed with garlic, and cover with vinegar. Cut fat bacon into long slips, dip it into the herbs and vinegar, and let the herbs be very thick upon the bacon; lard the beef regularly with these on both sides, if necessary, in order that it should be thoroughly flavored. Rub the beef over with the remainder of the herbs and spice, flour it, add piece of butter, size of walnut, rolled in flour, and pint water. Bake in oven, strain the gravy, which will scarcely require either thickening or browning, and serve with pickles on top. Excellent when cold, but should be served hot at first. The gravy may be boiled to a glaze if liked. For a *German Roast* procure a rib-piece or loin-roast of seven to eight pounds. Beat it thoroughly all over, lay it in the baking pan and baste with melted butter. Put it inside the well-heated oven, and baste frequently with its own fat, which will make it brown and tender. If, when it is cooking fast, the gravy is growing too brown, turn a glass of German cooking wine into the bottom of the pan, and repeat this as often as the gravy cooks away. The roast needs about two hours time to be done, and must be brown outside but inside still a little red. Season with salt and pepper. Squeeze a little lemon juice over it, and also turn the gravy upon it, after skimming off all fat. Or choose four pounds rib beef, take out bones, put in pan with some beef broth and cook until all broth is absorbed. Then take some parsley, garlic and twenty mushrooms chopped fine, a good piece of butter, pepper, salt, mix well and spread the beef with it, cover with buttered paper and bake in a quick oven till well cooked on all sides. For *French Roast Beef*, leave the meat two days in winter and eighteen hours in summer in a preparation of four tablespoons sweet oil, seasoning of salt and pepper, two tablespoons chopped parsley, four sliced onions, two bay leaves and juice of half a lemon; put half on meat and half under it; this improves the meat and makes it more tender. Place the meat on the spit or in pan for roasting, and baste with these seasonings or with melted butter. The oven should be quick and as soon as a coating or crust forms, the fire can be slackened a little to prevent burning. Baste well and often, and serve underdone and juicy.

Some like a *Bed of Vegetables* for roast beef, which is prepared by placing in pan some scraps of salt-pork, a tablespoon each sliced carrots, and turnips, teaspoon each sliced onions and pepper-corns, half a dozen whole cloves, half a bay leaf and a little parsley; or use only the pork with a part of the vegetables, etc. Add a very little water, unless a great deal of pork is used. When done, pour away nearly all the drippings, leaving about two tablespoons, which rub through a fine sieve with the vegetables, using a potato-masher, and return pulp to pan, or put in saucepan, add one tablespoon flour, stir till brown and then slowly add one pint water. A *Round Roast* of beef is nice with the bone removed and the cavity filled with force-meat. A nice way to prepare a thin piece of flank or low priced steak, is to make a dressing of bread-crumbs as for roast turkey or chicken, spread over the meat, and beginning at one end roll up tightly, bind with twine and roast as directed. Very nice sliced off thin for luncheon or tea. A good *Mustard Sauce* to serve with roast beef is made by thoroughly mixing one tablespoon vinegar, two of dry mustard, a teaspoon each flour, salt and sugar, beaten yolks of two eggs, and a cup water. Dissolve two tablespoons butter on the fire, add to the above mixture and stir till it boils. If too stiff, add water or vinegar, as it must pour out like cream. Thinly-sliced pickles, or a teaspoon tarragon vinegar improve the sauce.

Roast Beef with Yorkshire Pudding is a favorite dish in many families. Prepare and bake as above, and about half an hour before the roast is done make the pudding and turn into a hot buttered pan like the one in which the meat is cooking. Place a rack across it, not *in* it, and remove the roast from the pan in which it is cooking and place it on this, that the drippings from it may enrich the pudding. If one has not another pan, the meat may be taken up, the gravy poured off, the pudding placed in the same pan, the rack placed over and the meat returned. If a rack is not at hand skewers or strips of clean hard wood may be put aceoss the pan resting on the edges, to keep the meat off the pudding. Serve the pudding cut in squares as a garnish for the roast. The following is the recipe for the real old-fashioned English pudding: Put six large tablespoons flour with a teaspoon salt into a bowl and stir in enough milk from a pint and a half to make a stiff batter; when perfectly smooth add remainder of milk and four well-beaten eggs; beat all thoroughly for a few minutes, then turn into pan as above directed. An ordinary bread dressing is often baked in the pan with the roast and served with it.

With Yorkshire Pudding.

Rolled Beef.—Procure a nice flank of beef and when ready for cooking, pepper and salt it well and spread over thinly with a dressing made as for turkey stuffing, then roll up and tie, winding with

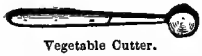
twine to keep in place and sew in a clean, floured cloth; put a small plate in the pot and on this put the meat, pouring over sufficient boiling water to cover. Boil gently six hours, or until well done, then remove the cloth and twine and send to table garnished with parsley. Cut off in nice slices, showing alternate strips of dressing and meat. If to be served cold, leave bound with twine until wanted. Another very nice roll is made from a flank piece as follows: Remove the tough skin and prepare by cutting a thin slice from the thicker part and placing it upon the thin, that the meat may be of even thickness; strew over it a tablespoon sugar and a mixture of salt, pepper, ground cloves, cinnamon, allspice and teaspoon summer savory, then sprinkle with three tablespoons vinegar; roll up and tie with twine. Let stand in cold place twelve hours, then cover with boiling water and simmer gently from three to four hours. If to be served hot, half an hour before done stir in four heaping tablespoons flour mixed smooth with water, season to taste, and when dished pour the gravy over the meat. Very nice served cold in neatly arranged slices with a garnish of parsley. Still another method of preparing a roll, also called *Beef Cannelon*, is to trim off all fat from one slice of the upper part of the round and give the piece a regular shape. Chop trimmings very fine, with a quarter pound boiled salt pork and a pound lean cooked ham; add a speck cayenne, one teaspoon each mixed mustard and onion juice, one tablespoon lemon juice and three eggs. Season the beef with salt and pepper, spread the mixture over it, roll up and tie with twine, being careful not to draw too tightly, and cook as in first recipe for Braised Beef. Add more seasoning to gravy if necessary, but the constant dredging with flour will thicken it sufficiently. Slide the cake turner under the beef, lift carefully to hot dish, and remove the string, skim off all fat and strain the gravy through a fine sieve on the meat. Garnish with a border of toast or diced potatoes.

Rolled Beef.

Beef Loaf.—Three pounds round of beef chopped fine, three eggs beaten together, six crackers rolled fine, tablespoon salt, one teaspoon pepper, one tablespoon melted butter, sage to taste. Mix well and make like a loaf of bread; put a little water and bits of butter into the pan, invert a pan over it, baste occasionally, bake an hour and a quarter, and when cold slice very thin. Or it may be packed in pudding dish and turned out to serve whole, slicing at table. Or take two pounds of the round, rind of half a lemon, three sprigs parsley, teaspoon salt, quarter teaspoon pepper, quarter of a nutmeg, two tablespoons melted butter, one raw egg, half a teaspoon onion juice, and mustard if liked. Chop meat, parsley and lemon rind *very* fine. Add other ingredients and mix thoroughly; shape into a roll, about three inches in diameter and six in length; roll in buttered paper and bake thirty minutes, basting with butter and

water. When cooked, place on hot dish, gently unroll from paper, and serve with tomato or mushroom sauce poured over.

Beef Stew.—Pieces from the flank, the shoulder or chuck meat, the brisket, the neck and shin of beef are usually selected for stewing, because of their cheapness and also because this is the most acceptable way of serving the inferior parts, though a good round or rump piece is often used. For an ordinary stew take two pounds of flank or any cheap part, or if there is bone in it two and a half pounds will be required; prepare also an onion, carrot, a half turnip and four potatoes, with three tablespoons flour, salt, pepper and a quart water. Cut all the fat from the meat and put the fat in a stewpan; fry gently for ten or fifteen minutes; cut the meat in small pieces, season well with salt and pepper, and sprinkle over it two tablespoons flour; cut the onion, carrot and turnip in very small pieces, put in pot with the fat and fry all five minutes, stirring well to prevent burning. Put in the meat, move it about in the pot until brown on all sides, then add a quart boiling water. Cover, let boil up once, skim, and set back where it will just bubble for two and a half hours. Then add the potatoes, cut in thin slices, and one tablespoon flour, mixed smooth with a half cup cold water, pouring about one-third of water on flour at first, and adding the rest when perfectly smooth. Taste, and if stew is not seasoned enough add more salt and pepper. Bring to a boil again, and cook ten minutes, then add dumplings of raised biscuit dough without eggs or sugar, or made as for baking powder biscuit, cover tightly and boil rapidly at least twenty minutes before uncovering. Some like a seasoning of ground spices, and a head of celery gives a nice flavor. Instead of cutting into small pieces, both meat and vegetables may be cut in slices, or cut the latter in fancy shapes with a vegetable cutter, and serve with the meat in center of platter, vegetables at one end and dumplings at the other. A tablespoon catsup and a little vinegar or any sharp sauce flavors the gravy nicely. For a large stew take seven pounds brisket of beef and about an hour before dressing rub over with vinegar and salt; put into a stewpan with sufficient stock or water to cover it. Skim well, and when it has simmered very gently one hour, put in as many carrots, turnips and onions as wanted and continue simmering till the meat is perfectly tender. Draw out the bones, dish the meat, and garnish either with tufts of cauliflower or braised cabbage cut in quarters. Thicken as much gravy as required with a little butter and flour; add spices and catsup as liked, give one boil, pour some of it over the meat, and place the remainder in a tureen. Serve the vegetables separately, or a part of them may be sliced and served as a garnish round the meat. A bunch of herbs, two onions and twelve cloves, with pepper and salt to taste, flavor a stew nicely, and force-meat balls are used for garnishing. Some prefer a plain stew with dumplings and no vege-



Vegetable Cutter.

tables. A most excellent stew is made from a piece of the rump; pound it till tender, lay in an iron kettle previously lined with slices of pork and onions, with a few pepper-corns, dredge it with salt, and baste with melted butter. Cover, set over a good heat, and when it has fried a nice brown, add one pint German cooking wine, as much more good soup stock, and stew till soft. Before serving, take out the meat, skim off the fat, add a tablespoon flour mixed smooth with broth, add gradually still more broth for the gravy, strain it through a sieve and turn over the previously dished meat. The meat can be laid for some days before in vinegar, or in a spiced pickle, or be basted with either occasionally instead of lying in it. A stew from *Rib of Beef Bones* makes a pretty dish. The bones should have left on them a slight covering of meat; saw into pieces three inches long; season with pepper and salt, and put in stewpan with one onion chopped fine, a few slices carrot and turnip and quarter pint gravy. Stew gently till the vegetables are tender and serve on a flat dish, within walls of mashed potatoes.

For another nice stew, procure two pounds rump steak, and make deep incisions in it, but do not cut quite through; fill them with a mixture of bread-crumbs, a minced onion, a little cream or butter and pepper and salt. Roll up the steak and put it in a stewpan with plenty of butter or fat; let it stew very gently for more than two hours; then serve with its own gravy, thickened with a little flour, and flavored with tomato sauce, catsup or anything liked. *Stewed Beef with Tomatoes* is relished by many. First scald the tomatoes, skin and quarter and sprinkle with salt and pepper, then bury the meat in a stewpan with tomatoes, and add bits of butter rolled in flour, a little sugar, and an onion minced fine; cook until meat is done and tomatoes dissolved to a pulp. For an *Arabian Stew* take the tender part of the round of beef, lard with raisins, spice well with ground cloves and allspice and put over the fire with only a little water to prevent burning; add pepper and salt and plenty of raisins through the gravy or sauce. Any bits of beef trimmed from roasts or steaks, or cold meat left over, may be cut into slices or pieces of uniform size and made into stews. Thin pieces of beef may be seasoned, then rolled and tied, first spreading with a dressing if liked. The other ingredients composing the stew may be varied at pleasure, also the seasonings. When no vegetables are used the gravy should be thickened with a little flour and flavored with spices, lemon juice and grated rind, catsup, or any sharp sauce, and served poured over the beef. Chopped mushrooms are very nice in a stew and scraped or grated horse-radish is often served as a garnish. An excellent *Powder for Stews* is composed of one-fourth ounce each thyme and bay leaf, one-eighth ounce each marjoram and rosemary; dry, pound and bottle, and use according to taste. A dainty little stew is called *Beef Collops;* for this have rump steak cut thin and divide into pieces about three inches long; hack with

a knife and dredge with flour. Fry about three minutes in little butter, then put in stewpan and pour the gravy over. Add a finely chopped shallot or small onion, teaspoon capers, little walnut catsup, a piece of butter with a little flour rubbed in, and salt and pepper to taste. Simmer, not boil, ten minutes and serve in hot covered dish.

Beef a la Mode.—A good cut from the round of beef, or the rump, is generally used for this dish, though a piece from the thick flank is sometimes chosen, and there is a shoulder cut which answers very well. If the round is used, take out the bone, and with a small sharp knife cut deep incisions nearly through the meat; into these put strips of tongue, suet, pork or bacon, previously rolled in pepper, salt, cloves and nutmeg, or a mixture of sweet herbs and spices, and some dip them first in vinegar, then roll in the spices. Rub the remainder of the herbs, spices, etc., over the beef and tie in shape. Put slices of pork in the bottom of an iron stewpan with sliced onions, slices of lemon, one or two carrots and a bay leaf; lay the beef in and put over it a piece of bread-crust as large as the hand, a half-pint German cooking wine and a little vinegar, and afterwards an equal quantity of water or broth till the meat is half covered; cover the dish closely and cook very slowly till tender, turning it once or twice; do not boil too fast or it will be tough and tasteless when done. Take out the meat, rub the gravy thoroughly through a sieve, skim off the fat, add some sour cream, return to the stewpan and cook ten minutes. Instead of the cream, capers or sliced cucumber pickles can be added to the gravy if preferred, or a handful of grated ginger-bread or rye bread. The meat can also be laid overnight or for some days in a vinegar pickle spiced with a teaspoon each ground cloves, mace and pepper, two teaspoons salt and four of sugar. Or a nice pickle is made with the following ingredients: One carrot, one white turnip, and one onion sliced, a leek, a few sprigs of parsley, and a stalk of celery if in season, half a dozen cloves, an inch stick cinnamon, two blades mace, one lemon sliced, one teaspoon salt, and a saltspoon white pepper; put the meat in a deep dish with this mixture, cover with vinegar and water mixed in equal quantities, and let stand two or three days, turning twice each day. It will then be in good condition to cook. Tough meat may be made very tender by treating it in this way; the vinegar softens the fibres of the meat while the vegetables flavor it pleasantly. This pickle may be put away in cold weather and used again.

Another way of preparing this excellent dish is to fill the opening made by removing the bone with a bread stuffing, tie in shape, rub the meat well with chopped sweet herbs, stick in some cloves and boil until tender, allowing fifteen minutes to each pound; then season with pepper and salt, thicken the gravy with flour, add cup butter and chopped onions and cover pan again until meat is brown; add a scraped carrot boiled with a little chopped parsley and some tomato catsup. If the gravy is too thin add a little more flour and

serve poured over the meat. Or make a force-meat by mixing together in frying-pan over fire two tablespoons butter, one of chopped onion, one level teaspoon each ground thyme, marjoram and savory, teaspoon salt, quarter saltspoon pepper, and a pint broken stale bread moistened with cold water; when force-meat is hot fill the place of bone with it, or if the meat had no bone, make a large cut and fill with the force-meat; lay small pieces of clean cloth over the force-meat on both sides, put the meat into compact shape, and tie firmly, arranging the string to keep the cloth in place over the force-meat. Turn a small plate bottom up in a deep pot or saucepan, lay the meat on it, and half cover with cold water; add an onion peeled and stuck with cloves, and a level tablespoon each salt and any good table-sauce or vinegar, or a glass of cooking-wine; set over the fire, and simmer slowly four hours; then put the meat in a dripping-pan remove the string, add the gravy, dust thickly with flour, and brown quickly in very hot oven. Serve on platter with a little gravy poured over and the rest in a bowl; serve with a dish of hot boiled or baked potatoes. The meat is sometimes first browned by putting over the fire with slices of pork and turning to brown all sides, sprinkling in a tablespoon flour and turning to brown in that also. The pot or skillet in which the meat is cooked should be kept closely covered. Sliced onions, carrots, turnips and parsnips are often cooked with it, first cut into dice and fried, then meat put in, well dredged with flour, and browned before adding water and spices in which it is cooked. The meat is sometimes simply scored and the incisions filled with a bread stuffing, and some prefer steaming or baking to boiling. Or the meat may be half roasted after lying in either pickle given, then larded with mushrooms, and returned to oven to finish, basting often. For a more economical dish cut three pounds from shoulder into small pieces and roll in flour; put two tablespoons drippings into stewpan with one thinly sliced onion; when hot put in the beef and stir well; as soon as browned add by degrees two quarts boiling water, (stirring all the time), a dozen allspice, two bay leaves, half teaspoon pepper-corns and salt; cover closely and stew very gently till meat is tender, about three hours; remove spice before serving.

Fillet of Beef.—A fillet, to be plainly yet skillfully roasted, to be carved in the kitchen and not sent to table whole, need not have all the fat removed, only cut down thin. It must be cut off the top side, however, which means the side that had the kidney fat upon it, and a ribbon-like strip of the skin covering taken off the meat the whole length down, as otherwise it will draw up in oven. Make pan hot first and put into it all pieces of meat and a little of the fat that has been trimmed off the fillet, and let stew and bake in pan with pint water and a little salt to make a glaze or gravy on the bottom for the fillet to be rolled in at the last. An hour after, or when the water is nearly all gone out of the pan, make the oven hotter and

put the fillet in and roast quickly. It may be done enough with the thickest part medium rare in a hot oven in half an hour or three-quarters, and is sure to be done through in an hour. Never stick a fork in it, but roll it over in the pan by means of a broad fork and spoon several times, which will make it shine with the light brown glaze, and cut full of juice when done. Make a Brown Gravy (see Gravies) in the pan and serve on the slices of meat with a mushroom sauce around. Some think the flavor of the fillet improved if soaked twelve hours in vinegar to cover with a sliced onion, bunch of parsley and seasoning of pepper and salt. A *Larded Fillet of Beef* is a dish served at almost every dinner party, and an excellent and most satisfactory one if properly prepared, but it is nothing if not neat, uniform, precise and workmanlike in appearance. Procure the fillet or tenderloin of beef with the fat on it, that is with the coating of suet that covers the upper side, and shave that down until the covering of fat is about as thick as a beefsteak all over. Then raise the edge of the fat at one side, skinning the fillet, and lay the sheet of fat over on the other side without cutting off. This is to have it attached ready to cover the fillet again after larding. Draw point of a sharp knife across and across the skin inside the fat, to score it so that it will not draw up in cooking; trim off the thin end of the fillet and round off the thick end. Commence at the thick end with the larding and lard as directed in Larding Meats, using lardoons an inch and a half long and about as thick as a common pencil; then cover with the sheet of fat. Heat a long and narrow baking pan with a tablespoon salt and cup of drippings in it; chop into small pieces a few beef or veal bones, and cover the bottom of pan with them; add three slices bacon, two carrots, two onions, and one turnip, sliced, with a pint stock. Season with salt, bruised whole peppers, a bay leaf, a few cloves, and a blade of mace. Place the fillet in the pan with the larded side up and moisten with four tablespoons vinegar. Have the oven hot, put in fillet and roast it with the fat covering it half an hour; then take off fat, baste the fillet with the contents of pan, and let cook fifteen minutes longer, by which time the surface should be brown, and strips of larding brown too, without being burnt at the ends. Unless especially ordered otherwise, the thick part of fillet should cut slightly rare in middle, while the thinner portion is well done. Serve with Brown Gravy, or mushroom, Hollandaise or tomato sauce, and garnish with potato balls, mushrooms, stuffed tomatoes, sliced vegetables in fancy shapes, or onions boiled and glazed. If served with sauce, this should be poured around the fillet. The time given cooks a fillet of any size, the shape being such that it will take half an hour for either two or six pounds. Save the fat trimmed from the fillet for frying, and the lean part for soup stock. A small fillet, weighing from two and a half to three

Larded Fillet of Beef.

pounds (the average weight from a very large rump), will suffice for ten persons at a dinner where served as one course; and if a larger quantity is wanted a great saving will be made if two small fillets are used. They cost about two dollars each, while a large one, weighing the same, would cost five dollars. *Fillet of Beef in Jelly* is another elegant dish. For this procure a small fillet, trim and cut a deep incision in the side, being careful not to go through to the other side or the ends. Fill this with one cup veal, prepared as for force-meat, and whites of three hard-boiled eggs, cut into rings. Sew up the openings, and bind the fillet into good shape with broad bands of cotton cloth. Put in a deep stewpan two slices each ham and pork, and place the fillet on them; then put in two calf's feet, two stalks celery and two quarts clear stock; simmer gently two hours and a half; take up the fillet and set away to cool; strain the stock, and set away to harden; when hard, scrape off every particle of fat, and put on the fire in a clean saucepan, with half a slice of onion and whites of two eggs, beaten with four tablespoons cold water. When this boils season well with salt and set back where it will just simmer for half an hour, then strain through a napkin. Pour a little of the jelly into a two-quart charlotte-russe mold (half an inch deep), and set on ice to harden; as soon as hard, decorate with egg rings; add about three spoonfuls of the liquid jelly, to set the eggs; when hard, add enough jelly to cover the eggs, and when this is also hard, trim the ends of the fillet, and draw out the thread; place in center of mold, and cover with remainder of jelly. If the fillet floats, place a slight weight on it and set in ice chest to harden. When ready to serve, place the mold in a pan of warm water for half a minute, and then turn out the fillet gently upon a dish. Put here and there a sprig of parsley and garnish with a circle of egg rings, each of which has a stoned olive in the center. The olives may be opened very carefully, the stones removed, and the cavities thus made filled in with pounded anchovy. These *Stuffed Olives* are also served as "appetizers," and are eaten with a little oil, either at the beginning of the meal or with the cheese. Olives are served occassionally, when quite sweet, and as imported, with a little of the liquor in which they are preserved, at dessert, and are also often sent to table without removing the stones.

Fricandeau of Beef.—Procure about three pounds of the inside fillet of the sirloin, or a nice piece of the rump may be used; lard the beef as directed in Larding Meats, first sprinkling the lardoons with a seasoning of pepper and salt mixed with three cloves, two blades of mace, and six allspice, well pounded. Put in stewpan with one pint stock or water, bunch sweet herbs, two shallots, two cloves, and more pepper and salt. Stew meat gently until tender, when take out, cover closely, skim off all fat from gravy and strain it; set it on the fire and boil till it becomes a glaze. Glaze the larded side of beef with this, and serve on *Sorrel Sauce*, which is made as

follows: Wash and pick some sorrel, and put in a stewpan with only the water that hangs about it; keep stirring to prevent its burning, and when done, lay in a sieve to drain; chop and stew with a small piece of butter and four or five tablespoons good gravy for an hour, and rub through a sieve. If too acid, add a little sugar, and brussels sprouts boiled with the sorrel will be found an improvement.

Pot-Roast of Beef.—Put a rather thick piece of beef in a wide, flat-bottomed kettle with some fat or slices of pork, or suet, and a sliced onion or two, if liked, and fry brown, turning to brown all sides; four hours before needed pour on just *boiling* water enough to cover; cover with a closely-fitting lid, boil gently, and as the water boils away add only just enough from time to time to keep from burning, so that when meat is tender, the water may all be boiled away, as the fat will allow the meat to brown without burning; turn occasionally, brown evenly over a slow fire, and make a gravy by adding hot water if necessary to the drippings and thicken with browned flour. Season the meat with salt an hour before it is done. A nice flavor is given by putting in the water three bay leaves, or a bunch savory herbs, with a half dozen each allspice and whole peppers. Serve with the gravy poured over the meat, which will be juicy and tender if properly cooked, all the juices having been confined to the pot and returned to the meat by the process of frying down. Potatoes pared and halved are sometimes put in with the meat and as the liquor boils away are browned with it. Serve as a garnish around the meat. Corned Beef may be freshened in cold water by soaking overnight, changing the water once or twice, and used for pot-roasts, and any other fresh meat may be cooked thus. When the meat is fat no other fat will be needed.

Ragout of Beef.—For six pounds of the round, take half dozen ripe tomatoes, cut up with two or three onions, put in vessel with tight cover, add half a dozen cloves, a stick cinnamon, and a little whole black pepper; lard the meat with fat pork, place it on the other ingredients, and pour over them half a cup vinegar and cup water; cover tightly and bake slowly in a moderate oven four or five hours; when about half done, salt to taste. When done, take out the meat, strain the gravy through a colander and thicken with flour.

Broiled Beefsteak.—The tenderloin, porterhouse and sirloin steaks are choicest and most expensive, but the flank steak is considered a rare bit, and the round and rump steaks are more nutritious and better flavored. Have the steak cut about three-fourths of an inch thick; trim off tough outer skin, gristle and bits of suet, which will melt and drip into the fire and smoke the meat, but never wash a freshly cut steak, wiping with a damp cloth instead, if necessary. If sure that the steak is tender do not pound or chop it; if a little tough some pound just enough to break the fibre, but it is bet-

ter to hack with a sharp knife each way, not cutting quite through. When thus prepared care must be taken in placing the steak to broil to gather it up in compact shape or it will not look well when served. Never salt or pepper steak before broiling, for reasons heretofore given, but if very lean dip into melted butter. For complete directions as to broiling see Broiled Meats. Inexperienced cooks will need to try the steak to know when it is done; make a small clean cut in center with sharp knife and if the inside is purple and raw looking it must be cooked longer, but if a bright red just verging on brown, with nicely browned edges, it is done. Only the mere outside should be browned for a well-broiled steak, which should be cooked in from seven to twelve minutes, as wanted rare or well done. Some like steak cut from an inch to an inch and a half thick, which will require longer cooking. Instead of seasoning by sprinkling with pepper and salt and putting bits of butter over the steak, have the butter placed on hot platter on which it is to be served, with a liberal sprinkling of pepper and salt; take the steak up quickly on this and press a little, then turn and press again, and it will be found nicely seasoned, and much more evenly than in the old way. Send to table immediately as hot as possible, for nothing is more tame and unsatisfactory than a cold, clammy steak. If it *must* stand while more is broiled set over a kettle of hot water, in the hot closet, or open oven, aiming to keep hot and confine the steam and juices without placing where it will cook more. Broiled steak may be garnished with fried sliced potatoes, or browned potato balls the size of a marble, piled at each end of platter, with scraped horse-radish or slices of cucumber or lemon or sprigs of parsley. Mushroom, oyster, tomato, brown onion, drawn butter and other sauces are frequent accompaniments to steak, but true lovers of this dish, when properly prepared, generally reject all additions but pepper and salt, though some like steaks dished on a little catsup or minced onion. A bit of onion rubbed over the platter before taking up the steak, gives a delicate flavor that is delicious, without any of the offensiveness the onion taste imparts, if used more largely. Some dredge round or rump steaks on turning them the last time with a mixture of four tablespoons sifted biscuit or rusk crumbs, one tablespoon salt, one teaspoon pepper, a saltspoon of either onion-powder, mushroom-powder or finely pulverized celery salt, and dish with a little mushroom catsup and small piece of butter. Another nice way of serving is to have potatoes cut into long thin slices and fried brown in butter, take up and add to the butter in which they were fried a teaspoon minced herbs, stir and place on hot platter, dish the broiled steak on this and put the fried potatoes round as a garnish.

For broiled or fried steaks, cutlets and chops of beef, veal, lamb or mutton, a *Cold Marinade* is made by mixing together a buuch of sweet herbs, cut fine, juice of half a lemon, two tablespoons oil, six of vinegar, one of onion juice, a pinch of cayenne, quarter tea-

spoon pepper and half as much ground cloves. Sprinkle the meat with this and let stand a day, or ten or twelve hours. When meat is cooked season with salt to taste.

Fried Beefsteak.—When the means to broil are not at hand, the next best method is to heat the frying-pan very hot, put in steak, prepared as for broiling, but cut rather thinner, brown or sear as quickly as possible on both sides to keep in the juices, then cook until done, turning several times. A small pair of tongs are best to turn steaks, as piercing with a fork frees the juices. When done transfer to a hot platter, season with salt and pepper, and put over it bits of butter; pile the steaks one on top of another, and cover with a hot platter. This way of frying is both healthful and delicate, and a steak cooked thus has all its juices preserved, and in some respects is nearly as good as broiled steak. Or, another way is to heat frying-pan, trim off the fat from the steak, cut in small bits and set on to fry; meanwhile pound steak, then draw bits of suet to one side and put in steak, turn quickly over several times so as to sear the outside, take out on a hot platter previously prepared with salt and pepper, turn once or twice and return to pan, repeating the operation until steak is done; dish on a hot platter, covering with another platter, and place where it will keep hot while making gravy. Place a tablespoon dry flour in frying-pan, being sure to have the fat boiling hot, stir until brown and free from lumps (the bits of suet may be left in, drawing them to one side until flour is browned), pour in about half a pint boiling water (milk or cream is better), stir well, season with pepper and salt, and serve in gravy tureen. Spread bits of butter over steak and send to table at once. Or, after seasoning with pepper and salt, sprinkle with finely chopped parsley, then drop lemon juice over, and put on bits of butter last; set in hot oven a moment for butter to melt and soak into steak. Or, *With Oysters*, put those from which all bits of shell have been carefully removed, over the cooked steak with pieces of butter on top and set in hot oven until the edges of oysters begin to curl, then serve. A little water may be added to liquor from oysters, with a thickening of corn-starch, and seasoning to taste, making a sauce which may be served in spoonfuls over the steak and oysters. Or put a pint oysters to drain in colander, turning cup water over them; put all liquor that drains off on to heat, and when it boils, skim and set back. Fry the steak as above, then take up and stir tablespoon flour into the fat in pan until dark brown; add the oyster liquor, boil one minute, season with salt and pepper, put the steak in, cover and simmer ten or fifteen minutes; then add the oysters and tablespoon lemon juice, boil one minute and serve on hot dish with oysters on steak, the gravy poured round, and a garnish of croutons. Some like white onions, sliced and fried a golden brown in deep, hot fat, laid over steak. Broiled steak may be served same. For *Beefsteak Smothered in Onions*, slice the onions thin and drop in cold water—some

parboil them; put steak in hot pan with a little suet; skim out onions and add to steak, season with pepper and salt, cover tightly, and put over the fire. When the juice of the onions has dried up, and the meat has browned on one side, remove onions, turn steak, replace onions and fry till done, being careful not to burn. Serve hot, both on same platter. Another way of preparing is to boil the onions until tender, and fry the steak alone as directed above; when done, take out, season as usual and place where it will keep hot. Drain the onions and mash them in the frying-pan with the steak gravy, season with salt and pepper and stir over the fire until hot all through, then place them over the steak and serve. Beefsteaks are nice to first stew them in three gills water and two tablespoons vinegar, to which has been added a bunch sweet herbs, two blades mace, an onion stuck with cloves, an anchovy, and a lump of butter mixed smooth with flour. Stew with the pan covered, until the steaks are just tender; then place in a frying-pan with enough fresh butter, hot, to cover, fry brown, pour off fat, and pour into pan gravy in which steaks were stewed; when gravy is thoroughly heated, place steaks in a hot dish and pour sauce over them.

Hamburg Steak.—Cut two pounds round or rump steak into small pieces and pass through a chopping machine, or have butcher chop very fine; or the meat may be scraped off the fibres with a heavy tin or iron spoon. Pepper and salt the meat to taste, mix in two tablespoons melted butter, drippings or lard (butter is preferable), form into steaks and fry in a little hot butter or drippings, being careful not to cook too much. Any kind of meat can be used for this steak if one has a machine to pass it through. A few slices of onion may be put into the hot butter and fried with the steak, as they remove the taste of the fat, and yet do not leave their own flavor; take out the onion before serving. For a *Hamburg Roll*, chop round steak fine, season well and shape into a roll; put in a frying-pan a tablespoon or more of butter to each pound meat, when hot place the meat in it, cover and cook until as well done as liked. Take out the meat and make a brown gravy by stirring into the drippings in the pan a thickening of flour and water and serve poured over the meat.

Hidden Steaks.—Have two slices of beef, each half an inch thick, cut from round. Take two or more porterhouse steaks, from one and a half to two inches thick; remove bones from each, taking care not to separate tenderloin from upper part of steak. Butter, salt and pepper the steaks on each side; spread over one slice of the round half a can of mushrooms; place porterhouse steaks on the mushrooms, then distribute the rest of the mushrooms over the steaks, covering them with the other slice of beef from the round. Bring the edges of the two slices together and sew. Rub vinegar and salt over the outside of each slice, which will harden them and

not only prevent their juices from dropping into the fire when being cooked, but force them into the enclosed steaks. Place the meat then on a double wire broiler and cook for from ten to fifteen minutes over a bed of hot coals, turning the broiler every minute or two. The outside of the slices from the round will be done to a crisp. Before serving, draw the thread binding them together, and lift carefully off the upper slice, placing it with the crisp side down on a platter. Remove the steaks to a hot dish and spread over them all of the mushrooms. Scrape with a spoon the inside of each slice of the round, obtaining a quantity of rich juice, which pour over the steaks. If a gravy is desired turn this juice into a saucepan, add a portion of the mushrooms, a piece of butter the size of an egg and a gill beef stock; when it boils pour it over the steak.

Oyster Steaks.—Cut beefsteak into pieces two inches square, or about the size of large oysters, single-bread them and fry a nice brown by immersing in hot lard as Croquettes. *Pork*, *Veal* and *Mutton* may be fried same way. Or they may be dipped in a batter and fried as above.

Stuffed Beefsteak.—This can be prepared from a round steak and is as nice for dinner as a much more expensive roast; pound well, season with salt, pepper and bits of butter, then spread with a nice dressing made of one egg, bread-crumbs, pepper, sage and a little cream or butter; roll up and tie closely with twine; put in kettle with quart boiling water, and a lump of butter if liked, and boil slowly one hour; take out and place in dripping-pan, adding water in which it was boiled, basting frequently until a nice brown, and making gravy of the drippings; or put it at once into the dripping-pan, omit the boiling process, skewer a couple slices salt pork on top, add a very little water, put in oven, baste frequently, and if it bakes too rapidly cover with a dripping-pan. It is delicious sliced cold. This is known also as *Mock Duck*. For *Beef Olives* have two pounds nice rump steak cut rather thin, slightly beat to make level, cut into six or seven pieces, brush over with egg, and sprinkle with herbs, which should be very finely minced; season with pepper and salt, roll up the pieces tightly, and fasten with small skewers or wooden toothpicks. Put a pint stock in a stewpan that will exactly hold them, for by being pressed together they will keep their shape better; lay in the rolls of meat, cover them with bacon, cut in thin slices, and over that put a piece of paper. Stew very *gently* two hours; the slower they are done the better. Take out, remove skewers, thicken gravy with butter and flour, and flavor with any sauce preferred. Give one boil, pour over the meat and serve. Or after cutting and seasoning the steaks spread them thinly with a nice force-meat, then roll up tightly, fasten with a skewer, single-bread them and fry a pale brown by immersing in hot fat. Serve with any sauce liked.

Beef Olives.

Beefsteak Pie.—Cut three pounds rump steak into pieces about three inches long and two wide, allowing a *small* piece of fat to each piece of lean, and arrange the meat in layers in a pudding dish. Between each layer sprinkle a seasoning of salt, pepper, and when liked, a small pinch cayenne or some chopped parsley. Fill the dish with sufficient meat to support the crust, and to give it a nice raised appearance when baked. Pour in enough water to half fill the dish, and border it with paste (see pastry); brush it over with a little water, and put on the cover; slightly press in edges with thumb, and trim off close to dish. Ornament pie with leaves, or pieces of paste cut in any shape that fancy may direct, brush it over with the Roll Glaze, cut a hole in top of crust, and bake in a hot oven for about an hour and a half. Or first prepare seasoning of three parts salt and one part black pepper, with just a dash of ground nutmeg, and season with it enough thin slices of nice tender steak to fill the dish, which must be lined with paste; sprinkle slices with chopped parsley and roll up, passing a small wooden skewer or wooden toothpick through each to hold in place. When dish is full add enough water to make a good gravy and lay on top slices of hard-boiled eggs, cover with the crust, wash over with beaten eggs and bake in moderate oven. Should be done when it has baked twenty minutes. For another nice pie take slices of beef cut very thin and a few thicker pieces out of a loin of pork. Spread slices of beef with potatoes, chopped onion and fine herbs; roll up and tie with thread. Pack the meat into dish with parsley between each layer; pour a little gravy over the whole, season liberally and bake under a light crust. Beefsteak pies may be flavored with oysters, mushrooms, minced onions, etc., and the crust may be made of suet instead of lard or butter, and where economy is necessary, clarified drippings may be used. Cutting the meat in small pieces as above makes it more tender and more easily served and also gives more gravy than when left in larger pieces. For a *Sea Pie*, line a good-sized dish with paste made with fresh beef suet. Cut in small pieces one pound beef; lay it on bottom of dish; slice in an onion, sprinkle a handful of flour over and add a little pepper and salt to taste. Cover all with water, fill the dish with potatoes that have been peeled and laid in clean cold water; cover the top of the dish with a good paste, tie a cloth tightly round, plunge into boiling water, and boil quickly two hours. A very nourishing dish when well cooked. This is often made of corned beef, when the dish is lined with any plain pastry or rich baking powder crust. Put in first a layer of sliced onions, then a layer corned beef cut in slices, then sliced potatoes, a layer of pork, and another of onions; strew pepper over all, cover with a crust and tie down tightly with a cloth previously dipped in boiling water and floured. Boil two hours, and serve hot.

Beefsteak Pudding.—Chop fine a half pound nice suet and mix with it a scant pound flour, teaspoon salt, half saltspoon pepper and

enough cold water to form a dough to roll as for biscuit; roll out to three-fourths of an inch in thickness and line a buttered two-quart bowl with it, leaving the crust hanging over the edge all round. Cut two pounds round steak into inch squares, some add also two sheep's kidneys cut in squares, and place in the crust with a dessertspoon each Worcester sauce and mushroom catsup; season well with pepper and salt, turn in a half cup cold water and draw the crust up over the meat, wetting the edges to make them stick together, and tie to confine the juices or gravy while the meat is cooking, or the dish will be spoiled; wet a cloth in hot water, dust over with flour. and tie the pudding in it by placing the center of cloth on top of dish and bringing corners underneath, tie them tightly with cord. Have ready a large pot of boiling water in which stand the pudding bowl and boil steadily three hours. To serve, remove cloth, turn the pudding out on a hot platter without breaking the crust and send to table hot. Or it may be served in the bowl enveloped in a napkin. A rich gravy will come from the meat, a spoonful or two of which will be served on each plate with a slice of the pudding. Some make paste as above, roll out half an inch thick and lay on it slices of steak well seasoned with pepper and salt, roll up, tie in a cloth, and boil three hours. A few oysters and a sliced onion improve the dish for some.

Mock Quail.—Cut tenderloin into nice-sized pieces and boil until cooked through, then brown in a frying-pan with a little butter and serve on slices of toasted bread a little larger than the slices of meat, pouring a rich brown gravy made in pan over all.

Toad-in-Hole.—Cut a pound round or rump steak into dice and make this batter: Beat an egg very light, stir into one pint milk with a half teaspoon salt, and pour gradually over one cup flour, beating until light and smooth; butter a two-quart baking dish and put in the meat, season well with butter, pepper and salt and pour in the batter. Bake an hour in a moderate oven and serve hot. *Mutton* or *Lamb* may be used instead of beef. Or mix with the steak a sheep's kidney cut into pieces of same size. The remains of cold beef may be substituted for the steak, and when liked the smallest quantity of minced onion or shallot may be added.

Boiled Corned Beef.—Soak the meat overnight if very salt, but if beef is young and properly corned this is not necessary; skewer into nice form and put on with *cold* water enough to cover well, after washing off the salt. Corned beef should be placed on a part of the stove or range where it will simmer, not boil, uninterruptedly from four to six hours, according to the size of the piece. When done, remove skewers, pour over it a little of the liquor and garnish with vegetables neatly sliced or cut into balls or fancy shapes. The outer slices that are often rough and unsightly may be cut off before sending the meat to table and kept for potting.

Boiled Corned Beef.

Put away the liquor for soup. Boiled vegetables and sometimes suet dumplings accompany this dish and are often boiled with meat. Serve with Horse-radish Gravy. If to be sliced cold, let meat remain in liquor until cold; some let tough beef remain in liquor until next day to make tender, bringing to boiling point just before serving. Simmer a brisket or plate-piece until the bones are easily removed, fold over, forming a square or oblong piece, wrap in a towel, place sufficient weight on top to press the parts closely together, and set where it will become cold. This gives a firm, solid piece to cut in slices, and is a delightful relish. Boil liquor down, remove fat, season with pepper or sweet herbs, and save it to pour over finely minced scraps and pieces of beef; press them firmly into a mold, pour the liquor over and place a close cover with a weight upon it. When turned from the mold, garnish with sprigs of parsley or celery, and serve with fancy pickles or French mustard. Any bottled sauce is nice with cold beef, or make *Carrack Sauce* by slicing two heads garlic, adding one quart good vinegar, three spoonfuls mango pickle, five of essence of anchovies (or fifteen anchovies), eight of walnut pickle, five of mushroom catsup, and five of soy. Mix all in a bottle, and set in cupboard by the kitchen fire or in some dry, warm place. Shake it regularly every day for a month. The mango pickle may be omitted. For *Sandwiches* slice cold beef very thin. For *Collared Beef*, take seven pounds corned beef, not too fat, from thin end of flank, bone it, remove all gristle and the coarse skin of the inside part, sprinkle thickly with a mixture of a large handful of parsley, a dessertspoon sage finely minced, half teaspoon powdered allspice, and salt and pepper to taste. Roll the meat up in a cloth as tightly as possible in nice round form, bind firmly with broad tape and boil gently six hours. Take up and put under a weight without undoing it and let remain until cold. Very nice for breakfast, luncheon or tea. Some use ribs of beef and remove bones before rubbing with salt, etc., and bake instead of boiling, first seasoning with ground pepper, mace, cloves, allspice and a clove of garlic, chopped very fine, then covering well with parsley, thyme and sweet marjoram. Form into a roll as above, omitting the cloth, simply binding with tape and bake. Put under weights for a day or two and serve cold.

Corned Beef Stew.—Procure a piece of brisket of corned beef about three times its width in length, weighing about six pounds. Wash in cold water, season with pepper, roll and tie very tightly; put over fire in pot with cold water to cover and bring slowly to boiling point; then pour off the water and cover again with fresh, add a half pint vinegar, an onion stuck with ten cloves, a small red pepper, blade of mace, and a stalk of celery or parsley with root attached. Boil gently until done, allowing half an hour for each pound meat. When done, take out a pint of liquor, and if too salt for gravy add water and a very little vinegar. Brown a tablespoon each but-

ter and flour in saucepan, add the pint liquor, season to taste and serve with the beef, which should be accompanied with boiled beets, cabbage or turnips. If to be served cold let cool in the liquor. Any cut of corned beef may be cooked same. Suet dumplings may be added. Or cut pieces of salt beef and pork into dice, put in stewpan with six whole pepper-corns, two blades mace, a few cloves, teaspoon celery seed, and bunch of dried sweet herbs; cover with water, and stew gently for an hour, then add diced carrots, turnips and parsnips, or any other vegetables at hand, with two sliced onions, and some vinegar to flavor; thicken with flour, or rice, remove the herbs and pour in dish with toasted bread, or freshly baked biscuit broken small, and serve hot. A few potatoes should also be cooked with it.

Stuffed Brisket of Beef.—Wash a brisket of corned beef in cold water, cut out bone, spread a bread and onion dressing over it, roll it up and tie securely; then roll the beef in a cloth, tie the ends of the cloth, and again a few inches from each end. Put it into enough boiling water to cover and boil gently four hours. Unroll it, take off strings, wet the cloth in cold water, and roll it again around the beef; put the roll between two platters, set a heavy weight on the upper one, and press the meat until it is cold. After the meat is pressed and cold, the cloth may be removed, and the meat sliced and served.

Stuffed Brisket of Beef.

Frizzled Beef with Eggs.—Cut a pound smoked dried beef in very thin slices; put it in frying-pan with cold water to cover and when it begins to boil, drain off water and put in two tablespoons butter; beat six eggs smoothly with half cup cold milk and add to beef, season with salt and pepper and stir over fire until the eggs begin to thicken. Serve on toast.

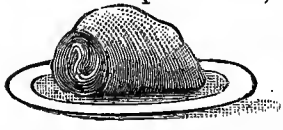
Yankee Dried Beef.—Slice very thin, put in frying-pan with water to cover, let come to boiling point, pour off, and add pint milk, lump of butter, and thickening of little flour and milk, stir well, and just before serving some add an egg, stirring it in quickly; or, chip very fine, freshen, add a lump of butter and six or eight eggs, stir well and serve at once. Cold boiled or baked beef may be sliced and cooked in same way. Or, after the freshening, first frizzle it in butter, dredge with flour, and add the milk. When ends or thin pieces of dried beef become too dry and hard, put in cold water and boil very slowly six or eight hours; slice when cold, and the broth is nice for soup; or soak overnight in cold water, and boil three or four hours. Many think all dried beef is improved by this method.

New England Boiled Dinner.—Remove bone from a compact cut of round of corned beef weighing about six pounds, and tie meat as firmly as possible; put in deep pot, cover with cold water, add a teaspoon salt and half saltspoon white pepper; let boil quickly,

removing all scum; when no more scum rises put in the following vegetables, peeled and cut in slices two inches thick: two carrots, four beets, four white turnips, and one yellow turnip, six small onions, peeled so that they will remain unbroken, and a large head of celery cut in two-inch lengths. Place the pot where its contents will simmer slowly two hours. A glass of any table sauce preferred may be added before the dish is finished. To serve it, put meat in middle of platter, arrange vegetables around it, and pour a little of the gravy over. More of the gravy should be served in a small boat, with a dish of boiled potatoes. The united flavor of the meat and vegetables characterizes the dish. The beets may be boiled separately, keeping them whole, if preferred.

Potato Pot.—Slice a quarter pound bacon, cut two pounds freshened corned beef in small pieces and put over the fire in frying-pan to brown with two sliced onions. Peel and quarter a dozen potatoes and when meat and onions are brown put them in deep baking dish, in layers with the potatoes. Make a pint gravy by adding boiling water and seasonings to the drippings in frying-pan, thicken with two teaspoons flour dissolved in a little cold water; pour the gravy over the meat and potatoes, and put them in quick oven to bake. They will be done in about an hour, and should be served hot; if sent to table in the same dish in which it is baked, a clean dish must be placed under it.

Baked Heart.—Take the heart of a beef, sheep or veal, wash thoroughly, and some soak in warm water or vinegar and water from two to four hours to remove all blood; make the two cells into one by cutting through the partition with a long, sharp knife, being careful not to cut through to the outside; fill the cavity with a stuffing of bread-crumbs, or veal or other highly seasoned force-meat; cover with greased paper or cloth to secure stuffing, and bake in a deep pan with a few slices salt pork and plenty of water, in a moderate oven for two hours or longer, basting and turning often, as the upper part particularly is apt to get dry; dredge with flour and baste as in Roasted Meats the last half hour. While this is roasting, put the valves of the heart, or "deaf ears," which must be cut off after washing, into a saucepan with a pint of cold water and a sliced onion. Let simmer slowly one hour; melt in saucepan tablespoon butter, add a tablespoon flour, then the strained liquor from valves, and serve as gravy. Garnish with baked onions and red currant jelly. Some parboil the heart before stuffing, which makes it more tender, and it may be simply stuffed with sage and onion. If to be served cold, soak a beef's heart overnight in weak brine and boil three hours before stuffing, then put in oven twenty minutes, or just long enough to cook the dressing. Serve cold, cut in thin slices. Sheep's and



lambs' hearts are often baked with a slice of fat bacon tied round each. Make a gravy in pan and serve poured round them. Calf's heart, baked as above, is nice served with the lights and liver; boil the lights till tender then cut in small pieces, add enough of the water they were boiled in for gravy and tablespoon lemon juice, a little nutmeg, pepper and salt, and tablespoon butter mixed with flour to thicken; let boil and serve with the liver, cut in pieces an inch square and broiled, as a garnish for the heart. Cold boiled heart can be sliced thin, then fried or broiled.

Fried Heart.—Soak the heart in warm water an hour, then cut into slices half an inch thick, dip in flour, then in egg, then in bread-crumbs seasoned with pepper and salt and fry in a small quantity of butter or American cooking oil. If all cannot be fried at once be sure to place the slices fried first where they will keep hot until all are done. Pour off part of the fat and make a gravy by stirring in a teaspoon flour and adding a gill water, pepper and salt, four tablespoons vinegar from piccalilli and a little of the pickle finely chopped; boil all one minute, pour over the fried heart and serve very hot. It is also very good served with broiled bacon with a plain gravy, garnished with slices of lemon. Or the slices of heart may be plainly fried in a little hot drippings or butter and served with each slice covered with a slice of fried bacon. Thicken two or three tablespoons water with a little flour and boil in pan with drippings heart was fried in, season with pepper and salt, add teaspoon red currant jelly and serve poured round the heart, all as hot as possible.

Pickled Heart.—Wash the heart well and put on to boil with a tablespoon salt in water to cover. Cook until tender, take out and cool, then cut into slices. Boil two-thirds cup vinegar with a half cup water, seasoned with a tablespoon cinnamon and half tablespoon pepper, ten minutes and pour over the sliced heart. Will be nicely pickled and ready for use in two or three hours. Pickle may be seasoned with any spices liked.

Baked Liver.—Any liver may be baked, though calf's liver is a much more delicate dish than any other. To bake or roast plainly, first soak in clear water, though some use salted water to extract the blood, and some skin, as this gives a more delicate flavor. Then dry in a cloth, rub over well with salt and melted butter or drippings and bake in a pan on a trivet, as Roast Beef, basting often with butter or drippings. When done sprinkle with pepper and serve with a piquant sauce, flavored with chopped capers or gherkins, poured over. *Larded Liver* is a delicious dish. Soak as above and lard a whole calf's liver, about three pounds, as directed in Larding Meats; place in a pan on bed of vegetables prepared as for Roast Beef and bake an hour and a half, basting often. Some put a but-

tered paper over it until nearly done, then remove to let the liver and larding brown. To make the gravy, pour away nearly all the drippings from pan, leaving about two tablespoons; rub through sieve with potato masher and put in saucepan with tablespoon flour, stir until brown and add slowly a pint water. Or lard the liver and sprinkle with salt and pepper and a teaspoon mixed spices, putting another teaspoon spices in pan with half pint water. Baste with butter until gravy in pan is rich enough to baste with that, dredging with flour after each basting. Serve with gravy from pan poured over, flavored with lemon juice, first skimming off all fat from top. After larding, the liver is sometimes put in a pickle of vinegar with spices and herbs and left twenty-four hours. Then bake as above, using some of the vinegar from pickle in pan instead of water. For *Boiled Larded Liver*, prepare as above, season with salt and pepper, tie a cord around the liver to keep in shape, put in kettle with quart cold water, quarter pound bacon, onion chopped fine, and teaspoon sweet marjoram; simmer slowly for two hours, pour off gravy into gravy-dish, and brown liver in kettle. Serve with the gravy. For *Stuffed Liver*, soak as above, then make one or more incisions and fill with any stuffing liked, or a force-meat made of part of the liver parboiled and chopped fine with fat bacon, bread-crumbs, powdered sweet herbs, spices and pepper and salt; roll the liver, bind pieces of fat pork or bacon over, or lard it, and bake as above. Serve hot for dinner with gravy from pan, or sliced cold for luncheon or tea.

Broiled Liver.—Cut the liver in thin slices, pour boiling hot water over and immediately drain it off; this seals the outside, takes away the unpleasant flavor, and makes it much more palatable; then skin, as this also gives a strong flavor, season with pepper and salt, dip in melted butter or drippings and broil on buttered gridiron or broiler, as directed in Broiled Meats. Some dip also in flour before broiling. Dish on a hot platter, pour melted butter over and sprinkle with chopped parsley. Calf's liver is very nice broiled, though any liver may be thus cooked. Slices of broiled bacon may be served with it.

Curried Liver.—Cut the liver in small, thin pieces, and for every pound take four tablespoons butter, two slices of onion, two tablespoons flour, speck of cayenne, salt, pepper and teaspoon curry powder. Heat butter in frying-pan and cook the liver in it slowly five minutes, then add flour and other ingredients; cook two minutes, stirring all well, add a cup stock, boil up and serve.

Deviled Liver.—Chop three pounds liver with a quarter pound salt pork and mix with a half pint bread-crumbs, three tablespoons salt, teaspoon pepper, half teaspoon each cayenne, mace and cloves. Put in covered mold and set in saucepan cold water; bring to a boil and boil two hours. Take out the mold, uncover and place in oven

to dry off, then set away to get cold. To serve, turn out of mold and slice as wanted at table.

Fried Liver.—Prepare as directed in Broiled Liver, and have ready in skillet on stove some hot lard or beef drippings, or better, half and half; roll the liver in flour (Graham is nice), cracker or bread-crumbs, nicely seasoned with pepper and salt, put in skillet, placing the tin cover on, fry slowly until both sides are dark-brown, when the liver will be thoroughly cooked. The time required is about a quarter of an hour. Make a gravy by stirring into the drippings a tablespoon flour and adding a pint milk. Boil up, season and serve poured over the liver. Some always single-bread liver. Or first throw into the hot drippings a half onion minced fine, if the flavor is liked, and one or two sprigs parsley, chopped. Turn the liver several times that it may absorb the flavor. When done put where it will keep hot and make a sauce in another pan by stirring a teaspoon flour into tablespoon hot butter until brown, add cup boiling water, stirring well, and pepper, salt, tablespoon vinegar and heaping tablespoon capers. Drain the slices of liver from fat and put into sauce until ready to serve, when arrange neatly on dish and turn the sauce over. For *Royal Fried Liver*, cut two-thirds pound calf's liver into slices, and fry half in butter; then pound in a mortar, with a few capers, a few gherkins, allspice, and sugar, press through a sieve, and add juice of a lemon, and a little pepper, salt, and vinegar. Put in hot water or near the fire, but not on it, to keep hot. Flour the remaining slices and fry in fresh butter, place on a plate, and pour over them the first part, reduced to a thick sauce. Will be found delicious. Liver Rolls may be served with the above sauce. *Fried Liver and Bacon* is a dish common at most tables. Fry in a pan slices of bacon and keep hot while frying thin slices of liver, prepared as in Broiled Liver, in same fat. When done serve liver and bacon on same dish, garnished with slices of lemon or force-meat balls. Make a gravy by dredging a little flour in pan after pouring off some of the fat, adding a fourth pint broth, salt, pepper, tablespoon mushroom catsup and one of finely chopped gherkins or pickled walnuts if liked. Boil and pour round the liver in dish. Or serve with tomato sauce. Liver is apt to be dry and hard unless first dropped into boiling water, or let stand ten minutes or so in warm water. A good way is to steep it in vinegar and water half an hour, then cut into thin slices, skin, roll in flour, fry very crisp, and serve with fried onions. Some cut bacon and liver into small squares, place on skewers alternately, fry by immersing in hot fat, or in dripping pan in oven, turning two or three times, and serve on moist buttered toast. Sheep's liver should be parboiled before frying. For *Minced Liver*, cut in pieces and fry with slices of pork; then cut both into dice, nearly cover with water, add a little lemon-juice and pepper, thicken the gravy with bread-crumbs or browned flour, and serve.

Stewed Liver.—Scald and skin the liver, cut into slices and fry till both sides are brown, then pour on boiling water, or canned tomatoes, also boiling, to cover, and stew fifteen or twenty minutes, keeping closely covered. Serve hot, with macaroni if liked. If rolled in flour before frying there will be a nice gravy for stewing. Or parboil, then cut into small pieces, dust over with flour, and stew in as little water as possible; season with butter, pepper and salt, and a little chopped onion if liked. Just before serving thicken the gravy with flour and serve hot. To stew calf's liver, cut in pieces, lard nicely, and spread chopped parsley, pepper and salt over them; put a small piece of butter well mixed with flour in the bottom of a stewpan, lay in the liver, and let it cook gently in its own juice until done.

Liver Balls.—Any liver may be used, but chicken livers are preferred. Chop very fine, adding parsley, onion, and lemon juice until all forms a good sauce. Beat a cup butter to a cream, add six whole eggs, one at time, and stir well, adding little salt. If the mixture gets too cold and the butter separates, beat it near the fire. Then mix in the liver and thicken with sifted bread-crumbs. Have ready a kettle with either boiling water or soup—the latter is better—take the liver mixture by the spoonful, taking care to dip the spoon in hot water each time, drop in the hot liquid and boil. These balls are for soup, and *Meat Balls* from the same recipe are very good.

Liver Rolls.—Slice the liver, let stand in boiling water five minutes or so, remove the skin and season with salt and pepper. Put a thin piece of fat, salt pork or bacon on each slice and roll up, fastening with a string or pinning with toothpicks. Fry until nicely browned in hot drippings or butter, then stir in a tablespoon flour and when this has browned cover with water, add more seasoning if necessary and cook half an hour. May be served as a regular meat course at dinner. A slice of truffle may be rolled with the bacon. Or, cut two sheep's livers in slices half an inch thick; season with salt and pepper, spread over each a layer of sausage meat as thick as the liver, season that, roll each slice up, and tie in place with a string, put in baking pan on a bed of vegetables as in Roast Beef, put over each roll a tablespoon of brown gravy, and bake in moderate oven about forty minutes or until thoroughly cooked; lay them on a hot platter, add a gill stock or water to the pan, stir the vegetables about in it, and strain over the liver. Serve very hot.

Liver Pudding.—Chop three pounds raw liver and a fourth pound fat salt pork together, add half pint bread-crumbs, three teaspoons salt, one of black pepper, half teaspoon each mace and cayenne, a pinch of cloves, and put in covered mold or tin pail; set in kettle of cold water, having water reach half the height of mold, cover the kettle, and cook, after it begins to boil, two hours. Take

out mold, uncover and set in open oven to let steam pass off. Serve cold.

Blanquette of Calf's Liver.—Wash two pounds of calf's liver, put it into a stewpan with two quarts of boiling water, and simmer three hours. Take up and cool, then cut it into little cubes, and season with salt and pepper. Put three tablespoons pepper in frying-pan with one large slice of onion, and cook slowly three minutes; then add three tablespoons flour, and stir until mixture is smooth and frothy, but not brown. Draw the pan back, and gradually add a pint white stock; then remove the onion, and, drawing the pan to hot part of stove, stir until it boils. Season to taste with salt and pepper. Put the liver in pan, and cook eight minutes, add a half cup milk, and when the blanquette boils up, remove from fire, add tablespoon lemon juice and serve without delay.

Mock Terrapin.—Season half a calf's liver with salt and fry brown in butter, cut in small bits, dredge well with flour, add half pint water, teaspoon each mixed mustard and lemon juice, half saltspoon cayenne, two hard-boiled eggs, chopped fine, and two tablespoons butter. Boil a minute or two and serve. Cold veal may be used instead of liver.

Broiled Kidneys.—Chop fine one teaspoon each onions, parsley and any green herb in season; add one level teaspoon salt, half saltspoon pepper, pinch of cayenne and tablespoon butter; mix on a plate and set where it will get hot. Wash the kidneys in cold salted water, split and take out membrane and white fat, lay in hot melted butter a moment, then broil on hot buttered gridiron or broiler, then roll them over and over in the hot prepared seasonings. Serve as quickly as possible garnished with sprigs of parsley or slices of lemon. Or before broiling dip the kidneys into a mixture of tablespoon each oil or melted butter and vinegar, saltspoon salt, pinch of pepper and teaspoon mustard. Slices of *Veal Kidneys and Bacon* are sometimes broiled on skewers, placed alternately, and served on the skewers. *Broiled Sheep's Kidneys* are done same; or, cut open on the back without entirely separating them, run them on a skewer to keep them flat, dredge with pepper and salt, rub lightly with butter or oil and broil three minutes on each side over hot fire, laying the flat sides first on gridiron to keep the gravy in. Some slice them through the fat before broiling, leaving just enough fat on for a border round the kidney. Serve very hot with a bit of butter, pepper, salt and a little lemon juice on each, or with drawn butter sauce poured over, or on slices of buttered toast cut in fancy shapes, or thin slices of broiled potatoes, with a bit of butter on each. Some think sheep's kidneys better than calves' for broiling. *Broiled Sheep's Heart* is cooked the same. Or place either flat side up in baking dish in oven and when done serve dressed as above in dish in

which they were baked. Kidneys must always be cooked very quickly or they will be dry and hard. Some skin kidneys before cooking.

Fried Kidneys.—Cut a beef kidney into thin slices, removing all fat, and soak an hour or two in warm water, changing the water two or three times; dry in a clean cloth and fry in clarified butter or drippings till a nice brown, rolling first in flour if preferred. Season well with salt and pepper and serve around a dish with gravy in the center; just before dishing add a little lemon juice and sugar to the gravy. Some sprinkle the kidney slices with minced parsley and onion and seasoning of salt and pepper before frying. If the onion flavor is not liked use a small quantity of savory herbs. Flavor the gravy with tablespoon mushroom catsup and add a little lemon juice. Pour over the kidney and garnish with border of croutons. *Mutton Kidneys* may be done same.

Stewed Kidneys.—If wanted for breakfast, boil kidneys the night before till very tender, turn into a dish with the gravy and cover. In the morning, boil for a few moments, thicken with flour and water, add part of an onion chopped very fine, pepper, salt, and a lump of butter, and pour over toasted bread well buttered. Or split the kidneys and slice them thin on a plate; dust with flour, pepper and salt; brown some flour in butter in a stewpan, mix smooth with a little water, put in the sliced kidneys and let them simmer, but not boil, until done. Butter slices of toast and pour the stewed kidneys over, gravy and all. Or put a small onion, or two heaping tablespoons chopped onion, in frying pan with one heaping tablespoon butter and set over fire where butter will simply melt. Cut kidneys into pieces one-half inch square, put in pan and fry very quickly about five minutes, add heaping tablespoon flour and stir till flour browns, then pour in a pint boiling water and half a cup tomato catsup, or two tablespoons any good table sauce, add a seasoning of salt and pepper, stir until all are smoothly blended, let them cook ten minutes, and serve the dish at once, garnished with croutons. If the fire is hot the kidney ought to be cooked in twenty minutes; it is not necessary to parboil kidney, or to cook it for a long time, and the more quickly it is cooked the more tender it will be; the kidney should be quite brown before the flour is put with it, then the gravy will be brown.

Kidney Ragout.—Take two beef kidneys, nicely washed and well salted; cut into bits of half an inch each, dredge or roll in flour, then drop in hot lard and cook until brown. Scald two quarts tomatoes and stew in their own liquor half an hour. When kidneys are well browned put them in stewpan with tomatoes, add an onion and a half, finely chopped, cayenne pepper to taste, and a little parsley. Simmer two hours over slow fire; should the stew be too thick a cup *hot* water may be added. Serve hot, with a dish of

boiled rice. In winter canned tomatoes may be used. A delicious dish is made by substituting mushrooms for the tomatoes, and preparing in same way, except that the mushrooms are added to the kidneys without being first stewed, and the ragout requires simmering another hour.

Broiled Ox-tails.—Joint and cut two tails into convenient-sized pieces and put in a saucepan with a pint and a half stock, or boiling water, with seasoning of salt and cayenne, and if liked a bunch savory herbs. Simmer gently about two and one-half hours: then take out, drain and let them cool. Dip into beaten egg and bread-crumbs and broil or fry in hot fat until a rich brown on both sides; or they may be browned in buttered pan in quick oven. Serve with a rich gravy made from liquor in which they were stewed, or any sauce preferred.

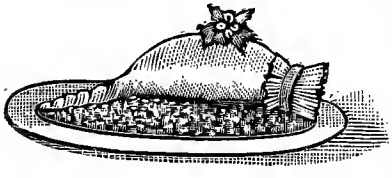
Stewed Ox-tails.—Cut two ox-tails into pieces about four inches long; cut a large onion, half carrot, three slices turnip and two stalks celery in small pieces and fry in three tablespoons hot butter until beginning to brown, then stir in two tablespoons flour; cook two or three minutes, put in the tails, season with salt and pepper, add pint and a half stock or water and simmer gently about three hours. Serve hot with the gravy strained over. Or more of the vegetables may be used, with addition of potatoes, putting turnips and carrots in after meat has cooked an hour, and potatoes twenty minutes before done. The onion may be chopped and fried first as above. Serve with vegetables heaped in center of dish with tails round them and the gravy poured over all. Or divide two ox-tails at the joints, wash and put in stewpan with water to cover and set over the fire. When water boils, skim and add an onion cut into rings, three cloves, blade of mace, quarter teaspoon each whole black pepper and allspice, half teaspoon salt and bunch savory herbs. Cover closely and simmer gently until tails are tender, about two and a half hours. Take them out, add thickening of butter and flour and boil fifteen minutes. Strain through sieve into saucepan, put in tails, add tablespoon each lemon juice and catsup, boil up once and serve. Garnish with croutons or bits of toasted bread.

Beef Palates.—Simmer the palates in water several hours, till they will peel; then cut into slices, or leave them whole, as preferred, and stew in a rich gravy till quite tender. Before serving, season with cayenne, salt and catsup. If the gravy is wanted thick, add butter and flour and boil up. If to be served white, boil the palates in milk till tender and add cream, butter, flour and a little pounded mace, stew a few moments and serve.

Baked Tongue.—Parboil a fresh tongue in water until done enough to peel. Then make a sauce by stewing together about twenty minutes a dozen ripe tomatoes and a large onion, seasoned with pepper and salt.

Put the tongue in baking pan, pour the sauce over and bake a nice brown. For *Baked Spiced Tongue*, wash a spiced tongue (for which see recipes in Cutting and Curing Meats) put it in small pan just large enough to hold it, place pieces of butter on it, and cover with a common crust. Bake in slow oven until so tender that a straw will penetrate it; take off skin, fasten it down to a board by running a fork through the root and another through the tip, at the same time straightening and putting it into shape. When cold, glaze it, put a paper ruche round the root, which is generally very unsightly, and garnish with tufts of parsley. A boiled tongue can be trussed in same way. The tongues of beef, veal, sheep or lamb can all be cooked in same manner, as above, or as directed in any of the recipes that follow, the three latter being, of course, the more delicate.

Boiled Tongue.—Wash clean, put in pot with water to cover, a pint salt, and a small pod of red pepper seasons it nicely; if the water boils away, add more so as to keep the tongue nearly covered until done; boil until it can be pierced easily with a fork, take out, and if needed for present use, trim off the fleshy bits near the roots, take off skin and set away to cool; if to be kept some days, do not peel until wanted for table, and it will be much more juicy if left till cool in the water in which it was boiled. A nice flavor is given the tongue by boiling with it a bunch sweet herbs, dozen cloves, blade of mace, and a red pepper or teaspoon pepper-corns, and some add a little vinegar. The same amount of salt will do for three tongues if the pot is large enough to hold them, always remembering to keep sufficient water in the kettle to cover all while boiling. Soak salt tongue overnight, put on in cold water and cook in same way, omitting the salt. Or, after peeling, place the tongue in saucepan with one cup water, half cup vinegar, four tablespoons sugar, and cook till liquor is evaporated. Serve garnished with tufts of cauliflower or brussels sprouts. The tongue may be trussed while hot in the form of an arch, by putting it to press on its side between two dishes with a weight on top, and when cold trim it smooth, or with a small, sharp knife carve the surface so as to represent leaves. Or place it with the root end against the back of dresser, and put a strong fork in top of tongue; this will make it assume an erect and nice appearance. Let it get quite cold, glaze it, ornament with a paper ruff and a vegetable flower, and garnish with aspic jelly. If hot serve with spinach. Boiled tongue is nice served with *Polish Sauce* made as follows: Skin the tongue while hot and put in another pan with slices of pork, an onion, sliced carrots, spices and a calf's foot. Stew till brown, dust with little flour, and thin the gravy or sauce with a cup vinegar. Boil a few moments, take out tongue, strain sauce and add



two ounces each currants and whole almonds, blanched, and pour over the tongue. Another way of preparing is to half boil the tongue and then stew it in a sauce made of a little broth, flour, parsley, one small onion, small carrot, salt and pepper and one can tomatoes, cooked and strained. Dish the tongue and strain the sauce over it. Or pour over the tongue a sauce made of a can of tomatoes half boiled down, salted, and thickened with a tablespoon butter and teaspoon flour rubbed together. *Fried Tongue* is very nice; first boil, then cut into slices and fry in hot butter with a little minced onion, and serve with a *Pickle Sauce* made as follows: Put a teaspoon flour in pan in which tongue was fried and when brown add cup hot water; strain, season with salt and pepper and add a tablespoon any chopped pickles—piccalilli is best, but pickled cucumbers may be used by chopping and mixing with a little mustard. Soak the slices of tongue in this till ready to serve, when arrange on a platter overlapping one another and pour the sauce over. Or braise the slices of tongue and serve with a little spinach on each, or with a mayonnaise or tartare sauce.

Braised Tongue.—Wash a fresh beef tongue, and with a trussing needle run a strong twine through the roots and end of it, drawing tightly enough to have the end meet the roots, and tie firmly. Cover with boiling water, and boil gently two hours; then take up and drain. Roll in flour and braise as Braised Beef. When it has been cooking an hour and a half add the juice of half a lemon to the gravy. When done, take up, melt two tablespoons glaze and pour over the tongue, and place in the heater until the gravy is made. Mix one tablespoon corn-starch with a little cold water, and stir into the boiling gravy, of which there should be one pint. Boil one minute, then strain, and pour around the tongue. Garnish with parsley, and serve. Another nice dish is made by braising an ox tongue, then cut into thick slices, cover them with slices of bacon sprinkled with chopped herbs; wrap carefully in oiled sheets of paper so that no gravy may escape, and broil. They will be done in a few moments.

Pickled Tongue.—Procure ten small tongues, wash in cold water and put to cook in boiling water, with a sliced lemon, tablespoon salt and teaspoon whole cloves and pepper-corns: keep covered with boiling water, and boil gently until tender, which will be in half or three-quarters of an hour. When tongues are done take them up, trim them, remove the skin and pack in glass jars, with a tablespoon each whole cloves and pepper-corns, and a blade of mace; cover with cold vinegar, and let stand overnight before using, or longer if desired. In cool weather they will keep several weeks if kept closely covered. Any tongue may be pickled same. The remains of pickled tongues are very nice chopped, placed in a pan and pressed, when they will turn out resembling collared meat. A little

thick jelly may be poured into the pan with them. Slices of cold tongue may be warmed in any kind of savory sauce and laid in a pile in center of a dish, the sauce being poured over them.

Potted Tongue.—Boil tongue three hours, if a beef's tongue, or until tender. Dip into cold water and peel off the skin; mince fine and pound to a paste. To each pint paste add tablespoon butter, teaspoon mixed mustard, ground spices to taste, half mace, the rest cloves, nutmeg and cayenne, and a little salt. Pound all together, and place closely in a small jar, pouring melted butter on top. Some set in oven in pan of hot water and bake half an hour, then cover with the butter, tie down and put in cold place. For *Tongue Toast*, make thin slices of toast, shape and spread thinly with butter, then with a layer of potted tongue and set in oven with door open a few minutes.

Scalloped Tongue.—For each pint cold chopped tongue (not too fine) take one cup bread-crumbs, half cup stock, three tablespoons butter and seasoning of one teaspoon each salt, chopped parsley and capers and a tablespoon onion juice. Butter baking dish and cover bottom with crumbs, put in the tongue with the seasonings, except the onion juice, which is mixed with the stock and poured over; put in some of the butter, cover with the remainder of the bread-crumbs, put bits of butter over, bake about twenty minutes and serve hot.

Stewed Tongue.—Take six tongues of either sheep or lambs, three heaping tablespoons butter, one large onion, two slices carrot, three slices white turnip, three tablespoons flour, one of salt, a little pepper, one quart stock or water and a bunch of sweet herbs. Boil the tongues an hour and a half in clear water; then take up, cover with cold water, and draw off skins. Put the butter, onion, turnip and carrot in the stewpan, and cook slowly for fifteen minutes; then add the flour, and cook until brown, stirring all the while. Stir the stock into this, and when it boils, add the tongue, salt, pepper and herbs. Simmer gently two hours. Place the tongues in center of dish, arrange vegetables around them and strain the gravy over all. Garnish with parsley, or with fried bread cut in diamonds or other fancy shapes. Or after skinning the tongues place a plate and weight on them to flatten them, glaze them, if liked, arrange in a circle around a dish of spinach or mashed potato, or serve with a Mayonnaise or tartare sauce in center. Or the tongues may first be braised with a little salt pork, an onion, parsley and whole peppers, then stewed until tender and served as above. If a beef tongue is cooked thus, serve with spinach as a border. Season the spinach with lemon juice, a little of the tongue stock, cayenne pepper, salt and butter. For *Larded Tongue*, lard the tongue with square fillets of bacon, which have been dredged with chopped parsley, salt, pepper and a little allspice; put it in saucepan on a bed of vegetables

with slices of fat pork; add half pint water or broth and two tablespoons vinegar; set on a moderate fire and simmer about five hours, keeping well covered. Put the tongue on a dish and strain the sauce over it.

Fillets of Tongue.—Cut cold boiled tongue in fillets or pieces about four inches long, two wide, and half an inch thick. Dip in melted butter and roll in flour. For eight pieces put two tablespoons butter in frying-pan, and when very hot put in the tongue, brown on both sides, but do not allow to burn. Take up, add tablespoon more butter and teaspoon flour, stir till a rich brown, and add cup stock, half teaspoon parsley and tablespoon lemon juice. Boil up once and pour over the tongue, which should be dished on thin strips of toast. Garnish with parsley and serve. A tablespoon chopped pickles or capers may be stirred through the sauce just before serving, if liked.

Tongue in Jelly.—Boil and skin either a fresh or salt tongue; when cold trim off the roots. Have one and a fourth quarts aspic jelly in liquid state. Cover bottom of two-quart mold about an inch deep with it, and let harden. Cut out leaves from cooked beets with a fancy vegetable cutter, and garnish bottom of mold with them; gently pour in three tablespoons jelly, to set the beets. When hard, add jelly enough to cover the vegetables, and let the whole get very hard. Then put in the tongue, and about half a cup jelly, which should be allowed to harden, and so keep the meat in place when the remainder is added. Pour in the remainder of the jelly and set away to harden. When ready to serve, dip the mould for a few moments in pan of warm water, and gently turn on to a dish. Rings of the white of boiled eggs may be used with or in place of the cooked beets. Garnish with pickles and parsley; pickled beet is especially nice. For *Lambs' Tongues in Jelly*, prepare the same as beef tongues. Three or four molds, each holding a little less than a pint, will make enough for a small company, one tongue being put in each mold. The tongues can all be put on the same dish, or on two, if table is long. Or boil a beef's tongue and let it get cold. For the jelly mix pint liquor in which tongue was boiled with cup brown veal gravy, three tablespoons vinegar, one of sugar and one of Caramel Coloring; add two ounces gelatine dissolved in half pint water, mix well, pour over all a pint boiling water and strain through flannel. Let the jelly cool until it begins to thicken, then cut the tongue in slices as for table, put a little jelly in bottom of wet mold, then a layer of tongue, more jelly and so on until mold is full, and finish as above; serve garnished with sprigs of celery or nasturtium flowers.

Large Mold.

Baked Tripe.—When buying tripe get the honey-combed; if prepared at home observe directions in Cutting and Curing Meats.

Take two pounds boiled tripe cut in small, irregular pieces, and put a layer, a half inch deep, in bottom of deep dish. Sprinkle over this a layer of bread-crumbs and a little pepper and salt, and continue alternating layers of tripe, seasoning, and bread-crumbs until the dish is full, leaving a layer bread-crumbs on top. Add two well-beaten eggs to half pint liquor in which tripe was boiled, stir together and pour the mixture over the tripe and bread-crumbs in dish. Place in moderate oven and bake half an hour. Serve in dish in which it is baked.

Broiled Tripe.—Cut honey-combed tripe into pieces of three or four inches wide; rub a little oil or melted butter over them, roll in flour, and broil over a charcoal or wood fire, squeeze a little lemon juice over each piece and serve. Never broil tripe over a hard-coal fire, the gasses arising from the coal spoil the flavor of the tripe, making it indigestible and unpalatable.

Fricasseed Tripe.—Cut the tripe into square pieces and put in stewpan with a blade of mace, bouquet of herbs, an onion quartered, salt and cayenne. Cover with water and a little vinegar and stew one hour. Strain the sauce and put tripe and sauce in a clean saucepan, with a tablespoon of butter rolled in flour, a gill cream and tablespoon chopped parsley. Simmer ten minutes, squeeze in juice of a lemon, and serve. Or cut in narrow strips, add water or milk, tablespoon butter mixed with one of flour, season with pepper and a little salt, simmer slowly for some time, and serve hot garnished with parsley.

Fried Tripe.—Cut in square pieces, dredge with flour, or dip in egg and cracker crumbs and fry in hot butter, or other fat, until a delicate brown on both sides; lay it on a dish, add vinegar to the gravy, and pour over the tripe; or the vinegar may be omitted, and the gravy added, or the tripe may be served without vinegar or gravy. Or make a batter by mixing gradually one cup flour with one of sweet milk, adding a well-beaten egg and a little salt; drain the tripe, dip in batter, and fry in hot drippings or lard.

Pickled Tripe.—After the tripe has been thoroughly cleaned put in salt and water overnight. In the morning boil till tender, let cool, cut in small pieces and lay in stone jar. On the top put some allspice and bay leaves, cover with vinegar, and set in cool place till wanted.

Soused Tripe.—Place in a stone jar in layers, seasoning every layer with pepper and salt, and pour over boiling vinegar, in which, if desired, a few whole cloves, a sprinkle of mace, and a stick of cinnamon have been boiled; or cover with the jelly or liquor in which the tripe was boiled. When wanted for table, take out of jar, scrape off the liquid, and either broil, fricassee, fry in batter, or fry plainly.

Stewed Tripe.—Carefully clean two pounds tripe, cut in small strips of even size, wash in cold water, and dry in a clean towel; chop a medium-sized clove of garlic very fine, put it over the fire in a gill of good salad oil, and when the oil begins to smoke, put in the tripe and brown it; while the tripe is browning, peel and slice a quart of tomatoes, and when it is brown add them to it; season to taste with salt and red pepper, cover closely, and cook gently two hours. Serve hot. Butter may be substituted for the oil, and a chopped onion for the garlic. The addition of a tablespoon chopped parsley improves it for some. This is also called *Creoled Tripe.* For *Tripe Lyonnaise,* cut one pound cooked tripe in small pieces, brown two tablespoons butter, add tablespoon each chopped onion and lemon juice, with salt and pepper to taste, and when the whole is brown, put in the pieces of tripe. Cook five minutes and serve on neatly shaped slices of toast. For *Tripe with Onion Sauce,* cut two pounds boiled tripe into small, irregular pieces; put in a stewpan, cover with milk and stew over slow fire half an hour. Boil an onion half an hour, take out, drain well aud chop fine. When the tripe is done stir in chopped onion, season well with butter, pepper and salt, adding a little thickening of flour if liked, and serve at once.

Braised Lamb.—Remove bones from breast, season with salt and pepper, then roll up and tie with twine and cook as in Braised Beef. To serve remove the twine, skim fat from gravy, boil up strain and pour over the meat, or serve with tomato or bechamel sauce. For *Braised Loin of Lamb,* bone the loin and line bottom of stewpan just large enough to hold it with a few thin slices of bacon, add vegetables and braise as above. When done take up the meat, dry it and place where it will keep hot. Strain and reduce the gravy to a glaze, with which glaze the meat and serve it on stewed pease, or spinach or stewed cucumbers. *Braised Shoulder of Lamb* is nice if first larded with strips of fat bacon, highly seasoned with peper, salt and chopped parsley (see directions for larding); then roll the meat round, tie it up and put in stewpan with a quarter pound butter, over slow fire, stirring occasionally until a light golden color; pour in a quart water or broth, add two dozen small onions and a bunch of parsley, and simmer very slowly until the onions are quite tender; take up the meat, pull off the string, and place it on a dish with the onions round; take the parsley out, carefully skim off all fat, and boil the liquor until a thinnish glaze, which pour over the meat and serve. Mushrooms may be added ten minutes before sending to table, if liked. The cavity from which the bone is removed may be filled with force-meat, if preferred, instead of rolling and binding the meat. *Braised Mutton* is cooked as any of the above.

Grilled Lamb.—Boil the loin half an hour, then take out and score, brush over with beaten yolks of eggs and sprinkle well with

bread-crumbs seasoned with chopped parsley; put in dripping-pan and place in oven until brown; serve hot with melted butter and lemon pickle, or tomato sauce, or cold with the sauce. A breast may be done same, and *Grilled Mutton* is also prepared in same manner.

Roast Lamb.—The loin, forequarter and leg are all very nice roasted. Prepare and roast as directed in Roasted Meats, a medium sized forequarter requiring about two hours. Lamb must be basted constantly and thoroughly cooked without being dried up. Some brush clarified butter over the joint, then sprinkle with bread-crumbs seasoned with pepper, salt and a little minced parsley, and cover with slices of bacon, held in place by skewers. When nearly done remove bacon and baste with beaten yolk of egg mixed with gravy, sprinkle over more crumbs and let brown. If liked, squeeze juice of a lemon over and serve with mint sauce. For a nice *Roast Leg of Lamb*, run a sharp, thin-bladed knife between the skin and flesh where the leg is thickest in such a manner as to form a pouch, and into this put the flesh of a small red herring, and a small clove of garlic, highly seasoned with pepper and pounded to a paste, forcing it as far as possible under the skin, then roast as in general directions Or the bone may be removed and the cavity filled with a common veal stuffing or any bread dressing or force-meat liked. Tomatoes are sometimes baked in the pan with lamb and served with it. A *Roast Saddle of Lamb* is a very dainty dish for a small party. Put in dripping-pan, with a few small pieces of butter on the meat, and baste occasionally with tried-out lamb-fat; season with salt and pepper and dredge a little flour over it a few minutes before taking from the oven. Serve with currant jelly, and send to table with early vegetables. A mild mint sauce may be served with the joint. Potato balls, seasoned with nutmeg and chopped parsley, single-breaded and fried, make a nice garnish for the roast, surrounding with them, with a drawn butter sauce poured over the meat. Pease, spinach and cauliflower are served with roast lamb, also fresh salads. Another nice roast is called *Carbonade of Lamb.* For this select a loin weighing three pounds or more and have butcher skin and take out bone, keeping bone for use in pan or to boil for broth. Make a force-meat of a slice of bread soaked in cold water and squeezed dry, level teaspoon any powdered sweet herb, thyme, marjoram or summer savory, saltspoon salt, pinch of pepper, tablespoon butter, or raw egg, and a little chopped onion if liked; mix well together and place in bone cavity and sew up. Roast in Dutch oven or bake in ordinary oven. When brown on one side turn to brown the other, then season, dredge with dry flour and baste every ten or fifteen minutes. For gravy, mix a tablespoon flour with drippings in pan, let brown and turn in slowly a pint water, seasoning to taste. Some cooks serve roast lamb rather rare, or well done on the outside and pink within; it should be served steaming hot with a caper, pickle,

or mint sauce. If carved through the center it may be nicely served again next day by stuffing the cut-out space with boiled mashed potatoes, smoothing evenly around, and placing long enough in oven to become thoroughly hot. Lamb is sometimes roasted entirely whole, simply skinned, the entrails removed and feet cut off. It should be not more than six weeks or two months old, when the bones cut like gristle and the meat is singularly delicate. It may be stuffed with bread dressing and sweet herbs and served with bread sauce, but is more frequently eaten with lemon juice. When the lamb is older, to roast whole, bone from the neck to the shoulders, skewer the legs to the body, and cover with slices of bacon, which may be tied or skewered on, but must be removed when meat is nearly done that it may be basted and browned nicely. *Roast Mutton* may be prepared in any of above ways.

Stewed Lamb.—Cut the neck or breast in pieces and put it in a stewpan with salt pork or bacon sliced thin, and enough water or stock to cover; cover closely and stew until meat is tender, then skim well, add a quart green shelled peas, and more hot water or stock if necessary; cover till peas are tender, then add a bit of butter rolled in flour, and pepper to taste; simmer a few minutes and serve. For another nice *Stew with Green Peas*, leave the breast of lamb whole, simply removing the skin; put the breast in pan of hot water and leave five minutes, line bottom of stewpan with thin slices of bacon, put in the lamb and lay on it a lemon cut in slices, to keep meat white and make it tender; cover with one or two slices of bacon, add a half pint white stock, an onion and a bunch savory herbs. Stew gently over slow fire until tender, and serve on a bed of green peas, cooked separately. The lamb may be glazed and spinach substituted for peas if preferred, or it may be served on a bed of stewed mushrooms. Or first fry either the breast or leg in butter or drippings until a nice brown, and add water or stock to cover with seasoning of salt and pepper. Simmer three-quarters of an hour and add a half peck green peas. Cook until peas are done, dust in a very little flour and serve hot with peas as a border. For *Stewed Lamb with Tomatoes*, saw the breast or brisket lengthwise through the bones; then skin, divide in pieces, wash and put to stew in water or broth to cover, cut carrots, turnips and onions (enough to fill a cup) in dice, and boil in water separately; pour off water when they are half done and put them in the stew with a cup cut tomatoes. Boil half an hour longer, thicken slightly if necessary, season with pepper and salt and last add a tablespoon chopped parsley. In dishing up take up two pieces of meat for each dish and place in middle of individual flat platter with vegetables and sauce or gravy from stew at each end. *Stewed Lamb with Asparagus* is also nice. Remove skin and part of fat from the breast or shoulder and cut it into neat pieces; dredge a little flour over and place in stewpan with tablespoon butter and fry till nicely browned;

then cover with warm water, add a bunch parsley, two button onions and simmer until meat is done; skim off fat, take out onions and parsley, mince the latter finely, return it to the gravy with a pint of of boiled asparagus tops, add salt and pepper, simmer a few minutes longer and serve. Canned asparagus may be used. A plain stew of lamb is nice, first fried as above, cooked without vegetables, and served with its own gravy poured over, flavored with four tablespoons tomato catsup, or served with mint sauce. When the leg or shoulder is stewed the bone may be removed and the cavity stuffed with any force-meat preferred. The loin may be stewed whole or in steaks; when stewed whole secure the flap with a skewer. *Stewed Mutton* is prepared in any of above ways.

Lamb Chops.—Trim off the fat from a loin of lamb, cut into chops about three-fourths inch in thickness, and for *Broiled Lamb Chops* proceed as directed in Broiled Meats, remembering that they require little cooking and must be done very quickly. Season with pepper and salt and serve immediately, very hot, garnished with crisped parsley; or dish them in a circle round green pease or a mound of mashed potatoes. Asparagus, spinach, cauliflower and beans are also served with lamb or mutton chops, and stuffed baked tomatoes are nice with them. When chops are cut from the loin as above, some like to have the kidney retained in its place. When chops are made from breast the red bone at the edge should be cut off, and the breast parboiled in water or broth, with a sliced carrot and two or three onions, before it is divided into cutlets, which is done by cutting between every second or third bone. Many prefer to single-bread lamb chops before broiling, and after dipping in egg some season with pepper, salt, nutmeg, grated lemon-peel, and chopped parsley. For *Fried Lamb Chops*, choose cutlets or chops about half an inch thick and fry in a mixture of butter and currant jelly, half and half—two tablespoons of each to four cutlets—turning to brown both sides. Season highly with salt and pepper and serve on hot platter with the gravy from pan poured over. Or fry plainly by putting in hot frying-pan, turning quickly to brown both sides and keep in the juices, then fry until done. Season just before taking up and serve on hot dish with a gravy made in pan, flavored with mushroom or tomato catsup, poured over. Or double-bread them and fry, though some only single-bread cutlets, adding to the sifted crumbs a seasoning of pepper and salt and a little chopped parsley or onion and grated lemon peel and pounded mace, if liked. Or first sear them quickly on each side in frying-pan, then single-bread and fry or broil. They may be fried in little butter or drippings, but are much nicer if dropped into hot fat. Some do not use egg in breading cutlets but dip them into melted butter or kettle of fat, and roll in crumbs, then fry as Fritters. Dish as Broiled Chops, and serve with clear red currant jelly or mushroom, onion or tomato sauce. Fried toma-

Lamb Chops.

toes (see Vegetables) are nice with cutlets. Serve tomatoes in center of dish with cutlets in circle round, or arranged at either end. Or after the chops have been plainly fried, dip them up to the bones in stiff white sauce well flavored with mushrooms and set in cool place or on ice until the sauce hardens; then single-bread them and fry in hot fat. Or mix six tablespoons grated Parmesan cheese with two tablespoons white sauce, thoroughly coat the chops with this, first fried plainly as above, then double-egg-bread them, and drop in hot fat until a nice golden brown. Dish in a circle and garnish with fried parsley. *Mutton Cutlets* and *Chops* are cooked after any of above methods. Serve in a circle with stewed pease in center.

Lamb Fricassee.—Cut a breast of lamb into pieces about an inch and a half square; season with salt and pepper and put in saucepan with a quartered onion, three cloves, a bay-leaf, and three tablespoons butter. Cover closely, and steam gently half an hour, shaking occasionally to prevent sticking. Add a pint boiling water, cover closely and boil gently one hour; then strain the sauce and thicken with a tablespoon of flour, mixed smooth with a little cold water, boil a moment longer and serve. A tablespoon very small capers may be added before serving.

Boiled Mutton.—Mutton can be cooked like any of the preceeding recipes for lamb, and the latter can also be cooked like any of the following recipes for mutton. The leg and shoulder are most used for boiling. To prepare *Boiled Leg of Mutton* cut off the shank bone, trim the knuckle, wash well and be sure to remove the thin outside skin. The oil of the wool penetrates through the pores of the skin, and from this comes that strong, woolly taste, rendering mutton so objectionable. Then, if wanted plainly boiled, cook as directed in Boiled Meats, letting the water boil down to gravy. A leg weighing eight or nine pounds will cook in an hour and a quarter, if wanted very rare, allowing five minutes for every additional pound. Two hours or more will be required to cook it well done. Serve with caper, cucumber or mint sauce, or currant jelly. Some first soak the leg an hour or two in salted water, then wipe dry, wrap the flank nicely round, securing it with skewers, and boil in a floured cloth. The greatest care must be exercised that the mutton does not cook too rapidly after first plunging in boiling water, after which it must only *simmer gently* till done. Carrots and mashed turnips may be served with this dish, and may be boiled with the meat. Very young turnips may be boiled whole and used as a garnish. Mashed potatoes and greens are also served with it and boiled rice or hominy are liked with it by some. The liquor the joint is boiled in should be made into soup. The leg may be boned and stuffed with any dressing preferred, then cooked as above. Or parboil some nice plump oysters, take off beards and add to them some parsley, minced onion, and sweet herbs, boiled and chopped fine, and

the yolks of two or three hard-boiled eggs. Mix all together, and cut five or six holes in fleshy part of a leg of mutton, and put in the mixture. Tie in a cloth and boil as above, or braise it and serve with any sauce liked. *Boiled Shoulder of Mutton*, considered by many superior to the leg, may be cooked after any of the above methods. For *Boiled Breast of Mutton*, cut all superfluous fat from the breast, bone it, sprinkle over a layer of bread-crumbs, minced herbs and seasoning; roll, bind firmly with tape, and cook and serve as above, removing tape when dished. *Boiled Neck of Mutton* is a very good dish when carefully prepared, though generally used for soup. It may be plainly boiled with carrots and turnips and garnished with them, or boil slowly until tender, then take out, cover with sifted bread-crumbs, well seasoned and moistened with milk and the yolk of an egg, flavored with finely chopped sweet herbs, and set in oven to brown nicely. Serve with either of above sauces and accompaniments. The breast may be dressed in same manner, adding chopped mushrooms to dressing if liked. *Boiled Lamb* is prepared in same way, generally serving with mint sauce.

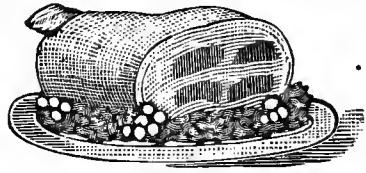
Boned Mutton.—Cut off all fat from leg of mutton, take the bone out carefully, and preserve the skin whole; take out meat and mince it fine, and mix with it about one pound minced fat bacon and some parsley; season the whole well with pepper and salt, and a small quantity of onions chopped fine; then put meat into skin and sew it up neatly on under side; tie it up in a cloth and put it into stewpan with two or three slices of veal, some sliced carrots and onions, a bunch of parsley, and a few slices of fat bacon; let it stew for three or four hours, and drain the liquor through a fine sieve; when reduced to a glaze, cover the mutton with it and serve upon a bed of rice.

Curried Mutton.—Put breast of mutton in stewpan with two quarts water, season with salt and pepper, and simmer slowly an hour and a half. Cut an onion in slices and brown it nicely in butter, add teaspoon curry powder and little salt. Take meat out of broth, stir the curry through, put the meat back, and stew an hour longer. Dish, and pour gravy over. If it is not thick enough, thicken with browned flour and let it boil a minute before putting it over meat. *Curried Lamb* is prepared same way.

Haricot Mutton.—Trim off some of the fat from four pounds of the middle or best end of the neck, cut into rather thin chops, and put in frying pan with the fat trimmings. Fry pale brown, but do not cook enough for eating. Cut three carrots and three turnips into dice, three onions into slices, and slightly fry them in fat mutton was browned in, but do not color them. Lay the mutton in bottom of stewpan, then the vegetables, and pour over boiling water to just cover. Give one boil, skim well, and then simmer gently until meat is tender. Skim off every particle of fat, add a seasoning of

pepper and salt, and a little catsup, and serve. This dish is very much better if made the day before wanted for table, as the fat can be so much more easily removed when gravy is cold. This should be particularly attended to, as it is apt to be too rich and greasy if eaten the same day it is made. Serve in rather deep dish. Or, cut mutton into square pieces, and fry a nice brown; dredge over a little flour and a seasoning of pepper and salt. Put into a stewpan, moisten with boiling water and add an onion, stuck with three cloves, a blade of mace and bunch sweet herbs, simmer gently till meat is nearly done, skim off all fat, and then add carrots and turnips, previously cut in dice and fried in a little sugar to color them. Let the whole simmer again ten minutes, take out the onion and bunch of herbs, and serve.

Roast Mutton.—The leg, saddle, loin and shoulder are the best pieces for roasting. Have the butcher trim nicely, prepare as for Boiled Mutton, and to roast plainly follow directions given in Roasted Meats. Some cover the joint with buttered paper, which is taken off about twenty minutes before roast is done to baste, dredge and brown the meat. Serve with its own gravy and red currant jelly and mashed potatoes, or with onion sauce or stewed onions. If there is a large flap to loin put in some of the dressing and skewer securely, then bake and serve as above. Some roast a *Saddle of Mutton* as Venison, in a coarse paste, taking off to baste and brown a few minutes before done. Or roast plainly as above. Garnish with little piles of potato balls and tufts of lettuce or any green leaves. Some cooks roast the neck, cutting the bones off short and trimming nicely. For *Roast Leg of Mutton*, take the flank off, but leave all the fat, cut out the bone, stuff with a rich force-meat, lard the top and sides with bacon, and put it in a pan with a little water, some chopped onion and celery cut small, a gill of mushroom catsup and a teaspoon curry powder; roast and serve as above with the gravy, garnished with force-meat balls, fried. For *Roast Shoulder of Mutton*, have the shoulder boned and fill cavity with a nice bread dressing or force-meat. Then roll, tie loosely, giving the dressing room to swell, place in oven in pan with little butter, baste often, turn occasionally to brown evenly and serve with its own gravy and any of the above garnishes. To finish any roast very handsomely, brush over with glaze, following directions given for Glaze in Gravies.



Saddle of Mutton.

Rolled Mutton.—Cover the meat with cold water and when it begins to boil draw to back of stove and simmer three hours. Then take up, bone it and spread with a force-meat of bread-crumbs, parsley, thyme, chopped suet, salt and pepper; double or roll it, skew-

ering to keep in place, coat thickly with beaten egg and bread-crumbs and bake on a trivet in moderate oven, basting often with drippings or butter, until nicely browned. Serve on a bed of spinach or stewed onions. Equal to most tender joint of lamb.

Stewed Mutton.—The breast, neck and shoulder pieces are most used for stewing. For an *Irish Stew* procure three pounds neck of mutton and cut in neat pieces. Put about half the fat in stewpan, with four sliced onions, and stir for eight or ten minutes over a hot fire; then put in the meat, which sprinkle with flour, salt and pepper. Stir ten minutes, add two quarts boiling water, and simmer one hour; then add six large potatoes, peeled, and cut in quarters, simmer an hour longer, and serve. Cook dumplings with this dish, if liked. They are a great addition to all kinds of stews and ragouts. Or the meat may be cut into small pieces and put in stewpan in layers with the sliced onions and potatoes, with salt and pepper sprinkled between the layers, and vegetables on top. Cover closely and stew gently an hour or more, being careful that it does not burn. For *Stewed Breast of Mutton* take a rather lean breast cut in pieces about two inches square, put into stewpan with a little fat or butter, and fry a nice brown; then dredge in a little flour, slice two onions, and put with bunch of herbs in the stewpan; pour in sufficient water to *just* cover the meat, and simmer the whole gently until mutton is tender. Take out meat, strain and skim off all fat from gravy, and put both meat and gravy back in stewpan; add about a quart young green pease, and let boil gently until done. Two or three slices of bacon stewed with the mutton give additional flavor; and to ensure the pease being a beautiful green color, they may be boiled in water separately, and added to the stew at the moment of serving. String beans or boiled macaroni may be substituted for the pease. For *Stewed Shoulder of Mutton*, first parboil, then put it in stewpan with two quarts mutton gravy, quarter pound rice, teaspoon mushroom powder, with a little pounded mace, and stew till the rice is tender; take up mutton and keep hot; add to the rice half pint cream and piece of butter rolled in flour; stir it well round the pan, and boil a few minutes; lay mutton in dish, and pour the rice over it. For *Stewed Loin of Mutton*, remove the skin, bone and roll it, and stew with a little broth or water, adding any vegetables or seasoning liked. Some sprinkle the loin with a mixture of half teaspoon pepper, quarter teaspoon each ground allspice, mace and nutmeg and six cloves, and let it stand a day then roll; or it may be spread with a veal or other force-meat, then rolled. Some prefer to half bake it in the oven, then take out and finish cooking in stewpan in its own gravy. Flavor with two tablespoons mushroom catsup and serve with red currant jelly. *Stewed Leg of Mutton* is a dish liked by many. Procure a tender leg, take off outside fat and skin and lard leg with pieces of fat pork. Put the leg in saucepan with some small onions and two yellow turnips, sliced, one bay leaf, a

calf's foot cut in two, and a pint good beef broth; let all cook together until gravy will jelly. In another saucepan put two tablespoons beef drippings, brown the stewed onions and turnips in this, thicken with flour, and add rest of mutton broth. Put in a little vinegar and lemon peel, and let all cook well; strain through a sieve; cut six pickled cucumbers through sauce and cook. Put the meat in sauce and cook all together a few moments. Pour the gravy over the meat and serve hot.

Mutton Chops.—The best chops are taken from the loin, but those from the ribs are also excellent. Cuts from the fillet, the center cut of the hind leg, are called cutlets or steaks, while those from the shoulder are known as shoulder steaks. All may be prepared and cooked as follows: Take off the skin and trim them neatly, removing a part of the fat, and broil as directed in Broiled Meats, either plainly or breaded. If on a gridiron or flat broiler must be turned often. The bread-crumbs should be salted and peppered and may be seasoned with any chopped or powdered herbs liked; a sprinkling of grated lemon peel or powdered mace gives a flavor liked by many. Serve with a bit of butter on each, neatly arranged in a circle around a mound of mashed potatoes, with currant jelly, or mushroom, onion or tomato sauce. Some first half fry or stew the chops, with any seasoning liked, and when cool bread them and finish by broiling, either plainly, or by wrapping them in buttered paper. They are very nice fried with minced herbs and mushrooms, then broiled. Serve with a tablespoon red currant jelly, mushroom catsup or any suitable sauce on each. Instead of broiling after covering with the seasoning and bread-crumbs, when chops are first half fried, some put them in the buttered paper and finish by setting in the oven in dripping pan until done.

Mutton Chops.

Masked Mutton Chops.—Trim off all the fat from five chops from the back rib and leave a half inch of the bone of each bare at the top. Put in frying-pan and slice over them a carrot, turnip, onion and some celery, sprinkling with pepper and salt. Pour over all a gill of stock and cook twenty minutes over slow fire, turning the cutlets that they may cook through evenly. While cooking, rub a pint mashed potato through a sieve and put in a saucepan, drop in yolks of two eggs, and stir over the fire until well mixed. When chops are ready, roll each in potatoes so prepared and flattened with a knife upon a mixing-board to a quarter of an inch thick, leaving the bone bare as a handle. Place all upon a lightly greased baking-tin, brush over with a little milk or egg, and brown in very quick oven. While they are browning, heat a tablespoon butter, and add half tablespoon flour; when smooth add one and one-half gills cold water and stir all until boiling. Add half tablespoon each catsup, Worcestershire sauce and six drops caramel and cook two minutes.

Arrange them in a circle upon a hot platter, with a pint boiled green pease in center, and strain the brown sauce around the whole. In preparing the potato, a little flour should be sprinkled over the board to prevent sticking. If the oven should not be hot enough to brown the chops *quickly*, hold a hot salamander or fire shovel over them, as leaving them long in the oven dries out the potatoes and so spoils the dish.

Mutton Hot-pot.—Peel about two pounds potatoes, put in cold water and bring to boiling point, then take out and slice enough to cover bottom of good-sized vegetable dish; cut one and a half pounds lean mutton into small pieces and roll each in a mixture of flour, pepper, salt and nutmeg, and put in dish in layers alternating with layers of potato until level with top of dish. Cut the potatoes left whole into halves and place over top, round sides up and brush over with melted butter, Pour a tablespoon catsup and half pint cold water in at side of dish and bake in moderate oven an hour and a half.

Mutton Pie.—Cut two pounds boned neck or loin of mutton into steaks of same thickness, leaving very little fat, cut up two kidneys and arrange neatly with meat in pie dish; sprinkle two tablespoons chopped parsley over with pepper and salt; pour in two cups stock, or water, and cover with a puff paste. Bake an hour and a half, or longer should the pie be very large, in rather hot oven. Another: Cut off two pounds from the leg and chop fine, first removing fat and skin; add a slice or two of raw bacon or salt pork, chopped, season all well with pepper and salt and put in saucepan with a cup gravy and six ounces butter; add three or four tender lettuce leaves cut small, a quart green pease, and an onion, chopped fine. Stir all over gentle fire until hot, then cover with good paste and bake slowly. Or leave off the paste and it may be cooked as a stew and served in walls of mashed potato. *Veal Pie* made same way. Or season mutton chops (those from the neck are best) highly with pepper and salt, and place in a dish in layers, with plenty of sliced apples, sweetened, and chopped onions; cover with a good suet paste, and bake. When done pour out all the gravy at the side, take off the fat, add a spoonful mushroom catsup, then return gravy to pie. For a *Mutton Pudding*, cut about two pounds of the chump end of loin of mutton into rather thin slices, and season with pepper and salt; line the pudding-dish with paste; lay in the meat, and nearly, but not quite, fill up with water; if the flavor is liked, add a little minced onion; cover with paste, and bake as the pie. Or season mutton steaks with salt, pepper and a bit of onion; put one layer of steak in the bottom of dish and pour a batter of potatoes, boiled, put through a colander and mixed with milk and egg, over them. Sprinkle bits of butter over the top and bake.

Mutton Rissoles.—Take three or four small slices of mutton and one of rather lean bacon, a tablespoon chopped onion, teaspoon chopped parsley, one-quarter as much thyme, cayenne pepper and salt. Chop all together very fine or pass through a sausage machine, and roll into balls the size of walnuts; dip each into beaten egg, then in bread-crumbs (not cracker dust) and fry a golden brown in hot fat. Pour over them a gravy made of stock thickened with browned flour, seasoned with pepper and salt and a teaspoon mushroom catsup.

Mutton Scallops.—Mince dressed mutton with a very little fat, season lightly with pepper and salt, and put into scallop-shells about half full. Fill up with potatoes, mashed with a little milk and a very little butter; smooth with a spoon, and brown in oven.

Mutton au Court Bouillon. Procure a neatly trimmed leg of mutton and put in stewpan with boiling water to cover. Tie in a cloth an onion, a turnip, bunch of sweet herbs, four or five cloves and some whole allspice, and put in with mutton. Let boil up, skim carefully, cover and place where it will simmer three hours. Then stir in three tablespoons flour, mixed smooth in cup cold water, add tablespoon salt and pinch of cayenne and cook an hour longer. Meantime make a pint aud a half veal or mutton force-meat, shape into small balls and fry brown, and boil six eggs hard. When mutton is done take it up, skim fat from gravy and remove bag of seasoning. Set stewpan where it will boil and prepare thickening by stirring two tablespoons flour into two tablespoons butter made hot in frying-pan; cook until dark brown, but do not scorch, and stir into the boiling liquid in stew-pan; add more seasoning if liked. Chop whites and yolks of eggs separately; pour gravy over the lamb and garnish with the chopped eggs, putting the whites in a little mound, topping them with some of the yolks, placing remainder of yolks over the lamb; arrange the meat balls in groups around the dish, decorate with parsley and serve. Leg of Lamb may be prepared same.

Mutton au Gratin.—Take a breast of mutton, cut off the chine-bone down to gristle; put in a stock pot or kettle with a little hot water and boil until tender, then take up to cool; have ready some beaten eggs with a little butter and chopped mushrooms added and put all over the breast with pastry brush, then place in oven to brown. Serve with red currant jelly. A nice dish from breast of mutton is called *Swiss Chops.* Boil as above with two cloves stuck in a small onion, slices of carrot and turnip if liked and a bunch sweet herbs; when tender enough to permit the bones to be drawn out easily, take up, lay on a pan, put another, containing weights, on it, and press until cold; then cut in eight triangular pieces, about the size of small chop; season with salt and pepper, double-bread them, and

broil quickly or fry light brown in enough smoking hot fat to cover, and serve with a piquant sauce poured over.

Mutton a la Venison.—Remove all rough fat from a leg of mutton, lay in a deep earthen dish, and rub into meat very thoroughly the following mixture: One tablespoon salt, one each of celery seed, brown sugar, black pepper, made mustard, allspice, and sweet herbs mixed and powdered. After these have been rubbed into all parts of meat, pour over it slowly a teacup good vinegar, cover tightly and set in a cool place for four or five days, turning and basting with liquid three or four times a day. To cook, place in a clean kettle a quart boiling water, in which have an inverted tin pan or rack made for the purpose; on it lay the meat just as taken out of the pickle; cover kettle tightly, and stew four hours. Do not allow water to touch the meat. Add a cup hot water to the pickle, and baste the meat with it. When ready to serve, thicken the liquid in the kettle with flour, strain through a fine strainer, and serve the meat with it upon a bed of cooked beans, with a relish of currant jelly. Or do not place in pickle, but cook fresh as a Pot-roast of beef, adding a bay-leaf, cloves, pepper and salt, and some add an onion, sticking the cloves in it. Or for *Italian Steaks* let the fresh leg hang several days, then cut in slices, season all with pepper and salt, and fry in browned butter in saucepan, sprinkling over a little mace; dust in a little flour and stir in a half cup currant jelly; stir until jelly is melted, boil up once and serve. Another way of cooking leg of mutton cut in slices is called *Mutton Birds.* Spread a lightly seasoned force-meat over the slices, roll up and fasten with skewers and brown in hot beef drippings; then put in stewpan, cover with water and stew until tender, serving with a gravy poured over made by thickening the liquor with browned flour, flavoring with two tablespoons tomato catsup.

Leg of Mutton and Beans.

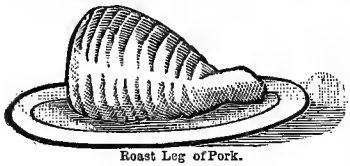
Fillet of Mutton.—Choose a very large leg; cut from four to five inches in thickness from large end of leg; take out bone, and in its place put a highly seasoned force-meat; roast two hours, dredging and basting last half hour as in Roast Beef. When done it may be sent to table with a dish of broiled bacon or ham, and fresh cucumbers if in season, with melted butter poured over it, or a rich brown gravy and red currant jelly. For a *Stewed Fillet of Mutton,* prepare and stuff as above, flour and brown in a little butter, and put into a stewpan with a pint and a half gravy, a small bunch sweet herbs, two or three small onions, a teaspoon whole black pepper, and salt to taste. Stew slowly three hours and a half. Or the fillet may be roasted and then stewed with its trimmings.

Ragout of Mutton.—Cut three pounds of any cheap parts of mutton in small pieces; put three tablespoons each butter and flour into a stewpan and when hot and smooth stir in the meat and keep stirring until a rich brown; add a quart water and a bunch sweet herbs and set where it will cook slowly. Then fry a large turnip, cut into cubes, and twelve button onions, or one of common size chopped, in three tablespoons hot butter with a tablespoon flour. When a nice brown, drain and put with the meat. Cook an hour and a half. Some like the flavor of three or four cloves and a clove of garlic put in with the herb. Small cubes of potato may be added half an hour before meat is done. Garnish with rice, toasted bread, plain boiled macaroni or mashed potatoes. Serve very hot. *Ragout of Veal* prepared same, but requires cooking an hour longer, and more butter. A nice addition to the ragout is rich puff paste rolled a quarter of an inch thick and baked in diamond shapes an inch long and half an inch wide. Put them in five minutes before ragout is dished.

Boiled Pork.—The shoulder and leg ends are most used for boiling, and may be cooked as directed in Boiled Meats. Carrots, turnips or parsnips may be boiled with the pork, or separately and served as a garnish; or serve the meat in a border of boiled cabbage. Skin the leg before serving. *Pease Pudding* is considered by many an indispensable accompaniment to boiled pork. Wash a quart dry pease, soak in cold water two hours and boil in a bag with the pork; when done put them through a colander, add a large lump butter, salt and two yolks of egg; put back into bag and boil again half an hour and serve with the pork. Some prefer to boil the leg in a floured cloth. If the joint is large, allow a quarter of an hour's cooking to each pound from the time it boils and twenty minutes additional.

Roast Pork.—The choicest roasting piece is the loin, between the hind legs and ribs; next come the upper rib cuts, then spare-ribs, or ribs next shoulder. If a nice spare-rib roast is wanted it should be ordered with all the meat left on which is usually cut off for steaks. For a plain roast follow directions for Roasted Meats, roasting slowly at first, and allow fully half an hour to the pound, as pork must be well done. Serve with a gravy made in baking pan after pouring off top of drippings. Fried apples are nice with roast pork, or any tart sauce, and turnips or fried cabbage are excellent accompaniments. For a very nice *Roast Loin of Pork*, choose a small loin, separate each joint with a chopper and make an incision with a knife in the thick part into which put a stuffing made by mixing three tablespoons bread-crumbs with a finely chopped onion, half teaspoopoon chopped sage, pepper, salt, and tablespoon chopped suet or drippings; when thoroughly mixed, press into the incision and sew edges of the meat together with needle and thread, to confine the

stuffing. Grease a sheet of kitchen paper well with drippings, place the loin in this, securing it with a wrapping of twine, and put to bake in a dry baking pan, in a brisk oven, basting immediately and constantly as the fat is drawn out. Allow twenty minutes to the pound and twenty minutes longer. Serve with apple sauce or apple-fritters. It is not necessary to put in greased paper, but the skin if left on should be scored across one way at regular intervals or each way in small squares. Instead of opening and stuffing the loin the dressing may be baked separately or put in the pan with the pork a half hour before done. Some rub the loin over with salad oil or butter to make it brown and crisp without blistering, before putting in oven. Always serve with it a gravy made in pan, and any other sauce or accompaniments liked. Or the loin may be steamed or boiled until nearly done; then remove skin, coat well with yolk of egg and bread-crumbs and put in oven for about fifteen minutes or until nicely browned and thoroughly done. *Roast Tenderloin* is cooked and served the same. *Roast Leg of Pork* may be prepared and served same as loin, making the incision for the dressing just below the knuckle. Or first parboil the leg and take off skin. Make a stuffing of two tablespoons finely minced onion, half a chopped apple, eight tablespoons bread-crumbs, half a dozen chopped sage leaves, tablespoon butter, and a little pepper and salt; bind all together with yolk of an egg; make a slit in the knuckle, put the stuffing into it, and sew; put in the oven and baste often. Half an hour before taken up, sprinkle over a savory powder made of two tablespoons bread-crumbs mixed with one tablespoon powdered sage, and a little pepper and salt. Do not baste the meat after the powder is put on. Serve with good brown gravy and apple sauce. Almost equal to roast goose. For *Roast Spare-rib*, trim off the rough ends neatly, crack the ribs across the middle, rub with salt and sprinkle with pepper, fold over, stuff with either of the above dressings, sew up tightly, place in dripping-pan with pint of water, and baste frequently, turning over once so as to bake both sides equally until a rich brown. Some dredge with flour and powdered sage when basting, and spare-rib is as often roasted without the dressing as with it. Serve with apple sauce, mashed potatoes and greens, or other vegetables. Potatoes are often peeled and baked in the pan with the pork. Or steam or boil the ribs until nearly done; then take up, lay in dripping-pan with inside of ribs up and fill with either dressing given above, making very moist—as soft as for bread pudding; bake half an hour. The griskin or back piece is sometimes roasted, and as it is apt to be dry it is well to flour it when put in the oven and dredge with flour at every basting to keep in the juices. Sprinkle powdered sage over before taking up. The



Roast Leg of Pork.

neck of pork is very excellent roasted if first thoroughly cleaned and filled with either of the stuffings already given. Bake peeled potatoes in pan and serve on platter round the pork. When to be baked and served thus the potatoes should be of uniform size and shaped as round and smooth as possible when peeled.

Stewed Pork.—The shoulder, loin or spare-rib are sometimes stewed, though the back and neck pieces and other inferior parts are more often cooked thus: Rub the joint with pepper and salt, and put into a large saucepan with a closely-fitting lid. Boil an hour or two and add two or three onions and carrots, with half a dozen celery stalks, four sage leaves, bunch of parsley, small sprig majoram and thyme, and stock or water to cover. Boil up and skim carefully; then set back and simmer gently for three or four hours, according to size of joint. Serve garnished with the vegetables; strain and thicken a portion of the gravy, and pour it boiling hot over the meat. When removed from the table, trim the joint neatly and place on a clean dish to be eaten cold, or thicken the rest of the gravy and pour over the meat to be warmed over. Some like a stew with sweet potatoes, seasoning only with salt and pepper. The potatoes may be peeled or not as preferred, and put in with the pork long enough before it is done to cook them thoroughly. Serve on same platter round the meat.

Pork Chops.—Chops are cut from the loin and ribs, the cuts from the leg and shoulder being known as steaks. For *Broiled Pork Chops*, broil as directed in Broiled Meats, cooking until thoroughly well done and serve plainly, seasoned with salt and pepper, or with tomato or any sauce preferred. *Robert Sauce* is nice with pork chops as well as beefsteak. For this fry three tablespoons chopped onion a pale yellow in one tablespoon butter, add two tablespoons spiced vinegar, and reduce one half by quick boiling; add half pint brown gravy, and boil slowly fifteen minutes; season with saltspoon salt, quarter saltspoon pepper, two teaspoons French mustard, and serve poured over the chops, dished in a circle. Or first single-bread the chops, or roll in melted butter and bread-crumbs, seasoned with sage, broil and serve as above. Or they may be dished round a center of boiled rice or mashed potato. *Fried Chops* are cooked in hot frying pan until nicely browned and thoroughly done on both sides. Then serve like broiled chops, or add a little hot water to the gravy in the pan, a tablespoon butter rolled in flour, pepper, salt, sugar and half cup juice from canned tomatoes; stew five minutes and pour over the chops. Or simply sprinkle over them a little finely minced onion, powdered sage and pepper and salt. Or melt two ounces butter in saucepan, and stir into it a teaspoon each chopped parsley, sage and shallot; fry a few minutes, add a little salt and pepper, and two well-beaten eggs. Dip chops first into this, then in sifted bread-crumbs, let stand ten minutes, fry in

little melted butter and serve with a brown gravy poured over. For *Pork Chops with Apples*, put in frying-pan, scatter a little sage and pepper and salt over; cook thoroughly; if fat enough, so that there is plenty of gravy, fry sliced apples in that; if not, add a lump butter, brown the apples, and serve over the pork. Some marinade chops four hours in oil with an onion in slices, parsley, bay-leaf, pepper and salt and fry in the marinade, serving with tomato sauce. This is a delicious breakfast dish.

Pork Pie.—Line sides of deep pie dish with a good but not very rich paste; put alternate layers of thinly sliced bacon and potatoes, onions chopped or sliced very fine and lean fresh pork cut into small pieces. Season with pepper, salt and sage. Fill the dish with any good gravy left from roasts, or with water thickened with a little flour, and add little butter. Cover with crust, and bake about an hour and a half. Cover with thick paper if in danger of browning too much. Or line a deep dish with paste as for chicken pie, put in a layer of sliced sour apples, season with sugar and spice; add a layer of fresh, rather lean pork, sliced thin, seasoned with salt and pepper; and thus place alternate layers of apple and pork until dish is nearly full; put in a little water and cover with paste; bake slowly until *thoroughly done.*

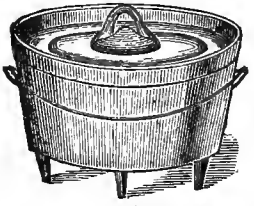
Pork Pudding.—One cup finely chopped salt pork, two cups each brown sugar and sweet milk, two teaspoons baking powder, four cups flour, two cups raisins, teaspoon each cloves and cinnamon, half teaspoon ginger, half a grated nutmeg. Put in buttered mold and steam or boil four hours. Serve with sour sauce. This makes a large pudding, but will keep a week, and put in steamer and reheated is as good as when fresh.

Pork Roll.—Take a piece of side pork, fat and lean together, spread any seasoning of powdered herbs or spices liked over it, roll up tightly and fasten by winding a cloth around it to prevent the edges from curling up; boil until tender, take from liquor and set away to cool. Serve in nice slices for luncheon or tea.

Pork Steaks.—The cuts from the leg and shoulder are called steaks and are broiled or fried as beefsteaks; sprinkle with powdered sage before serving, if liked, and send fried apples on with them, or any sauce preferred. Always cook well done.

Pork Tenderloin.—Split open and broil till very brown and well done; season with pepper, salt and powdered sage. Or split in half, but do not separate entirely; fill with well seasoned oysters, sew up, and broil thoroughly. Season with salt and pepper before serving. Or split the tenderloin and fry in frying-pan in little butter; mix some chopped pickles with the gravy and pour it over them.

Pork and Beans.—Pick over carfully a quart of beans and let them soak overnight; in the morning wash in another water and drain, put on to boil in cold water with a half teaspoon soda; boil about thirty minutes (when done the skin of a bean will crack if taken out and blown upon), drain and put in an earthen pot first a slice of pork and then the beans, with two or three tablespoons molasses; put in the center half or three-fourths pound well-washed salt pork with the rind uppermost, scored in slices or squares; season with pepper and salt if needed; cover all with hot water and bake six hours or longer in a moderate oven, adding hot water as needed, but do not stir them; they cannot be baked too long. Keep covered so that they will not burn on the top, but remove cover an hour or two before serving, to brown the top and crisp the pork. This is the real Boston Baked Beans, a favorite New England dish for Sunday breakfast. The beans are always baked the day before, allowed to remain in the oven all night, and browned in the morning. Serve in the dish in which they are cooked, and always have enough left to know the luxury of cold beans, or baked beans warmed over. If salt pork is too robust for the appetites to be served, season delicately with salt, pepper, and a little butter, and roast a fresh spare-rib to serve with them. Some put the beans to soak in milk-warm water and parboil the pork an hour before putting in the beans, first scalding and scraping the rind; when the beans have boiled up once pour off the water and add fresh; a sliced onion may be boiled with them if liked; boil until beans are quite tender, adding more water if necessary to prevent scorching; put in baking dish with tablespoon molasses, score the pork and sink it in center, add a little water in which beans were boiled and brown in oven one hour. Corned beef may be used instead of pork. This is a very excellent dish, but not so nice as the baked beans. The cut represents the old-fashioned Dutch oven, an iron kettle with a heavy tight-fitting iron lid. The oven is lowered into the ground level with the top and the lid covered with live coals. There is no oven which bakes pork and beans and imparts the same delicious flavor. It is also nice for baking brown or corn bread, and may be placed in the stove instead of the ground.



Dutch Oven.

Spare-rib Pot-pie—Cut spare-ribs once across and then in strips three or four inches wide; put in kettle with hot water to cover, stew till tender, season with salt and pepper, and turn out of kettle; replace a layer of spare-ribs in bottom, add a layer of peeled potatoes (quartered if large), some bits of butter, small squares of baking-powder dough rolled quite thin; season again, put in another layer of spare-ribs, and so on until kettle is two-thirds full, leaving the squares of crust for last layer; then add the liquor in which

spare-ribs were boiled, and hot water if needed, cover, and boil half to three-quarters of an hour, being careful not to boil dry, adding hot water if necessary. The crust can be made of light biscuit dough, without egg or sugar, as follows: Roll thin, cut out, let rise, and use for the pie, having plenty of water in the kettle, so that when the pie is made and the cover on, it need not be removed until dished. If after taking up, there is not sufficient gravy, add hot water and flour and butter rubbed together; season to taste, and serve. To warm over pot-pie, set it in a dripping-pan in the oven, add lumps of butter with gravy or hot water, and more squares of dough may be laid on top.

Fricatelli.—Chop raw fresh pork very fine, add a little salt, plenty of pepper, and two small onions chopped fine, half as much bread as there is meat, soaked until soft, two eggs; mix well together, make into oblong patties, and fry like oysters. Nice for breakfast; if used for supper, serve with sliced lemon. Sausage meat may be used instead of the fresh pork.

To Keep Fresh Pork.—Roast the pieces to be kept, all ready for the table; then put them away in lard. All that is necessary is to heat through when wanted, and the lard is just as good as any for frying doughnuts or mush.

Roast Pig.—The pig to be eaten in perfection, should not be more than three or four weeks old, and should be cooked the same day it is killed. If ordered from the butcher it will need only washing and drying; if killed at home, lay in cold water immediately for a few minutes, then immerse a few minutes in boiling hot water and scrape well; remove the eyes and tongue, trim the ears, cut off the feet, and clean it thoroughly. Wash and dry it with a clean cloth; rub it well, inside and outside, with sage and seasoning of salt and cayenne pepper. For the stuffing make a *Liver Force-meat* as follows: Slice part of the pig's liver and fry brown in two tablespoons butter; chop fine, then return to frying-pan with a chopped onion and tablespoon chopped parsley, add another tablespoon butter and fry till onion is brown. Soak enough bread to fill the pig in cold water and when soft squeeze dry as possible and put in frying-pan with other ingredients; add tablespoon each powdered sage, thyme, marjoram and salt and teaspoon pepper. Stir all over fire until scalding hot, then add cup boiling milk and yolks of two raw eggs. When the pig is stuffed sew it up, skewer the fore legs under the head, and the hind legs under the hams; tie up the ears and tail in buttered paper to prevent burning, and lay the pig in a dripping-pan on a bed of vegetables, and brush the pig all over with melted butter or good salad oil, and put into a hot oven; baste every fifteen minutes with melted butter or oil, using a pastry brush if possible. Leave a medium-sized pig in oven two and a half or three hours. While the pig is being baked, prepare the heart, lights and spleen for the

gravy by boiling tender in enough water to cover, then chop fine, and keep hot in same water. When pig is done, take it up, skim the vegetables out of the pan, rub them through a sieve with a potato-masher, and put them again into the dripping-pan without washing it, with the chopped mixture, and enough more water to make a thick gravy; season highly with salt, pepper and powdered sage; boil two minutes and serve with the pig. For the *Apple Sauce* to be served with the dish, wash eight large sound apples, cut through the middle cross-wise, remove cores and bake till tender. Meantime stew eight peeled and sliced apples in little water till tender with two tablespoons sugar and grated lemon rind, and pulp through a sieve; fill the baked apples with this and set around the pig on platter as a garnish. Serve the pig whole, with an apple or small ear of corn in its mouth, which may be kept open while baking by inserting a piece of wood. It is, however, sometimes served split in half, the two halves placed back to back on platter with half of head on each end, and an ear on each side. Some also like the brains chopped and mixed with the stuffing, and the tongue and feet cooked with the heart, etc., for the gravy. If a *Potato Stuffing* is liked boil twenty good sized potatoes, mash while hot, add butter, a little milk, and two minced onions and minced sweet herbs, with seasoning of salt and pepper, and bread-crumbs, and stuff the pig with it. Or fill with a Veal Force-meat, if preferred. Another way of preparing is after the pig is dressed to score it in squares, and rub butter, lard or salad oil all over it; make a dressing of two quarts corn meal, salted as if for bread, mix to a stiff dough with boiling water, put into pans and bake. When baked brown, break it up, and add one-fourth pound butter, pepper to taste, and thyme. Fill the pig till plump, sew it up, and place it on its knees in the pan, which fill with as much water as will cook it. Baste very frequently with the gravy, to which two red pepper pods should be added. Turn while baking same as turkey, and continue to baste till done. Garnish with celery and parsley tops and serve with apple sauce.

Pig's Feet.—Take the fore feet, cut off the hocks, clean and scrape them well; place two feet together and roll them up tightly in common muslin; tie or sew them so that they will keep in perfect shape, and boil them seven hours on a moderate fire—they will then be very soft; lift out carefully and let cool; then remove the muslin and they will be found like jelly. Serve with vinegar, or split and roll in bread-crumbs or cracker dust, and fry or broil them. Serve with a little tart sauce. Leave them in the cloths until ready to chop. Some boil them only till tender, not wrapping in cloth, then split in halves, take out all large bones and fry or broil. Or put the feet into a stewpan with the liver, heart, a thin slice of bacon, an onion, blade of mace, six pepper-corns, three or four sprigs thyme, pint gravy, pepper and salt to taste, and simmer gently fifteen minutes; then take out head and liver, and mince very fine; stew the

feet till quite tender, which will be in from twenty minutes to half an hour, reckoning from the time they boiled up first; then put back the minced liver, thicken the gravy with a little butter and flour, season with pepper and salt, and simmer over gentle fire five minutes, stirring occasionally. Dish the mince and split feet, and arrange in a circle alternately with croutons of toasted bread, and pour gravy in the middle.

Pig's-feet Souse.—Cut off horny parts of feet and toes, scrape, clean, and wash thoroughly, singe off stray hairs, place in a kettle with plenty of water, boil, skim, pour off water and add fresh, and boil until bones will pull out easily; do not bone, but pack in a stone jar with pepper and salt sprinkled between each layer; cover with good cider vinegar. Some heat vinegar scalding hot, add two tablespoons sugar, one of cinnamon bark, teaspoon each cloves, allspice and whole black pepper, to three pints vinegar and a little celery or mustard seed may be added if liked. Pour over hot and put a plate or saucer on the feet to keep them under the vinegar. This proportion is for four feet; they may be split in two in packing. When wanted for table, take out a sufficient quantity, put in a hot skillet, add more vinegar, salt and pepper if needed, boil until thoroughly heated, stir in a smooth thickening of flour and water, and boil until flour is cooked; serve hot as a nice breakfast dish. Or, when feet have boiled until perfectly tender, remove bones and pack in stone jar with pepper, allspice and salt between the layers, and cover with equal parts vinegar and liquor feet were boiled in; slice cold when wanted for use, and serve with vinegar or Worcestershire sauce. Or the slices may be broiled or fried. Some soak the fresh feet overnight before cooking. Let liquor in which the feet are boiled stand overnight; in the morning remove fat and prepare and keep for use as directed in Medical Department.

Baked Pig's Head.—Cut the head in halves and thoroughly clean it, take out brains, trim the snout and ears, put in a pan with a little dripping, bake an hour and a half, basting occasionally. Wash the brains well, blanch and beat them up with an egg, pepper, and salt, some finely chopped or pounded sage, and a small piece of butter; fry them or brown them before the fire and serve with the head.

Boiled Pig's Head.—Thoroughly wash half a salted pig's head and soak overnight in cold water; in the morning put over the fire in more cold water, with a half cup vinegar, and teaspoon each whole cloves and pepper-corns, and boil gently three hours, or until very tender; leave it in the water in which it was boiled until it is wanted for the table; serve it with boiled spinach, cabbage, or beet tops.

Collared Pig's Head.—Singe the head carefully, bone it without breaking the skin, and rub it well with salt. Make the brine by

boiling together half an hour, one gallon water, one pound common salt, tablespoon chopped juniper-berries, six bruised cloves, two bay-leaves, a few sprigs of thyme, basil, sage, and one-fourth ounce saltpetre. When cold, pour it over the head, and let it stand in this ten days, turning and rubbing it often. Then wipe, drain and dry it. For the force-meat, pound half pound each ham and bacon till fine, and mix in one teaspoon mixed spices, pepper to taste, quarter pound lard, tablespoon minced parsley, six young onions chopped. Spread this over the head, roll tightly in cloth, bind with tape and put in saucepan with a few meat trimmings and cover with stock. Simmer gently four hours. When tender, take up and put between two dishes with heavy weight on top; when cold remove cloth and tape and send to table for breakfast or luncheon, on napkin, or garnished with white paper frill at top.

Pig's Head Cheese.—Having thoroughly cleaned a nice head, split in two, take out the eyes and brain; clean the ears, throw scalding water over the head and ears, then scrape them well; when very clean, put in kettle with water to cover, and set over a rather quick fire; skim it as any scum rises; when boiled so that the flesh leaves the bones, take it from the water with a skimmer into a large wooden bowl or tray; take out every particle of bone, chop meat fine, season to taste with salt and pepper (a little pounded sage may be added), spread a cloth over the colander, put the meat in, fold cloth closely over it, lay a weight on it so that it may press the whole surface equally (if it be lean use a heavy weight, if fat, a lighter one); when cold take off weight, remove from colander, and place in crock. Some add vinegar in proportion of one pint to a gallon crock. Clarify the fat from the cloth, colander, and liquor of the pot, and use for frying. Some boil and chop the meat from the feet also. Powdered sweet herbs, teaspoon allspice, two of cloves and saltspoon powdered mace make a very nice seasoning, and some like the flavor of onions stuck with cloves boiled with the meat. Instead of pressing in a cloth the meat may be packed in molds, moistened or not with a little of its own broth, and a little vinegar. Boiled heart, part of liver and the tongue are also chopped and added, and sometimes a fourth as much lean beef as meat from head, etc., is added. Sliced tongue and sausages, or whole tongue may be placed in center of mold. This dish is called *Brawn* by the English, who pack in molds, without moistening, and press with weights. Some cook again ten minutes or so after chopping the meat and adding the seasonings before putting in molds. It is nice to pack in small molds, if to be served cold, and slice at table. Garnish with parsley and barberries or slices of lemon. *Scrapple* is composed of the head-meat, trimmings of the hams and shoulders, flitch, smaller parts of the chine, the heart, part of the liver and the skin off the parts intended for lard and sausage. The spleen, kidneys and cracklings are used by some and rejected by others. The feet and

ears may also be used. The head is split between the jaws, and after the tongue is taken out it is split through the middle the other way. Cut off one or two inches of the snout and take off the jaw-bone and nasal cavities as far as the teeth extend, and cut across at the eye and also at the opening of the ear. The meat may then be cleaned out evenly. Put the head meat into the boiler after putting in water to cover it, add the rest of the meat in a quarter of an hour. The meat must be boiled until it will readily separate from the bones (the skins should be boiled separately as they take a long time to boil); then take from liquid, remove the bones and chop the meat very fine. Strain the liquid to get out small bones and add to it enough water to make five parts liquid to three of meat. As soon as liquid boils, stir in corn meal and boil fifteen or twenty minutes, stirring all the time. Make a moderately thick mush, then put in meat, mixing thoroughly, cook slowly one hour and season to taste. It takes about as much meal as meat, but no buckwheat nor flour. The Indian meal must be ground fine, of new corn, well dried before grinding. Put away in tin pans or earthern pots in cold place but do not let it freeze. Slice and fry.

Boiled Salt Pork.—Wash a piece of salt pork, the leg is best, put over the fire in cold water to cover and boil slowly three hours, allowing twenty minutes to the pound; when done, take up the meat, remove skin and serve with pickles or mustard and boiled potatoes.

Fried Salt Pork.—Cut in rather thin slices, and freshen by letting lie an hour or two in cold water or milk and water, roll in flour and fry till crisp and a nice golden brown; if in a hurry, parboil, or pour boiling water on the slices, let stand a few minutes, drain, roll in flour and fry as before. Fry cold boiled potatoes, sliced, in same fat till brown on both sides, without breaking, and serve as a garnish round the slices of pork on platter. Keep both hot while making a gravy as follows: Drain off most of the grease from frying-pan, stir in while hot one or two tablespoons flour, about half pint new milk, little pepper, and salt if not salt enough already from the meat; let boil and pour into gravy dish. A nice white gravy when properly made. Some soak pork to be fried for breakfast overnight in buttermilk. *Pork Fried in Batter* is nice for a change. Make the batter by beating together four eggs, three heaping tablespoons flour, a cup milk, and a little salt; dip the slices of pork in this and fry in hot fat, or pour the batter over pork in frying-pan and cook all until a nice brown. While making gravy place the fried pork where it will keep hot but not fry, as it should be sent to table in nice dry crisp slices without a particle of grease visible. An excellent way of serving is to dust with white pepper and turn a little sweet cream over the slices. *Pork Scraps* with *Egg Sauce* are nice served with boiled codfish and mashed potatoes. Cut fat salt pork into half inch squares and fry a crisp brown; for the sauce,

beat an egg very light, with one tablespoon flour. Add two tablespoons cold water, then pour on one pint boiling water. Let it boil three minutes, then take from the fire, add one-half cup melted butter, and serve poured round the pork slices neatly placed in center of platter. For *Fried Pork with Apples*, core sour apples, cut into nice slices crosswise without peeling them and fry in pan with slices of pork, and serve on dish with pork in center and apples around

Pressed Salt Pork.—Take a rather long strip of fat and lean salt pork, cut from the flank; wash it in cold water, and soak in warm water until sufficiently softened to roll; lay pork skin down on table, cut out all bones and gristle, season rather highly with pepper and mixed powdered dried sweet herbs, or chopped parsley or celery leaves; some cover with sliced pickled gherkins, seasoned with pepper and powdered mace; cut any uneven portions and place them so that pork can be rolled up tightly; tie and put it over the fire in boiling water to cover, and boil gently an hour and a quarter, or until tender enough to be easily pierced with a fork, then drain it, reserving liquor in which it was boiled, put it between two dishes, with a weight on upper one, and press until cold; then remove strings, slice and serve. Parsnips washed and scraped, and boiled tender with pork, can be sliced and fried, and served with it; the cold pork can be sliced and quickly browned in frying pan with parsnips, either drippings, lard, or butter being used for frying them; carrots can be cooked in same manner, and served with pork, or any vegetable preferred. A nice flavor may be given the pork by boiling with it two onions stuck with six cloves, three bay-leaves, bunch of parsley and sprig of thyme.

Roast Salt Pork.—Boil one hour; pour off first water, and boil another hour; take out and put it in pan, tip so grease will run off, sprinkle with pepper, and bake brown, turning and basting often, dredging with flour at two or three last bastings. Bake small, smooth potatoes, peeled and cut round, in pan with pork, and dish around it as a garnish. Make a brown gravy in pan and serve in gravy boat. Or take moderately thin pieces, about right for three thin slices, pepper and dust with sage, and bake as above. Before it is done put in a few pieces of onion. When done, take out, cut into slices for table, dish and pour a very little cream over, sprinkle with flour and put in oven to brown. Or after freshening and parboiling a thin piece of side pork, spread with a dressing of bread-crumbs, finely chopped onion, a small piece of butter, pepper and salt, and two well-beaten eggs. Roll well together and tie tightly. Place in a dripping-pan, with a little water, dust with flour and a little pepper, and roast till a nice brown. Serve with apple sauce. A little finely chopped pie-plant added gives the sauce a pleasant acid taste.

Salt Pork Pot-pie.—Parboil a piece of side pork, cut in small pieces and put in kettle with water to cover; add one or two onions

an equal amount of carrot, and a little pepper; let cook a few minutes, then put in potatoes, and twenty minutes before taking up, put in some dumplings. Or grate medium-sized carrot, chop one small onion, and cut in small slices one or two potatoes, add the parboiled pork, cut in bits, with sufficient water, and cook until vegetables are done; thicken, and over the top spread a baking-powder crust, and bake until it is done. Some cook the pork in slices, parboiling as above, and add only small potatoes, whole. Before putting in the dumplings it may be necessary to add more water, which should be boiling. For the dumplings take one pint flour, pinch of soda, salt, an egg beaten light, and very sour milk enough to make a soft dough, or a very stiff batter so it will drop, not run off the spoon; drop this in small spoonfuls into the kettle, and cook until light and done, which will be in a very few minutes.

Salt Pork Stew.—Boil one pound salt pork, previously freshened, until tender, then take out and place in pan in oven to brown. Boil potatoes and onions, or potatoes alone in the liquor the pork was boiled in and when done stir in a beaten egg mixed with a cup milk and tablespoon butter, with seasoning to taste. Or when onions are omitted put in dumplings a half hour before ready to serve.

Boiled Bacon.—As bacon is often very salt, it should be soaked in warm water an hour or two before cooking; then pare off the rusty parts, and scrape the under-side and rind as clean as possible. Put into a saucepan cold water, let it come gradually to a boil, and as fast as scum rises remove it. Simmer very gently till *thoroughly* done; then take up, strip off skin, sprinkle some bread-crumbs over and garnish with tufts of cauliflower or Brussels sprouts. When served alone, young and tender beans or green pease are the usual accompaniments. Or boil a half lean and fat piece with a little stock, slices of sausage and cabbage; season with salt and spice and serve all very hot, the bacon in center of dish with sausages and cabbage around.

Breakfast Bacon.—Slice very thin, cut off outside and lay each slice on slice of bread of ordinary thickness, same size as bacon, and bake in pan in very hot oven. Or boil till tender, and when cold, slice, single-bread and fry brown in very little fat. Very nice. and quite unlike bacon.

Broiled Bacon.—The half lean and fat part of thick flank is best for broiling. Cut into thin slices, take off rind, broil over a clear fire and serve very hot. Some broil it between sheets of paper. Should there be any cold bacon left from the previous day, it answers very well for breakfast, cut into slices and broiled or fried.

Fried Bacon—Cut bacon in thin slices and fry; some like it crisp, others fry only till transparent; fry eggs in same pan and

serve one on each slice. Or fry tart apples, either quartered or sliced crosswise and cored, in the fat and serve them on the slices of bacon, which have been kept hot in oven. *Rashers of Bacon* are thin strips of bacon, about an eighth of an inch thick, and three or four inches long, fried until transparent. The French serve them laid over beefsteak, roast beef, game, etc., and they are often served for breakfast with fried liver.

Bacon Pudding.—Cut a quarter pound fat bacon in small bits and fry brown with two sliced onions; add a pint split pease, tablespoon salt, saltspoon pepper, teaspoon sugar and cold water to cover; boil until pease are reduced to pulp, which will be in about three hours. Then stir in oatmeal to thicken, boil twenty minutes, stirring occasionally, and serve hot; any remains left over may be sliced and fried brown or the whole may be cooled, packed in a tin or mold and then fried.

Bacon Roly-Poly.—Boil a pound and a half bacon half an hour; then slice thin; peel and slice six apples and same number onions; make stiff dough of two quarts flour, teaspoon salt, pint finely chopped suet and cold water; roll out half an inch thick and eight inches wide; lay the bacon, apples, and onion all over it, roll up, tie tightly in a clean cloth, and boil about two hours, in plenty of boiling water, or it may be steamed four hours. Serve hot with boiled potatoes, or boiled cabbage. Some omit the onions and apples, and chop the bacon fine. For *Ham Roly-Poly* use chopped ham instead of bacon.

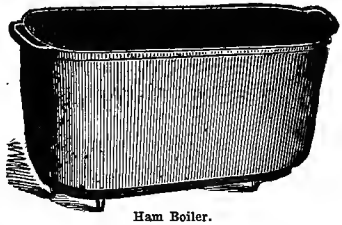
Baked Ham.—Put the ham in water at least twelve hours before baking. Skimmed milk, or milk and water is preferred by many to water for soaking hams. When ready to cook wipe the ham dry, trim away any rusty places, and cover it with a coarse paste of flour and water to keep the gravy in, place in pan on trivet,

Trivet.

put in oven and bake from four to six hours, according to size, or allow fifteen minutes for each pound. When ready to serve take off paste and skin, cover with bread or cracker crumbs seasoned with salt and pepper, and as soon as browned take up and garnish the knuckle with a paper frill. Ham is sometimes roasted plainly, as directed in Roasted Meats, dredging well with flour, bread-crumbs or cracker dust, but is much sweeter and nicer if the juices are confined by a paste as above. *Baked Stuffed Ham* is prepared by making deep incisions in the ham with a sharp knife and filling them with a bread stuffing, seasoned with onion, ground sage, celery seed and thyme, or with a dressing made by mixing a quarter pound fresh pork chopped very fine, two tablespoons powdered sage, one of black pepper, teaspoon cloves, allspice, and cinnamon and an onion chopped very fine, moistening with pepper vinegar. Put the ham on trivet, sift flour thickly over

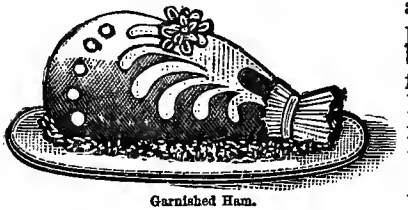
and if pan is deep fill half full of water. Bake as above, basting as other roast meats. Or wash and scrape skin till very white, cut out a piece from thick part (use for frying), leaving the skin on the ham as far as possible, as it makes a casing for the stuffing; put in a boiler and steam for three hours; take out and score in thin slices all around the skin; fill the space cut out with a stuffing made of bread-crumbs, same as for poultry, only not quite so rich, seasoned rather highly with pepper and sage; wrap around a strip of cotton cloth to keep in place, and bake in the oven one and a half hours, turning so as to brown all sides nicely. The last half hour sift lightly with powdered sugar and cinnamon. Some peel off skin after steaming, then insert dressing so that when carved each slice will have some of the dressing in it. Mix two well-beaten eggs with sifted bread or cracker crumbs and spread over the ham, then sprinkle brown sugar over and bake, basting frequently with the liquor in pan. What is left is delicious sliced cold.

Boiled Ham.—Pour boiling water over the ham and let stand until cool enough to wash; scrape clean (some have a coarse hair-brush on purpose for cleaning hams), put in a thoroughly cleansed boiler, or Ham Boiler, with cold water enough to cover; bring to boiling point, skim, and place on back part of stove to *simmer* steadily for six or seven hours, or till tender when pierced with a fork, or allow fifteen minutes for each pound; be careful to keep water at boiling point, but do not allow it to go much above that. Turn the ham once or twice in the water; when done take up and put into baking-pan to skin; dip hands in cold water, take skin between fingers and peel as an orange; set in moderate oven, placing lean side of ham downward, and if liked, sift over pounded or rolled crackers; bake one hour. The baking brings out a great quantity of fat, leaving the meat much more delicate, and in warm weather it will keep in a dry, cool place a long-time; if there is a tendency to mold, set it a little while into the oven again. Or, after the ham is boiled and peeled, cover with the white of a raw egg, and sprinkle sugar or fine bread-crumbs over it; or cover with a regular cake-icing, place in the oven and brown; or, quarter two onions, stick whole allspice and black pepper in the quarters, and with a knife make slits in the outside of the ham in which put the onions, place in dripping-pan, lay parsley around, and bake till nicely browned; or put chopped parsley and pepper in the incisions. Or, after boiling and peeling, dust with sugar, and pass a salamander or hot shovel over it until it forms a caramel glaze, and serve without baking. Some rub the ham over with brown sugar moistened with a little vinegar; stick it full of cloves, then bake fif-



Ham Boiler.

teen minutes; or take half cup brown sugar, teaspoon browned flour, and moisten with vinegar; cover this paste over the fat of the ham, and set in very hot oven until the mixture froths. A still nicer way is to glaze with strong meat jelly or any savory jelly at hand, boiled down rapidly (taking great care to prevent burning) until it is like glue. Brush this jelly over the ham when cool, and it makes an elegant dish. The nicest portion of the boiled ham may be served in slices, and the ragged parts and odds and ends chopped fine for sandwiches, or by adding three eggs to one pint of chopped ham a delicious omelet may be made. If the ham is very salt, it should lie in water overnight. Hard-boiled eggs in rings, pickled beets cut in fancy shapes, sliced lemons and green parsley are used as a garnish for ham. Some soak the ham as for baking, and add to the water in which it is to be boiled a pint vinegar, two or three bay-leaves and little bunch thyme and parsley. Others like the flavor of parsley, turnips and onions. The ham may also be stuffed as directed in Baked Ham. If to be served cold let the ham remain in the water until nearly cold, but do not leave overnight. Remove the rind and with a cloth absorb as much grease from it as possible; then sprinkle with bread-crumbs, cut any figure fancied upon it, with a sharp knife, ornament with a paper frill and croutons or vegetable flowers, (see Garnishes), and serve with a garnish of aspic jelly. If an ordinary boiler is used to boil a ham, some put a whisp of clean, sweet hay in bottom. Keep the bone for soup, and the rind and fat should be rendered and strained for frying.



Garnished Ham.

Boned Ham.—Having soaked a well-cured ham in tepid water overnight, boil it till perfectly tender, putting it on in warm water; take up in a wooden tray, let cool, remove bone carefully, press the ham again into shape. return to boiling liquor, remove pot from fire, and let remain in it till cool. Cut across and serve cold. Or fill the bone cavity with a bread stuffing or force-meat and bake an hour. Serve either hot or cold.

Broiled Ham.—Cut ham in slices of medium thickness, place on a hot gridiron and broil until the fat readily flows out and the meat is slightly browned, take from the gridiron with a knife and fork, drop into a pan of cold water, then return again to the gridiron, repeat several times, and the ham is done; place on a hot platter, add a few lumps of butter, and serve at once. If too fat, trim off a part; it is almost impossible to broil the fat part without burning, but this does not impair the taste. Pickled pork and breakfast bacon may be broiled in the same way. Or use any patent broil-

ers as in Broiled Meat. Eggs broken first into a saucer and then delicately fried in butter or clarified dripping by dipping the fat over them till whites are set, are nice served on broiled ham or bacon. Or they may be served round the meat as a garnish, and broiled or fried ham is sometimes served on a bed of boiled spinach.

Fried Ham and Eggs.—Cut the ham into thin slices and if particularly hard and salt, soak it about ten minutes in hot water then dry in a cloth and put over fire in cold frying-pan, and turn the slices three or four times while cooking. Ham should be thoroughly well done, and will need to fry at least half an hour. When done place on a dish and serve, a poached egg on each slice. Or keep the ham hot in oven, and fry the eggs in the fat in pan, dipping it over the eggs with a spoon to cover with the white film, and some turn the eggs. Take out as soon as whites are set and serve on the ham. Or place the slices of ham in boiling water and cook till tender; then put in frying-pan and brown, dish on a platter, and serve eggs on the slices, fried as above, or as a border, with ham in center of platter. Very delicious. Or after cooking in water dip the slices of ham in flour or sifted bread-crumbs before frying. Another way of serving ham is after boiling to put where it will keep warm; then mix equal quantities potatoes and cabbage, bruised well together, and fry in the fat left from the ham. Place the mixture on bottom of dish and lay the slices of ham on top. Cauliflower or broccoli may be substituted for cabbage. Bacon may be served same. The most economical way to cut a ham for broiling or frying, is to slice, for the same meal, from the large end as well as from the thickest part; in this way a part of best and a part of the less desirable is brought on, and the waste of the meal is from the poorest, as the best is eaten first. After cutting a ham, if not to be cut from again soon, rub the cut side with corn meal; this prevents the ham from becoming rancid, and rubs off easily when the ham is needed again.

Ham and Eggs.

Frizzled Ham.—Cut the lean part of ham in thin shavings, as thin as possible; soak in cold water an hour, then press the water out. Put a level tablespoon butter in a frying-pan and when hot put in a pint of the meat and fry about five minutes, stirring all the time; then sprinkle over it a heaped tablespoon flour and fry till the flour is a yellow-brown color; pour a pint sweet milk over and let boil one minute. Nice for breakfast or tea. Dried beef prepared same way.

Potted Ham.—Take a pound of lean to every half pound fat ham (or better to every quarter pound fat) and mince very fine, run through a sausage machine, or better, pound in a mortar; add to each pound and a half a small teaspoon powdered mace, quarter of a good-sized nutmeg, grated coarse, and a saltspoon cayenne pepper; less mace may be used and a little pounded allspice added instead;

a powdered bay leaf may also be added, and some like a little mustard; mix all thoroughly and press into the dish or pot in which it is to be served. Bake in oven about twenty-five minutes, taking care that the top does not brown too much, and then press it down very hard using a weight of some kind. Cover the top with a thin coat of fresh melted lard or clarified butter, tie down with an oil-cloth cover or paste paper over and it will keep for months. Some cover and put away without baking, and others bake in baking dish, then pack in pots. Very nice sliced for luncheon or tea or for sandwiches.

Steamed Ham.—Steaming is thought by many far the best way of cooking a ham. Lay in cold water for twelve hours; wash very thoroughly, rubbing with a stiff brush to dislodge the salt and smoke on the outside. Put into patent steamer, or a common steamer covered closely and set over a pot of boiling water. Allow at least twenty minutes to a pound, keeping the water at a hard boil. When done finish and garnish as Boiled Ham and serve spinach or other vegetables with it.

Ham Cake.—Pound one and a half pounds nice ham in a mortar, or pass it through a sausage machine. Soak a large slice of bread in a half pint milk, and mix it and the ham well together. Add a beaten egg, put the whole into a mold and bake a rich brown.

Ham Puffs.—One pint each water and flour, five eggs, three or four tablespoons chopped ham, pinch of cayenne. While water is boiling stir in flour, beat well and cook until the stiff batter parts from the pan, then beat in the eggs one by one, and add the ham and seasoning; drop in hot lard and fry until brown. A nice breakfast dish.

Ham Squares.—Make a thin batter of flour, water, two eggs and a little salt. Have a frying pan hot and put in it one tablespoon each lard and butter, or drippings. Pour in very thin layer of batter, let fry two or three minutes, cover the batter with thin slices of ham, then pour a thin covering of batter over that and fry till the bottom is a light brown; cut in squares, turn and fry the other side.

Sausage.—For the various ways of making and packing sausage intended for long keeping turn to Cutting and Curing Meats. To cook sausage that has been packed in jars take out and make with floured hands in small cakes and fry in pan without lard, turning to cook both sides, or simply spread on bottom of frying-pan to thickness desired, and when cooked on one side cut into nice sized pieces and turn to finish frying. The sausage in skins should be pricked and put in cold frying-pan to cook slowly, or if not pricked fry in a little lard or dripping, and if not liked very fat, take out of pan when nearly done, and finish cooking on gridiron. Or a very neat and the most wholesome way of cooking is to prick them all

around, lay in a shallow tin, and put in oven to bake half an hour. *Sausage and Apples* are often served together. If the sausage is in cakes, slice the apples quite thin and fry in pan with them, serving sausage in center of dish with apples around. If the saugage is in skins, fry both sausage and sliced apples by dropping in hot lard, frying apples until nicely browned. Serve as above, or after frying, put both into a pudding dish with edge of paste and bake half an hour in quick oven. *Apples Stuffed with Sausage* are sometimes served as an entree. Remove the cores from sour apples without breaking, stuff with highly seasoned sausage meat, and bake until the meat is done in a moderate oven. Sausages are also served on a bed or mound of mashed potato with apple fritters as a border, or with apple sauce. Or send to table with pieces of toast of same size between the sausages. Or split the sausages in two and broil them sending to table on toast. Some prefer brown-bread toast for this. For *Sausage Rolls* make paste same as for pie, only not so rich; roll sausage cakes in separate pastes and bake in oven till lightly browned. For those who object to sausage because of the fat a very delicate way of preparing is to mix with the sausage as taken from jars bread-crumbs or cracker-dust,—half and half—and some add beaten eggs; make into small cakes, dredge with flour and fry.

Baked Sausage.—Mix a good quantity bread-crumbs with prepared sausage meat, add an onion chopped fine, and seasoning to taste; some like a little pounded cloves. Mix well and fill in deep baking pan, with strips of fresh pork about two inches long inserted an inch apart. Bake slowly four hours. Leave in pan till perfectly cold. To serve, slice crosswise.

Breaded Sausage.—Wipe the sausages dry, single-bread, put in frying-basket, plunge in hot fat and cook ten minutes. Serve with a garnish of toasted bread and parsley.

Creoled Sausage.—Chop garlic size of pea very fine; peel and slice pint of tomatoes, or use an equal quantity canned, without their liquor; wipe two pounds sausage with wet cloth, and prick with fork to prevent skins bursting while cooking; put sausages over fire in dripping-pan to fry and when they begin to yield drippings, push to one side of pan, and put in the garlic and tomatoes; let fry without mixing with the sausage; while tomatoes are frying break and mix them with the sausage drippings, and season rather highly with salt and pepper; when sausages are brown, take up tomatoes with a skimmer, lay on hot dish, and serve sausages on them. The drippings remaining in pan will serve as good basis for tomato sauce.

Liver Sausage.—Mince together three-fourths pound rather fat bacon, one pound calf's liver and half pound bread-crumbs; season with pepper, salt, a little grated nutmeg and lemon peel, parsley,

thyme, a bay leaf, and add three eggs; mix all thoroughly together, encase in the usual skin and fry a nice brown.

Mutton Sausage.—Take a pound fresh mutton, or that which has been underdone, chop very fine and season with pepper, salt and beaten mace. Chop also half pound beef suet, two anchovies, pint oysters, quarter pound bits of dry bread, and a boiled onion; mix the whole with the oyster liquor and whites and yolks of two well-beaten eggs; pound the whole in a mortar, roll into lengths, corks or balls, and fry.

Oyster Sausage.—Take one pound of veal and twenty oysters, bearded; pound the veal very fine in a mortar with a little suet, and season with little pepper; soak a piece of bread in the oyster-liquor, pound, and add it, with the oysters cut in pieces, to the veal; beat and add an egg to bind them together, roll into little lengths and fry in butter a delicate brown. Or take half pound lean mutton or beef, with three-quarters pound beef suet, and twenty-five oysters, bearded. Chop the whole and add bread-crumbs, with two yolks of eggs. Season with salt, white pepper, a little mace, and mushroom powder. May be put in skins and kept a day or two before frying.

Poultry Sausage.—Chop very fine, or pound in mortar, equal parts cold fowl, cream, dried bread-crumbs, and boiled onions; season with salt, pepper, and nutmeg to taste; make into cakes and fry as any sausages. Or take the remains of boiled or roasted fowl, remove bones and chop fine. Boil some onions in good gravy and when quite soft pound them, season with salt, pepper, parsley, two cloves and a blade of mace; pound the meat and add some bacon cut in small pieces. Mix with the yolk of an egg, add a little lemon juice or sour pickle, or chop a little sorrel with the herbs, fill into skins and broil, or make into little cakes and fry. Remains of rabbit or other game may be prepared same.

Veal Sausage.—Chop a half pound each lean veal and fat bacon very fine; add sage, salt, pepper and allspice to taste; beat well, roll into balls, flatten and fry. An anchovy chopped with the meat is an improvement.

White Sausage.—Chop two pounds suet very fine and add a pint oatmeal, two or three onions boiled in milk and chopped with seasoning of white pepper and salt; fill skins and cook as other sausage. Rice boiled in milk may be added if liked. Sausages may be made of any cooked meats, chicken or rabbits; chop the meat very fine, adding onions and seasonings as above, with chopped parsley and a few grains of pounded mace; or add chopped bacon instead of suet, mix all together with two yolks of eggs, a few bread-crumbs and a few drops lemon juice; make in little cakes or fill skins and broil or fry. They will keep but a few days.

Sausage with Chestnuts.—Roast twenty or thirty chestnuts, peel and remove inner skin. Cut six thin slices sausage meat into diamonds and fry brown in a little fresh butter. Take them out and thicken butter in pan with flour, add a pint good gravy with two or three tablespoons any catsup liked, a bunch of herbs and salt and pepper to taste. When this boils put the sausage round the sides of pan with chestnuts in center and stew three-quarters of an hour. Dish with sausage as a border, pouring the gravy over all.

Sausage Roll.—Roll a piece best puff paste out to an eighth of an inch in thickness; cut in four-inch squares and lay them out on board; have the sausage meat ready, break it off in pieces the size of a small egg, roll out three inches long and place one piece in the middle of each square of pastry; wet the edge of pastry with water then fold over, leaving fourth of an inch edge around the side; wash with egg, taking care not to allow the egg to run down over the sides of the pastry. Give a few shallow cuts with a sharp knife; then cut a leaf of pastry, place it in the center (do not wash it), and bake them a nice brown. If made well the edges will rise up and the roll will look like a book.

Marbled Veal.—Boil a beef tongue, and same quantity lean veal; grind separately in sausage cutter; season both with pepper, a little mustard and pinch each of nutmeg and cloves, adding salt to veal. Pack in alternate spoonfuls as irregularly as possible in a buttered crock, pressing very hard; put in cold place, turn out whole and cut in slices. White meat of fowls may be used in place of veal. Or take a piece of veal from the round; add loose lean scraps, and a bone if convenient; cover with cold water and boil until perfectly tender; remove the piece of meat, leaving the scraps and bone to stew longer. Have ready four or five hard-boiled eggs; slice the cold veal, and put in the mold in layers, with sliced egg, a little salt, pepper, sweet marjoram, boiled ham cut in dice, and a slight dredging of flour; reserve enough of the egg to make a border around the last layer. When mold is full press the layers gently together and pour in the stock from kettle. If there were no scraps or bone for the stock, stir in a tablespoon melted gelatine for each pint meat; cover mold, and bake moderately for an hour and a half. When cold, turn from mold and serve. Thinly-sliced uncooked veal may be used.

Potted Veal.—Mince veal and ham together in proportion of one pound veal to quarter pound ham, pound in mortar with cayenne and mace to taste and sufficient fresh butter to make smooth paste. Press into little pots or jars and cover with clarified butter. Nice for breakfast or luncheon

Veal Collops.—Cut two pounds leg of veal into long thin pieces about two inches wide, flatten them and lay on each a slice of bacon

same size. Spread a highly seasoned force-meat over the bacon, sprinkle with cayenne, roll up tightly, skewer firmly, single-bread them and fry a rich brown in little butter, turning occasionally. When done, dish and set in oven to keep hot, while making gravy in pan; flavor with lemon juice, salt, pepper and pounded mace, boil up once and pour over the collops. For *Veal Rolls*, take slices half inch thich of cold veal, brush with egg and finish as above.

Veal Curry.—Cut part of a breast of veal into pieces about three inches long and two wide; fry in butter a light brown, with an onion chopped fine; while hot rub them over well with two tablespoons curry powder; put into stewpan and add some good veal broth, pepper, salt and butter, and stew very slowly until meat is tender. If wished acid, lemon juice or liquor from pickles may be added. Or fry the onion in butter separately, a light brown, skim out and set by until wanted. Fry about two pounds veal cut in small square pieces in same butter, stirring to brown well on all sides, add two tablespoons curry powder and draw pan to one side; grate an apple over the veal, return to fire and add half teaspoon salt, three gills stock and when boiling the fried onion; again draw aside and leave to simmer uncovered two hours to reduce the gravy. Just before serving stir in two tablespoons cream and juice of half a lemon. Serve with the sauce poured over, and send a dish of boiled rice on with it. The reason for browning the onion separately is that the veal requires so much longer time to brown that the vegetables would be reduced to a crisp before the meat could be done. Lean mutton, rabbit and chicken may all be curried in this way.

Veal Cutlets.—The choicest cutlets or steaks are cut from the fillet or center of hind leg. For *Broiled Veal Cutlets*, dredge with pepper and salt and dip in melted butter and sifted bread-crumbs twice, and broil with a piece of buttered paper between the cutlets and the broiler, giving them time to cook through before the breading is brown. When nearly done remove paper and finish on the broiler. Serve garnished with parsley and lemon. They may be broiled without the paper. Or first half fry them in a little butter, turn white sauce over them and let stand till cold. Then dip in melted butter or oil, enclose in buttered paper cases with edges folded so that the sauce will not run out, and broil slowly twenty minutes, or place in oven for same time. For *Fried Veal Cutlets*, make a batter of half pint milk, a well-beaten egg, and flour; fry veal brown in sweet lard or beef-drippings, dip it in the batter and fry again till brown; drop spoonfuls of batter in hot lard after veal is taken up, and serve on top of meat; put a little thickening in the gravy with salt and pepper, let it come to a boil and pour it over the whole. The veal should be cut thin, pounded, and cooked nearly an hour. Sifted bread-crumbs or cracker dust and egg may be used instead of batter, but the skillet should then be kept covered, and the veal

cooked slowly for half an hour over a moderate fire. Some season the crumbs with grated lemon peel, and nutmeg and a little chopped parsley. If a gravy is wanted, sprinkle a little flour in the pan, add salt and pepper and a little water, let come to a boil, and pour over the cutlets; or, pound well, squeeze juice of lemon over the slices, let stand an hour or two, dip in beaten egg and then in fine dry bread-crumbs, and plunge at once into *hot* fat enough to cover. The slices will brown before they are thoroughly cooked, and the pan should be drawn aside to a cooler place to finish more slowly. Fry slices of tomato, first rolled in flour seasoned with pepper and salt, with the cutlets and serve as a border round them. Or turn a nice brown gravy over them and garnish with parsley or sliced lemon. Or fry slices of ham first, then fry the breaded cutlets in same fat, and arrange on dish with alternate slices overlapping each other, spreading the ham with butter mixed with a little mustard, and the veal with butter melted with a little tart jelly. Or fry and serve with nice slices of salt pork. Some cooks parboil before frying either in clear water or put with them a piece of nice pork, clove of garlic, bunch of thyme and parsley, pepper and salt, cover with water and stew ten or fifteen minutes, take out and cool, then bread and fry. Nice with mushroom sauce. For *Maryland Cutlets*, cut two pounds fillet of veal into small round pieces and place in frying-pan with two tablespoons butter and seasoning of white pepper and salt. Cook the meat over a slow fire five minutes in order to whiten it, turning the pieces and do not let the butter brown. Draw pan from fire and sprinkle over the meat a tablespoon chopped parsley, half dozen mushrooms and a shallot also chopped; melt in separate saucepan a tablespoon butter, stir in a tablespoon flour, add by degrees a half pint white stock, bring all to a boil, pour over the veal in frying-pan and cook slowly twenty minutes, turning the meat constantly to prevent coloring too much. When done take up the meat on flat dish and stir into sauce yolks of two eggs beaten with tablespoon cream, simmer slowly till thick and turn over the cutlets which must have been kept hot.

Veal Fricandelles.—Cook one cup each milk and bread-crumbs until a smooth paste; add two pounds lean veal, finely chopped, half cup chopped ham, cup butter, salt and pepper to taste, and juice of half a lemon. Mix thoroughly and form into balls size of an egg, dip the balls in beaten yolks of three eggs and brown them in butter. When all are cooked, stir through the butter in pan three tablespoons flour, add gradually a pint and a half beef stock, and boil two minutes. Put the balls in this and cook very slowly one hour. Serve with toast and lemon. Fricandelles can be made with chicken, mutton, lamb, or beef, but the ham must be omitted.

Veal Fricassee.—Put piece of butter size of an egg into a kettle, and when it begins to fry, put in the veal, season and fry brown;

then add water sufficient to cook it. When done thicken with cream and flour as for Chicken Fricassee, and the dish will be very like chicken and much cheaper. Two pounds of veal will make a dinner for six or eight if not too much bone. Or cut the veal in nice sized slices and fry in melted butter until firm but not colored; dredge a tablespoon flour over them, add a little grated lemon peel, and gradually as much boiling veal stock as will cover the meat; simmer until tender. Take out meat and add to the gravy a gill of boiling cream, salt, cayenne, and a pinch powdered mace. Beat yolks of two eggs in a bowl; add gradually a little of the sauce, after it has cooled a few minutes, then add it carefully to the remainder. Return the meat to the sauce, and let the saucepan remain near the fire until eggs are set. Add juice of half a lemon and serve.

Veal Loaf.—Three pounds leg or loin of veal and three-fourths pound salt pork, chopped finely together; roll one dozen crackers, put half of them in the veal with two eggs, season with pepper and a little salt if needed; mix all together and make into a solid form; then take the crackers that are left and spread smoothly over the outside; bake one hour, basting occasionally, and serve cold in slices. *Beef Loaf* is made same. Some pack in deep baking dish and season with cinnamon, sage, celery, summer savory or nutmeg, and bake. This is also called *Veal Pate.* For *Veal Cakes* make the same mixture into little cakes or balls and fry in kettle of hot fat. Lean pork may be used if the veal is fat, and some use only veal.

Veal Olives.—Take the bone out of fillet and cut thin slices any size wished, beat them flat, rub with beaten yolk of egg, lay on each piece a thin slice of boiled ham, sprinkle salt, pepper, grated nutmeg, chopped parsley, and bread-crumbs over all, roll up tight, and secure with skewers, single-bread, lay in dripping-pan, and set in oven; when brown on one side, turn, and when sufficiently done, put them in a rich highly seasoned gravy and stew till tender. Take out skewers and serve, garnished with Force-meat Balls and green pickles, sliced. Or take one and a half pounds of veal, trim off the edges and fat, cut in strips three inches wide and four long, season to taste with salt and pepper; chop the trimmings and fat, add three tablespoons cracker dust, salt and pepper, and butter enough to mix; spread this over the strips of meat, roll and tie in shape, and dredge well with flour. Fry them brown in pork fat and put them in another pan that can be covered. In the fat stir one tablespoon flour, brown, add a pint beef broth, stir for two or three minutes, and pour all over the olives; cover and let all simmer two hours. To serve, cut the strings, place olives on the dish and pour the gravy over. *Beef Olives* made the same, adding teaspoon sage and summer savory to the dressing.

Veal Oysters.—Cut veal from the leg or other lean part into pieces the size of an oyster. Rub a seasoning of pepper, salt and a little mace mixed over each piece; single-bread and fry as oysters.

Veal Pie.—Cut two pounds cutlets into square pieces, and season with pepper, salt, and pounded mace; put in a pudding dish with two tablespoons minced savory herbs sprinkled over, and one or two slices of lean bacon or ham placed on top; if possible this should be previously cooked, as undressed bacon makes the veal red, and spoils its appearance. Pour in a little water, cover with crust, ornament as fancied; brush over with yolk of an egg, and bake in a well heated oven for about one and one-half hours. Pour in a good gravy after baking, which is done by removing the top ornament, and replacing it after the gravy is added. For a *Veal and Ham Pie*, cut the veal and ham in thin slices, lay a slice of ham, about one-third the slice of the veal on the latter, season with seasoning as above, and roll them up and place them in the dish, add water and chopped (not sliced) hard-boiled eggs, place on the crust and bake in a moderate heat, the same as for Beefsteak Pie. If the ham is very salt use less salt and more pepper in the seasoning. Parsley is a great favorite generally with veal. Those wishing it can add it; also forcemeat balls. Catsup, either mushroom or tomato or a little Worcestershire sauce, may also be added. Some are very fond of sausage meat added to the veal pie; but all these are mere matters of taste. For a *Veal and Oyster Pie* procure a pound flank or neck of veal, cut in small pieces and stew until tender in just enough water to cover. Chop an onion with a little parsley and add with the pork also cut up, salt and pepper and last a spoonful of thickening and a cup milk. Take from fire and turn it into a shallow pan that will hold one and one-half or two quarts. Then scatter a cup oysters and their liquor over the top, sprinkle a little more pepper and a dust of flour from the dredger, and cover with a crust. Bake about half an hour. The crust may be made by rubbing a small cup minced suet with a heaping cup flour and a pinch salt, and mixing with lukewarm water, or with lard and flour in about the same measures, mixed up very cold.

Veal Pot-Pie.—Put two or three pounds veal (a piece with ribs is good), cut in a dozen pieces, in a quart cold water; make a quart soda-biscuit dough; take two-thirds of dough, roll to a fourth of an inch thick, cut in strips one inch wide by three long; pare and slice six potatoes; boil veal till tender, take out all but three or four pieces, put in two handfuls of potatoes and several strips of dough, then add pieces of veal and dough, seasoning with salt, pepper, and a little butter, until all the veal is in pot; add boiling water enough to cover, take rest of dough, roll out to size of pot, cut several holes to let steam escape, and place over the whole. Put on a tight lid and boil *gently* twenty or thirty minutes *without uncovering.* Or,

cut a half pound salt pork in thin slices about an inch square and fry brown; cut three pounds breast of veal in two-inch slices, season with salt and pepper, and roll in flour; when pork is brown add veal to it, stir together over fire for two minutes; pour over a quart boiling water, season with two teaspoons salt and a saltspoon pepper, and cook slowly until the veal is tender. Meantime, peel two quarts potatoes, and slice rather thin; leave half in cold water until the veal is cooked, and boil the rest in salted boiling water until soft enough to be rubbed through a colander with a potato-masher; while rubbng them through the colander, add two tablespoons butter, and mix with them about half a pint milk and sufficient flour to form a paste which can be rolled and cut out. When the veal is tender lay a piece of this potato paste about an inch thick in the bottom of a deep earthen pudding-dish, and fill the dish with alternate layers of veal and raw sliced potatoes. Pour into the dish the broth in which the veal was cooked, lay on the top the rest of the potato paste, brush it with beaten egg, and set the dish in a hot oven until the paste is brown. Serve pot-pie hot in dish in which it is cooked.

Veal Roll.—Spread a thin veal cutlet with a dressing of bread-crumbs, moistened with a little melted butter, and seasoned lightly with salt, pepper and summer savory; roll the cutlet up, tie with a fine cord; bake till done, basting thoroughly; when cold, remove the cord and cut into slices.

Veal Stew.—Have bones of breast of veal cracked, so that it can be easily carved, dust with flour, put over the fire in a dripping-pan containing enough hot butter to prevent burning, and brown it quickly on both sides; pour over enough boiling water to cover, season with a teaspoon of salt and a dust of cayenne pepper, turn another pan over it, and stew it gently for an hour; meantime shell green pease enough to cover it; after the veal has cooked an hour put in the pease and cook them until tender, then serve them with the veal laid on them, first seasoning both palatably. Or rice may be boiled and served with it instead of the pease. Or boil two and a half pounds of breast of veal one hour in water enough to cover; add a dozen potatoes, and cook half an hour; before taking off stove, add pint milk and flour enough to thicken; season to taste. If preferred make a crust as for chicken-pie, bake in two pie pans, place one of the crusts on the platter, pour over the stew, and place the other on top. For another stew, take best end of a neck; cut in pieces, season with salt and pepper, and stew in just enough water to cover; when done, make a gravy with flour and butter stirred together, and add the water in which the veal was stewed, seasoning to taste. For *Stewed Knuckle of Veal,* cook whole as in first recipe and serve on a bed of pease.

Stewed Knuckle of Veal.

For *Stewed Fillet of Veal*, procure a small, fat fillet, remove the bone, and stuff it with half pint bread-crumbs, mixed with two ounces suet, a little parsley, chopped onion, lemon-thyme, grated lemon peel, nutmeg, pepper, and salt. Reserve some of the dressing, moisten it a little, make into small balls, roll in bread-crumbs and fry in deep lard. Skewer the fillet nicely, and put in kettle, with plate underneath to prevent sticking; add a carrot and onion sliced, pepper-corns, salt, and mace; cover with cold water, and stew slowly. Take up when done, strain a pint of the liquor for gravy, and thicken with four tablespoons flour, rubbed smooth with two tablespoons butter, and add enough cream to make it a rich white. Or the meat may be glazed. Garnish with the balls and thin slices of lemon; pour the gravy over the veal. Loin of veal may be stewed same way. For *Creoled Veal* take six pounds fat veal, and cut in pieces about the size for stewing; sprinkle with flour, and fry brown. In same vessel cut up and fry one onion and two cloves of garlic; add one pint prepared tomatoes, one teaspoon each pepper and salt. When nearly done, cut up and add a sprig of parsley. Will require two and one half or three hours slow cooking.

Blanquette of Veal.—Cut three pounds breast of veal in pieces two inches square; put in enough cold water to cover, with teaspoon white pepper, teaspoon salt, bunch of sweet herbs, half a carrot scraped, a turnip peeled, and an onion stuck with three cloves; bring slowly to a boil, skim carefully and cook gently thirty or forty minutes, till the veal is tender; then drain it, returning broth to fire, and washing the meat in cold water. Meantime make a white sauce by stirring together over the fire tablespoon each butter and flour, till smooth, adding pint and a half of the broth gradually; season with more salt and pepper if required, and quarter saltspoon grated nutmeg; when the sauce has boiled up well, stir in with egg-whip yolks of two raw eggs, put in the meat and cook five minutes, stirring occasionally; a few mushrooms are a great improvement, or it may be served with two tablespoons chopped parsley sprinkled over after it is put on a hot plater.

Boiled Breast of Veal.—If the sweet-bread is to be boiled with the veal, let it soak in water two hours; then skewer it to the veal; put into a saucepan, with boiling water to cover, let it boil up, and carefully remove the scum as it rises; add a handful chopped parsley, teaspoon pepper-corns, a blade of mace, and a little salt. Draw it back, and simmer gently till done. Serve on a hot dish, and pour a little good onion sauce or parsley sauce over it. Send boiled bacon to table on a separate dish.

Braised Fillet of Veal.—Lard the top of the fillet with bacon as thickly as possible. Cut a carrot, turnip and head of celery into small pieces and put into a braising, or ordinary copper saucepan. Pour one and one-half pints stock over them, add a few pepper-corns

and teaspoon salt, and lay the fillet upon the vegetables which should be arranged thickly enough to lift the meat quite above the stock. Place the braising-pan over a quick fire, and baste the fillet constantly until the stock boils; then cover the fillet with a sheet of kitchen paper, cut to the size of the braising-pan, close the lid of pan and place in a quick oven, where let remain for an hour and a quarter. While in the oven the lid of the pan and the paper covering should be raised and the fillet basted frequently with the stock. Cook an hour and a half, take up the meat on a hot platter and put the braising-pan over a quick fire, until the stock is reduced to half the quantity, when it should be poured through a strainer around the meat and all sent quickly to the table. Braise any other part of veal same.

Fricandeau of Veal.—The veal for a fricandeau should be of best quality, or it will not be good. Take off skin, flatten veal on table, then, at one stroke of the knife, cut off as much as is required, for a fricandeau with an uneven surface never looks well. Trim it, and with a sharp knife make two or three slits in the middle, that it may taste more of the seasoning; lard it thickly with fat bacon, Slice two carrots and two large onions, a bunch sweet herbs, two blades pounded mace, six whole allspice, two bay leaves and pepper to taste, in the *middle* of a stewpan, with a few slices of bacon on top; forming a sort of mold in center for the veal to rest upon. Lay the fricandeau over the bacon. sprinkle over it a little salt, and pour in just enough stock to cover the bacon, etc., without touching the veal. Bring gradually to a boil, then put it over a slow fire, and *simmer very gently* for about two and a half hours, or longer should it be very large Baste frequently with the liquor, and a short time before serving, put it into a brisk oven, to make bacon firm, which otherwise would break when it was glazed. Dish fricandeau, keep it hot, skim off fat from liquor, and reduce it quickly to a glaze, with which glaze the fricandeau, and serve with a puree of whatever vegetable happens to be in season—spinach, sorrel, asparagus, cucumber, pease, etc. Or, for a more economical dish, cut away the lean part of the best end of neck of veal with sharp knife, scooping it from the bones. Put the bones over the fire with enough water to moisten the fricandeau and stew an hour. Lard the veal and place in kettle on top of bacon and vegetables as above, pour gravy from bones over, taking care that it does not touch the veal, stew very gently three hours, glaze, and serve as above. Or, some use a slice from the fillet two inches thick and after larding fry it brown on all sides in a little butter, with the sliced onion and carrot and teaspoon each pepper and summer savory; then add a half pint stock and bake in oven till done, basting often. Serve with strained gravy from pan poured over, thickened if liked.

Grenadines of Veal.—Cut two pounds fillet of veal into oval pieces about half an inch thick and lard with thin strips of bacon,

cook in a pint white stock with a carrot, turnip and onion cut in small pieces, and finish as above, browning in oven, and turning reduced and strained gravy over.

Quenelles of Veal.—Cut a pound fillet of veal into small pieces and pound in a mortar, then put through a sieve, add a tablespoon butter and two of flour and stir in two well-beaten eggs and a gill of stock with a seasoning of pepper and salt and any spices liked. Make into balls or any shapes desired with floured hands and put in a frying-pan carefully, to preserve their shape; pour in at the side as much boiling water as will cover the quenelles, place over a slow fire and poach ten minutes. Melt in a small saucepan a tablespoon butter, stir in two tablespoons flour, add by degrees a gill of stock and let all boil. When boiling, pour in a gill of cream, season with pepper and salt, take from fire and add teaspoon lemon juice. Arrange quenelles in a circle upon a flat dish, and pour the sauce around them. When a mortar is not at hand parboil the veal in a little boiling stock and chop fine before putting through the sieve.

Rissoles of Veal.—Remove skin from one pound fillet of veal, chop it very fine and pound well in a mortar. Put into a bowl three-quarters pint bread-crumbs, pour a half pint milk over, and soak ten minutes; put the bread-crumbs in a towel and squeeze as dry as possible. Then mix the crumbs with the pounded veal, season with saltspoon powdered mace, half teaspoon each pepper and salt, drop in yolks of two eggs, and beat together with a quarter pound finely chopped suet. Roll into small balls, dip each in beaten whites of two eggs, then into sifted bread-crumbs and fry about ten minutes in hot fat. Make a sauce of half pint white stock, thickened with melted butter and flour made smooth, season to taste and serve rissoles on hot platter with sauce poured over. Prepare cold veal same.

Roast Fillet of Veal.—Rub two tablespoons salt and half teaspoon pepper into the veal; then fill the cavity from which the bone was taken, with Ham Force-meat or any stuffing liked; skewer and tie the fillet in round shape. Cut a half pound salt pork in thin slices, and put half on a tin sheet that will fit in dripping-pan; place this in pan, and fillet on it; cover veal with remainder of pork; put hot water enough in pan to just cover the bottom, and place in oven. Bake slowly four hours, basting frequently with gravy in pan, season with salt and white pepper. As water in pan cooks away, it must be renewed, remembering to have only enough to keep meat and pan from burning. After cooking three hours, take pork from top of fillet and spread thickly with butter and dredge with flour. Repeat this after thirty minutes, and then brown handsomely. Put about

Fillet of Veal.

three tablespoons butter in saucepan and when hot add two heaping tablespoons flour, and stir until dark brown. Add to it a half pint stock or water; stir a minute, and set back where it will keep warm, but not cook. Take up fillet, and skim all fat off gravy; add water enough to make a half pint gravy, also the sauce just made. Let this boil up, and add the juice of half a lemon, and more salt and pepper, if needed. Strain, and pour around the fillet. Garnish the dish with potato puffs and slices of lemon.

Roast Loin of Veal.—Wash and rub thoroughly with salt and pepper, leaving in the kidney, around which put plenty of salt; roll up, let stand two hours; in the meantime make a dressing of bread-crumbs, salt, pepper and chopped parsley or thyme moistened with a little hot water and butter—some prefer chopped salt pork—adding an egg. Unroll the veal, put dressing well around kidney, fold, and secure well with several yards white cotton twine, covering the meat in all directions; place in the dripping-pan with the thick side down, put to bake in a rather hot oven, graduating it to moderate heat afterward; in half an hour add a little hot water to the pan and baste often; in another half hour turn roast, and when nearly done, dredge lightly with flour and baste with melted butter. Before serving, carefully remove the twine. A four-pound roast thus prepared will bake tender in about two hours. To make the gravy, skim off fat if there is too much in the drippings, dredge some flour in the pan, stir until it browns, add some hot water if necessary, boil a few moments and serve in gravy-boat. This roast is very nice to slice down cold for Sunday dinners. Serve with green pease and lemon jelly. The loin is also roasted on a bed of vegetables, as beef, and may be stuffed with a Veal Force-meat instead of the bread dressing. Some prefer to apply a mixture of melted butter and flour, twice as much of the former as the latter, to the veal in cooking, using a pastry brush in putting it on. The breast of veal boned, with a layer of force-meat spread over the inside, rolled and tightly bound is nice roasted same. For a plain roast loin have every joint thoroughly cut, and between each lay a slice of salt pork; roast a fine brown, so that the edges of the pork will be crisp, basting often; season with pepper—the pork will make it salt enough. The shoulder may be roasted, with bone removed and stuffed, same as loin or fill the bone cavity with onions, peeled and sliced, seasoned with salt and pepper; or equal quantities of bread-crumbs and onions may be used. Nicely peeled and rounded potatoes may be baked in pan with roast veal, turning to brown both sides. Serve shoulder with gravy as above.

Veal with Oysters.—Fry two pounds tender veal cut in thin bits, and dredged with flour, in sufficient hot butter or lard to prevent sticking; when nearly done add one and a half pints fine oysters, thicken with flour, season with salt and pepper, and cook until done. Serve hot in covered dish.

Calf's Brains.—For cleaning and blanching brains preparatory to cooking follow directions given in Cutting and Curing Meats. As the whiter and finer they are the more delicate the dish, the process called double-blanching is recommended, Sheep's brains are equally as nice as calf's, and those of beef may be used but are coarser and more inclined to be tough or stringy. Broth from the head should be utilized for making the gravy to accompany dishes of brains and gives a much richer flavor than if of milk or water.

Scrambled Brains.—Double-blanch them. To the beaten yolks of four eggs add a little chopped parsley, the brains crumbled in small pieces and the well-frothed whites. Stir in frying-pan, in which a little butter or fat has been heated, like scrambled eggs. Nice served on toast, and rendered yet more excellent by pouring some good, well seasoned gravy over all.

Stewed Brains.—Put two or three slices bacon in stewpan with the brains, an onion stuck with two cloves, small bunch parsley, and seasoning of pepper and salt; cover with some of the broth, and boil gently about twenty-five minutes. Have ready some croutons, arrange in dish alternately with the brains, and place in oven to keep warm. Add to broth in stewpan, an onion sliced and fried in a little butter, enough more broth to make one pint liquid, bunch of sweet herbs, half a bay leaf, two allspice, a clove, salt and pepper. Simmer gently a few minutes, skim out spices, etc., and add tablespoon lemon juice or vinegar and a few stewed mushrooms, if liked, and pour at once over the dish of brains Butter may be used instead of bacon. The croutons want to be the same size of the brains, and a more elaborate sauce may be made called *Supreme Sauce:* Take one quart white sauce, a few mushrooms and two quarts chicken broth, boil carefully and quickly till reduced to two quarts. Add the yolks of six eggs, and strain. Return to saucepan and boil up once; add juice of a lemon and a little butter and pour immediately over the prepared brains.

Brain Fritters.—Boil brains in a cloth, chop fine, and beat up with an egg, teaspoon flour, three tablespoons sweet milk, and little nutmeg; have ready a frying-pan of hot lard, and drop in the mixture so as to make the fritters size of a half dollar. Or divide the brains in small pieces, dip in fritter batter (see Fritters) and fry as above; or when perfectly cold beat the brains to a paste, add eggs and flour to make good batter, scant teaspoon fresh, sweet butter, to prevent toughness, and fry as Fritters, or on a griddle like cakes. They are also nice single-breaded and fried as *Brain Croquettes,* either by immersion or in little butter or drippings. They will look like sweet-breads and are quite as delicate. Some soak before frying in a mixture of oil, salt and vinegar, drying with a cloth and frying as above, prepared in any of above ways. They are delicious served surrounded by cooked pease, either fresh or canned.

Brains and Tongue.—Blanch and chop the brains, and put in saucepan with two tablespoons butter, a little chopped parsley, juice of half a lemon. salt and cayenne pepper. Skin and trim the boiled tongue, place in middle of dish and pour the sauce and brains round it. If liked a tablespoon each chopped parsley, capers and gherkins, and teaspoon very finely chopped onion may be added to the sauce. Garnish with parsley, mace, pickles or slices of lemon. Or, after blanching put the brains in quart cold water with teaspoon salt and tablespoon vinegar and boil fifteen minutes, and when cold serve with a cold tongue, the latter in center of dish and brains cut in two and placed at the sides. Pour tartare sauce round them and garnish as above. For *Brain and Tongue Pudding*, line a baking dish with good paste and put in a layer of thinly-sliced cooked tongue, then a layer of chopped brain, add a seasoning of salt, pepper, a little chopped onion and parsley. Do this alternately till dish is filled. On the top put slices of hard-boiled egg; moisten by adding a teaspoon flour mixed smoothly in a quarter pint milk. Steam an hour or bake half an hour. A fresh cucumber, pared and sliced, may be put in the pudding, if liked.

Calf's Ears.—Take a couple of calf's ears that have been cut off deeply from head, trim nicely, scald off hair, and cleanse very thoroughly. Drain on sieve, and then boil in milk and water till tender. Fill the insides with nicely prepared Veal Force-meat, tie them, and stew half an hour in a pint stock seasoned with pepper, salt, and an onion stuck with three cloves. Drain again and add to the liquor in which they were boiled twelve stewed mushrooms, yolk of an egg beaten in cup cream, and remove the onion and cloves. Dish up the ears, pour the sauce round them, and garnish with force-meat balls and slices of lemon. A very pretty side entree. Or they may be served without sauce, and merely eaten with oil and vinegar.

Calf's Feet—Clean as directed for Pig's Feet; blanch and boil till tender, and for *Fricaseed Feet*, cut in two and take out bones; to half pint good white gravy, add tablespoon each flavored vinegar lemon pickle, salt and teaspoon curry powder; stew the feet in it fifteen minutes, and thicken with yolks of two eggs, gill of milk, a tablespoon butter and two of white flour; shake the stewpan over the fire a few minutes, but do not boil or the eggs and milk will curdle. Save liquor feet were boiled in for enriching gravies, making glaze, jellies, etc. The feet of sheep and beef may be cooked same as calf's, but are not so nice. Any of them may be cooked like recipes for Pig's Feet. For *Fried Feet*, prepare as for Fricasseed Feet, then cut in two-inch pieces, dredge well with flour and fry a light brown in butter or drippings; put a little chopped parsley and butter over and garnish with fried parsley. Some press the feet under a weight overnight before frying. They are nice also dipped in fritter batter and fried in hot fat; or seasoned with salt, cayenne, chopped pars-

ley, single-breaded and fried as *Feet Croquettes.* Drain, dish on a napkin and garnish with parsley. A nice dish is made of *Stewed Feet.* Procure four calf's or twelve sheep's feet; prepare as above. Take out large bones. Put a quarter pound beef or mutton suet in stewpan with two onions and a carrot sliced, two sprigs of thyme, two bay leaves, plenty of salt and pepper and simmer five minutes. Add two tablespoons flour, two and a half quarts water, and stir till it boils; put in the feet, simmer three hours, or until perfectly tender, take them out and lay on a sieve. Mix together on a plate with back of spoon tablespoon each butter and flour, salt, pepper, nutmeg and juice of one lemon. Put the feet, with a gill of milk, into a stewpan, and when very hot, add the butter, etc., and stir till melted. Mix yolks of two eggs with five tablespoons milk and add to other ingredients, keep stirring over the fire a minute or two, but do not boil after eggs are added. Serve in deep dish. Or take out the bones without injuring the skin, stuff them with a fine force-meat and stew half an hour in some of the stock, which must be well flavored with onion season with pepper and salt and a little sauce; reduce to a glaze, and brush it over the feet. Serve with any stewed vegetable.

Calf's Head.—Comparatively few housekeepers know how many really dainty dishes can be prepared from calf's head. For hints as to purchasing, turn to Marketing, and for directions for cleaning, blanching, skinning, boning, etc., see Cutting and Curing Meats. Almost every part of the head can be used, though there is some tough white meat about the mouth to be removed, a small part around the eye, and some bits of gristle. The water or broth in which the head has been boiled should be saved for soup, though a part of it is of course used for making the gravy which accompanies the dish. Lamb's or Sheep's head can be cooked the same as calf's, after any of the recipes given, the meat from two of the former about equaling that from one of the latter. Beef's head may also be used, but must be soaked in salted water overnight, will require longer boiling and will not of course make so delicate a dish. Only half the meat from a beef's head will be required in recipes where that of a calf's is given. To give the desired acid flavor generally liked with calf's head use the sour cooking wine of foreign manufacture or any of the flavored vinegars preferred (see Pickles).

Baked Head.—After blanching, halve the head carefully, cutting down between the ears, lay in dripping-pan, cover with bread-crumbs and melted butter, and bake in hot oven, basting frequently. Make a sauce of drawn butter, chopped hard-boiled eggs, the mashed brain, a little red pepper, and some parsley. When the head is done, serve on a flat dish, smothered in the sauce. Some prefer to brush the head over with two beaten yolks of eggs before covering with bread-crumbs, and sprinkle over also powdered mace, nutmeg, and pepper and salt; put the brains in with the head, first dipping

in melted butter; put a little good gravy, stock, or water if neither is at hand, in pan, cover closely and bake in hot oven, removing cover long enough before done to brown nicely. Serve with a sauce poured round it, made as follows: Slightly brown two or three sliced onions or shallots in butter; add tablespoon flour, some brown gravy or stock, a carrot thinly sliced, little chopped parsley, bay leaf, rind and juice of half a lemon, white pepper, and salt. Simmer all one half hour, and pass through coarse strainer. Put back in sauce pan, heat through, and add small piece butter, tablespoon any flavored vinegar liked, lump of sugar, and more lemon juice and cayenne if not piquant in taste. Or garnish with sliced lemons and send on with it any good gravy liked in a boat. For *Stuffed Calf's Head*, procure a head cut off about a finger length behind the ears, with the skin unbroken, sew up the places from which the eyes have been removed, salt it well outside and in and set aside while making the stuffing. Boil a smoked beef's tongue, the fresh calf's tongue and some mushrooms till soft, chop fine and add sufficient rich white sauce to make a smooth dressing, and put on ice till very cold; chop fine three pounds cooked veal with dried herbs, sage, parsley, etc. Open the head on the under side and put in half the veal, then the dressing prepared as above, and fill up with remainder of veal. Sew the edges of the opening together and close the back of head or neck by sewing on a piece of bacon cut to fit. Rub all over with lemon juice and cover with very thin slices of bacon, wrap in a cloth and bind well with a network of twine. Put in a pan with half pint each vinegar and water, cover with another pan, or put in a closed roasting pan, and bake in slow oven two or three hours. When done take off cloth and bacon, dredge with flour and let brown. Serve on platter garnished with parsley, or with mushrooms and potato balls, and send on with it a good rich gravy.

Calf's Head.

Boiled Head.—Put in a kettle, cover with hot water, let boil a few minutes and skim carefully; then place where it will simmer gently until tender. Serve with drawn butter and parsley and garnish with slices of lemon. Or for *Browned Head*, boil as above and when tender score the surface by making slight cuts over it an inch and a half apart, cover with beaten yolk of egg and bread-crumbs, mixed powdered thyme and parsley and pepper and salt. Set in oven to brown, and when it begins to look brown baste once with a little melted butter. Garnish with thin slices of bacon, curled. The water in which the head is boiled should be kept for soup. Another nice way of preparing is to blanch, drain and tie head and brains in cloth and boil in salted water until bones can be removed; the brains will be done sooner and must be taken out. Take meat from bones and put with the onions in deep buttered dish, season with

pepper, salt and spices to taste, put bits of butter over and dust with flour. Pour half pint of the broth with four tablespoons flavored vinegar over the meat and bake three-quarters of an hour, or until very brown, basting well. For *Molded Head*, cut the meat from the boiled head into thin slices, or any remains will do. Butter a tin mold, cut yolks of hard-boiled eggs in half and put some of them around the edge in any shapes fancied, sprinkle salt, pepper, mixed spice, and chopped parsley over, then put in the meat of the head with thin slices of ham or bacon in layers, adding occasionally more eggs and spice till all of head is used. Pour in half pint good white gravy, cover the top with a thin paste of flour and water, and bake three-quarters of an hour. Take off the paste, and when cold, turn out of the mold and serve. Or, chop the meat and eggs fine and pack in mold in alternate layers, and pour the gravy over, which may be flavored with a little lemon juice, minced parsley and catsup.

Broiled Head.—Cut a blanched calf's head into pieces three inches wide, place in a saucepan, cover with water, add four tablespoons vinegar, and simmer half an hour; then put in cold water a few minutes, dry on a towel, rub a little salad-oil over each piece, and broil. When done, brush melted butter over them and juice of half a lemon.

Collared Head.—Bone a calf's head carefully, wash it well, and wipe dry; lay the meat on table, and spread on it a force-meat made of the brain and tongue and a very little ham mixed with a tablespoon chopped parsley, teaspoon each thyme and marjoram, chopped yolks of three hard-boiled eggs, tablespoon or two flavored vinegar, a little salt, pepper and nutmeg. Roll up as tightly as possible, and tie in a cloth, binding with tape. Put in saucepan with stock enough to cover; a carrot, parsnip, onion, sliced lemon, a few bay leaves, salt, and a dozen bruised peppers, and boil gently three hours; then take it out of the cloth, dish and pour round it a sauce made of a pint of the liquid in which it was boiled, with a little lemon juice, two small pickles, and four button mushrooms chopped fine. Some boil the head about two hours before removing the bones, and another way of collaring is to sprinkle over it a thick layer of parsley, then a layer of thick slices of ham, then yolks of six hard-boiled eggs cut in thin rings, and put a seasoning of pounded mace, nutmeg and white pepper between each layer; roll in a cloth as above and boil four hours; when taken out of the pot, place a heavy weight on top and let remain till cold; then remove the cloth and binding, and serve sliced cold with any salad or dressing liked. Some spread simply with alternate layers of sliced ham and chopped parsley seasoned with mace, nutmeg, pepper and salt. If to be kept more than a day or two, place in jar and cover with vinegar and water.

Fricasseed Head.—Remove all bones from a boiled head and cut the meat into nice square pieces or slices. Put a pint and a half

of liquor in which head was boiled in saucepan with blade of pounded mace, a chopped onion, bunch savory herbs, and salt and white pepper to taste; simmer gently three-quarters of an hour, strain and put in the meat, and four hard-boiled eggs, sliced, if liked; when heated through, thicken gravy with a little flour made smooth with butter, and flavor with a tablespoon mushroom catsup; or, just before dishing, add beaten yolks of two eggs and tablespoon lemon juice; be careful after these are added that the mixture does not boil or the eggs will curdle. To insure the sauce being smooth take up the meat before adding eggs and when the eggs are set turn the sauce over the meat. Garnish with Force-meat Balls and curled slices of broiled bacon Or omit all seasonings save the pepper and salt and add a half teaspoon grated nutmeg, garnishing with parsley or sliced lemon, or sprinkling chopped parsley over. Some put in with the meat the cold boiled tongue, sliced, and garnish with Brain Fritters and curled bacon. Two anchovies may be boiled with the onion, which is sometimes left whole and stuck with three cloves, omitting the herbs. Sweet-breads, if at hand, may be sliced and put in with the meat. Both the brains and feet may be used in a fricassee as follows: Remove the brains and put the head and feet in salted water, and boil two hours. When they have boiled nearly an hour and a half, tie the blanched brains in a cloth and put them in the pot with the rest. At end of two hours take the whole from the fire, mash the brains fine with the back of a spoon, season with pepper and salt, add bread-crumbs, tablespoon flavored vinegar, and serve them as a sauce for the meat. Send to table very hot. The liquor that remains can be made into an excellent soup.

Potted Head.—Procure half a head and soak it in salt and water, taking care to cleanse it thoroughly from blood; add two good cow-heels, well cleaned. Put all into a large stewpan, cover with cold water and boil till tender; strain the liquor off, and when cold cut the meat into very small pieces. Skim off all the fat from the water in which the head and heels were boiled, put the prepared meat with it, and boil the whole slowly till tender and thick—about five and a half hours. Then boil it up quickly, add pepper and salt to taste, and a little powdered mace, and put into pots as in Potted Meats.

Scalloped Head.—After boiling till meat is tender, cut in small pieces and place in an earthen pudding dish a layer of bread-crumbs, season, then a layer of meat with bits of butter, then crumbs, and so on, with crumbs for last layer; pour a cup of the broth over all and bake in oven till heated through and nicely browned.

Stewed Head.—Cut the meat from a blanched calf's head into neat slices, and simmer gently in as little water as possible two hours; take out the pieces of meat, place on a hot dish, and cover them with tartare sauce, to which the juice left in pan has been added;

garnish with parsley. Or boil the head before boning, then bone and cut the meat in pieces two inches square. Make a sauce by stirring together in saucepan over the fire two tablespoons each butter and flour until smoothly blended and lightly browned; then gradually add a pint of the hot liquor in which head was boiled, stirring until smooth; season with quarter of a saltspoon grated nutmeg, a saltspoon salt, and pinch cayenne. When sauce begins to bubble, put in calf's head and heat it; then move to back of range, stir in yolks of three eggs, one at a time, and serve at once. Do not let the sauce boil after the yolks are added, or they may curdle, and spoil its appearance. Garnish with sprigs of parsley, or a little chopped parsley may be sprinkled over; or sliced lemon may be used. Or make a sauce by boiling together a cup broth or stock in which calf's head was boiled, tablespoonful butter, six of vinegar, and thicken with teaspoon corn-starch, adding salt and cayenne. Put in the pieces of calf's head and warm through without boiling. Add a chopped gherkin and garnish the dish with quarters of hard-boiled eggs, or a little chopped egg sprinkled over. Or boil a pint milk, thicken slightly with flour, add pepper, salt, butter and a little mace; have both the meat from head and the tongue chopped in small pieces, put them in sauce and simmer ten minutes. Serve in hot deep dish garnished with chopped parsley and sliced hard-boiled eggs. An addition to any of the above is to reserve the lower jaw whole, bone it, single-bread as a chop, sprinkling over a little chopped parsley, brown in oven and serve on center of stew. Another excellent stew is prepared by boiling the head in salted boiling water three hours, remove bones and cut the meat in about half dozen same-sized pieces. Boil the tongue half an hour and the liver and blanched brains fifteen minutes in quart water with teaspoon salt and tablespoon vinegar. Put a frying-pan over fire with butter enough to cover bottom, sprinkle thickly with flour, and when it begins to brown put in the pieces of head with part of the liver, sliced, and brown them, keeping tongue and brains hot in broth in which they were boiled; pour over head and liver enough broth to cover, adding four tablespoons flavored vinegar, level teaspoon finely powdered marjoram or any herb, level saltspoon each powdered mace, nutmeg and pepper, a dust of cayenne and salt to taste; stew gently ten minutes, meantime making some Egg Balls, which add to the stew and when done serve in deep platter garnished with tongue and remainder of liver, sliced, and brains cut in two or three pieces, or made into Brain Fritters. When a beef's head is to be used it should be boned the day before it is wanted and laid overnight in salt and water. Boil gently in water to cover until tender, then slice and fry three onions in a little butter and flour and add to the meat with two whole onions, each stuck with three cloves, three turnips, quartered, two sliced carrots, a bay leaf, head of celery, bunch of herbs, and seasoning to taste of cayenne, black pepper and salt. Stew till

perfectly tender; then take out the meat, cut in pieces ready to serve, skim and strain the gravy, and thicken one and a half pints with a tablespoon butter mixed with two dessert-spoons flour. Add two tablespoons each Chili vinegar and mushroom catsup, and same of any piquant sauce liked. Boil all up together, and serve hot.

Calf's Head Cheese.—Boil the head till tender, and keep the broth boiling while removing the meat from bones; cut tongue in larger bits, the rest quite small, skim the broth carefully and after it has boiled down to a little over a pint put in some salt, a red pepper cut very small, and some chopped parsley: then add the meat. Put all in a deep dish with a plate over it, and a weight on that to keep it pressed down. Slice thin and serve for luncheon or tea. For *Spiced Cheese* cook as above, adding spices to taste while boiling; when partly cold add cup vinegar. This will keep a long time in cold weather. For *Head Croquettes*, boil pint milk, add the chopped boiled meat from the head and the parboiled brain, seasoned with a little mace, salt or pepper, and parsley, simmer a few minutes; then add three well-beaten eggs and a teaspoon cornstarch and stir quickly to mix thoroughly. Cook about five minutes and cool on flat dish, form into balls or cones, single-bread and fry a delicate brown in a wire basket as illustrated, or for small croquettes one made of woven-wire is better. Or for *Spiced Croquettes* cut the blanched calf's head into pieces two inches wide; lay for three hours in a pickle made of three tablespoons each lemon juice and water, salt and pepper, and a pinch of mace. Take them out, drain, single-bread and fry in hot fat, and send to table with tartar sauce. Or for plain *Breakfast Cakes* chop the *boiled* meat fine; add a small onion and some chopped parsley. Heat cup broth, put in chopped meat, let boil, and thicken with a little flour. Put on flat dish to cool; form into flat cakes, single-bread and fry till brown in a frying-pan with a little butter or drippings. For *Fritters*, make batter of pint milk, two eggs, teaspoon baking-powder, small lump of ice to keep batter cool, flour enough till it will drop, not run from spoon, and two cups of chopped meat as above. Fry in hot fat. A nice cold dish is made from a boiled head in the shape of a *Pie*. Cut the meat into slices. At bottom of dish put a layer of cold boiled ham, then a layer of head, with a seasoning of pepper and salt, and a little brain sauce. Dot the layers over with force-meat balls, or veal stuffing, and slices of hard-boiled egg; add a gravy made of the trimmings of veal, and flavored with onion, herbs, mace and peppercorns. Put a good thick crust on the pie, and bake in a rather slow oven. When done, the pie may be filled up with gravy. Serve cold.

Ragout of Calf's Head.—Fry neat slices of the meat from cold boiled calf's head five minutes in hot butter or dripping with the

tongue cut in round slices. Put in custard kettle to keep warm, or in saucepan set in boiling water while lightly frying a can French mushrooms and a sliced onion in pan in which meat was fried; drain them and lay on top of meat. Have ready a cup hot broth, seasoned with salt, pepper and sweet herbs, or spices if liked, pour this hot over the meat and mushrooms, cover closely and simmer fifteen minutes; strain off gravy, thicken with browned flour, boil up once, add juice of a lemon and a little flavored vinegar, take up meat and mushrooms in deep dish and pour gravy over smoking hot. Strips of fried toast may be served on top of the dish, to which sliced hard-boiled eggs may be added if liked.

Sweet-breads.—These are the most delicate and expensive parts of meat, and the choicest are Veal Sweet-breads. See Marketing for suggestions for buying; and Cutting and Curing Meats for directions about blanching and parboiling. It is more convenient to prepare them the day before wanted, as they must always be first thoroughly cooked and cooled, before making into any of the following recipes.

Baked Sweet-breads.—Prepare as directed, then double-bread, put in baking-pan with lump of butter on each and bake in oven until brown, basting with veal gravy. Dish on toast or fried bread with the gravy, flavored with tablespoon mushroom catsup, poured over. Or simply spread with butter, dredge with salt, pepper and flour and bake. Or, after parboiling, lard with very narrow strips of fat salt pork not larger than a toothpick, taking deep, long stitches or they will break out, and roast brown in a moderate oven, basting often with butter and water. Serve with white sauce or tomato sauce poured over. For *Sweet-breads with Green Pease*, lard five sweet-breads as above, put on fire with half pint water, and let stew slowly for half an hour, take out and put in a small dripping-pan with a little butter and a sprinkle of flour; brown slightly, add half a gill milk and water, and season with pepper; heat a half pint of cream, and stir it in the gravy in pan. Have pease ready boiled and seasoned, place the sweet-breads in the center of the dish, pour the gravy over, and put pease around. Or serve the pease heaped in center with sweet-breads around, and gravy poured round edge of dish. Some parboil in quart water. teaspoon salt and tablespoon vinegar, then throw into cold water and when cold, lard as above, put in baking pan on top of layer of trimmings of pork, and put over them a little onion, four or five slices carrot, half stalk celery and sprig of parsley, all chopped fine, and pepper and salt. Bake twenty minutes in hot oven. Cut a slice of bread into an oval or any fancy shape, and fry in a little hot butter, browning well; put this in center of hot platter, on which place the sweetbreads and serve pease or tomato sauce around. *Baked Sweet-breads with Orange Juice* form a very elegant dish. Parboil and blanch sweet-breads as directed, score them deeply on top, lay in a buttered baking pan, season with salt

and pepper, and squeeze juice of a sour orange over them, quickly brown in hot oven; pour over the drippings from the pan and garnish with sliced sour oranges; serve hot.

Broiled Sweet-breads.—Prepare as directed; cut into thin slices spread plenty of butter over them and broil over hot coals, turning often. Or split each in half lengthwise and broil, turning every minute as they begin to drip. Have ready on deep plate some melted butter well seasoned with salt and pepper and mixed with catsup or pungent sauce. When the sweet-breads are done a fine brown lay them in this, turn over several times and set closely covered in warm oven for a few minutes. Serve very hot on rounds of fried bread or toast, with the seasoned hot butter over them. Or after parboiling single-bread them and broil. Serve with a cream sauce poured round them, and garnish with water-cresses.

Fricasseed Sweet-breads.—For a white fricassee prepare as directed and cut in slices. To a pint of veal gravy add a thickening of flour and butter, tablespoon cream, half teaspoon mushroom powder, and grated lemon-peel, nutmeg and white pepper to taste; stew ten minutes, add the sweet-breads and let them simmer twenty minutes. Dish, add salt, grated lemon-peel, stir, and serve. Or put the sweet-breads in the broth without thickening, season with pepper and salt and a very little onion if liked; sprinkle with nutmeg, cover closely and stew steadily an hour, if of fair size and to be served whole. If they have been sliced, three-quarters of an hour will be sufficient. Heat four tablespoons vinegar in another saucepan, but do not boil, take from fire and stir in carefully three beaten eggs. Add this to sweet-breads just before dishing, leaving in just long enough to cook the eggs, but do not boil. Stir in teaspoon chopped parsley and serve in hot covered dish. For a *Brown Fricassee* slice an onion and pint mushrooms and fry quickly in quarter cup hot butter a fine brown. Strain butter from these and return to pan, adding another quarter cup butter and when very hot put in four sliced sweet-breads, and fry three minutes, turning constantly. Meanwhile have the fried onions and mushrooms stewing in two cups brown gravy—veal is best. Pour this gravy when sweet-breads are ready, in jar or tin pail with closely-fitting top; set in pot of boiling water, taking care there is not enough to bubble over the top; put in the sliced sweet-breads, cover, and stew *gently* on back of range twenty minutes—half an hour should the sweet-breads be large. Thicken the gravy with browned flour, arrange the slices symmetrically upon a hot platter, pour the gravy over and garnish with croutons of fried bread. Or cut into thin slices, let simmer slowly in the brown gravy three-quarters of an hour, and add a well-beaten egg, two tablespoons cream and one of chopped parsley; stir all together for a few minutes, and serve immediately Or cut up remainder of cooked sweet-bread in small

pieces; prepare a gravy by melting two tablespoons butter, stirring in tablespoon browned flour, and adding cup soup stock or water; lay pieces sweetbread in pan with gravy, season with pepper and salt, and boil up once. Garnish with sliced lemon or croutons.

Fried Sweet-breads.—Prepare as directed and when perfectly cold cut lengthwise into slices quarter of an inch thick. Have tablespoon butter hot in frying-pan, put in sweet-breads and cook ten minutes, turning all the while; then add cup brown veal or fowl gravy, tablespoon mushroom or tomato catsup, tablespoon chopped onion and parsley, mixed, with pepper and salt, all previously heated together. Stir at boiling heat five minutes and serve in hot dish. Or roll the sweet-breads in flour seasoned with salt and pepper, fry brown in hot butter and serve with mushroom sauce poured round them. Or for *Larded Sweet-breads*, prepare as directed and lard with narrow strips of salt, fat pork, put a very little butter or lard in frying-pan, when hot, lay in sweet-breads and fry a crisp brown, turning often. Garnish with crisped parsley. To serve with gravy, turn out all but teaspoon drippings, stir into this a cup cream or milk thickened with little flour, add pepper and salt, and when cooked through strain over the sweet-breads neatly arranged on plate alone or alternate with stuffed tomatoes. Or serve with green pease, boiled rice, or stewed mushrooms, cauliflowers or asparagus in center and sweet-breads around. The larding may be omitted, frying and serving the same way.

Skewered Sweet-breads.—Prepare as directed and cut into slices about half an inch or more thick; sprinkle them with pepper and salt, single-bread them; run a little skewer through two of these slices, alternating with two thin, square slices of bacon and fry in very hot lard; serve a tomato or cream sauce in center, and garnish with parsley. Serve one skewer to each person at table.

Skewer.

Stewed Sweet-breads.—Prepare two sweet-breads, as directed place in stewpan, cover with stock, and simmer nearly an hour; take out, place on hot dish, remove gravy from fire a minute, and add gradually yolk of an egg and four tablespoons cream; stir over fire till the sauce thickens, but do not let boil. Before serving add juice of a lemon, pour the sauce around sweet-breads, and send to table with dish of green pease. Stewed either whole or cut in dice sweet-breads are nice served with Brown Mushroom Sauce. If served whole lay the sweet-breads on the sauce; if diced mix them through it just before serving. Or stew sweet-breads in oyster liquor till tender, season with salt and pepper, add tablespoon butter and a few oysters and pour over moist buttered toast. Or after parboiling and blanching put four large sweet-breads on two cauliflowers in stewpan, season with a little cayenne and nutmeg, cover with water, put on lid and stew one hour. Beat two tablespoons flour with half cup

butter and add to the stew with a cup milk, boil up once and serve immediately in hot dish. Or cook tomatoes in their own juice until tender, strain through a sieve, and put back in pan with four or five sweet-breads, previously blanched and parboiled; add tablespoon flour mixed with two of butter, cayenne and salt, and stew until sweet-breads are done. Just before taking up stir in beaten yolks of two eggs. Serve in deep dish. Or for *Larded Sweetbreads* prepare two or three sweet-breads as usual, when cool lard them and put in stewpan with half pint veal stock, white pepper and salt to taste, small bunch young onions, blade pounded mace, and thickening of butter and flour and stew gently twenty minutes. Beat two eggs with half pint cream and add with teaspoon minced parsley and little grated nutmeg; heat through, but do not boil again or cream will curdle. Stir in some boiled asparagus tops and serve hot. Or omit the eggs, cream, onions and parsley, and flavor with mushroom catsup and juice of half a lemon.

Sweet-bread Croquettes.—Single-bread three slices of prepared sweet-breads and fry as croquettes, either in butter or drippings in frying-pan, or by dropping in kettle hot fat. Or, *with Mushrooms*, cut two sweet-breads into dice; cut a half box or four mushrooms into dice also; put tablespoon and a half butter in saucepan and when it browns stir in two tablespoons flour and stir and cook until smooth; then stir in a gill good stock or cream, add the diced mushrooms and sweet-breads, and when thoroughly heated take from fire and add beaten yolks of two eggs; return to fire a moment to "set" the yolks, but do not boil. When cool form into rolls or any shape liked, (see Croquettes) double-bread them and fry by dropping in kettle of hot fat. They may be served alone or with pease, or tomato or bechamel sauce. For *Sweet-bread Fritters* slice sweet-breads thin sprinkle over grated nutmeg and chopped parsley, dip into a batter made of one cup each milk and flour, one egg, a pinch of salt, and a half teaspoon baking-powder, and fry in hot fat. For *Sweet-bread and Oyster Pie* boil sweet-breads tender; season with pepper and salt; make a gravy with the water in which they were boiled, adding half cup butter, yolks of two eggs, and tablespoon flour. Line baking dish with puff-paste; have same quantity of oysters as sweet-breads, and fill the dish with gravy; put on top crust with a hole in center and bake slowly until done.

Sweet-bread Croquettes.

Sweet-bread Sandwiches.—Parboil and blanch two sweet-breads, wipe them dry, mince, season with pepper and salt, work in a tablespoon melted butter, and spread between buttered bread. The two sweet-breads will make six sandwiches, or mixed with an equal quantity of chopped ham, a dozen.

Sweet-bread Vol-au-Vents.—Prepare as directed, and when cool cut sweet-breads into dice, season with salt and pepper, and dredge

with flour. Have in a basin two or three dozen stewed, drained oysters, small teacup stewed button mushrooms, one dozen or more olives, pared in one piece close to the kernel. Put a quarter-pound butter in stewpan, melt and add two tablespoons flour, stirring well, and pouring in stock gradually until the sauce is of creamy consistency; season with salt, pepper or cayenne, and a *very little* grated nutmeg; put in the sweet-breads, stirring to prevent browning; when thoroughly heated add one after the other, the oysters, mushrooms, and olives, and a tablespoon tarragon vinegar; stir and heat up again, but do not let boil. Serve in any of the shells, as given in pastry, or in little *Rice Molds* made by boiling rice until it can be worked into smooth paste with a spoon. Fill small buttered gem tins or patty-pans with this and when quite cold take out, brush over with little butter and brown in oven; then scoop out inside leaving a rice crust quarter of an inch thick. These may also be filled with sweet-breads simply cut in small pieces and a spoonful cream dressing added to each shell, sifted over with bread-crumbs and set in oven to brown; paper cases may also be used.

Sweet-bread Vol-au Vents.

Force-meats.—These are also known as "farces," "stuffings" and "dressings" and are most used for stuffing meats, game and poultry, but are also often cooked separately and served as a bed or border for entrees, or formed into square or oval piece for center of dish. For the latter, the mixture should be made into any shape fancied, about an inch and a half thick, and steamed in buttered paper or plate two hours. When done, slip on center of dish, arrange the entree on it and pour the sauce around the base. Delicate cutlets, sweet-breads, etc., are served thus. Veal or chicken force-meat is best for all light entrees. Force-meats may also be made into balls and poached or fried for soup or garnishes. In making force-meats be careful not to use so much of any one flavor as to overcome all others, and unless for very savory dishes, pepper should be sparingly used. The force-meat should be thick enough to cut with a knife, but not dry and heavy. Bacon or butter should always be substituted for suet when the force-meat is to be eaten cold. Any left from stuffing fowls or meat may be made into balls, fried and used as a garnish. To make *Quenelles of Force-meat*, have two tablespoons or teaspoons, according to size quenelles are wanted; fill one of them with force-meat, dip the other into boiling water, and with it remove the force-meat from the first spoon, and slip it from that into a buttered frying-pan, proceeding thus until all are done; then cover them with stock, and boil about ten minutes, or until firm, and they are ready for use.

Almond Force-meat.—Beat yolks of three eggs with quarter pint cream and flavor with little nutmeg. Blanch and pound in mortar three ounces sweet almonds, moistened with white of egg

and add to eggs and cream with three-fourths pint sifted bread-crumbs and three tablespoons butter in small bits; stir in lastly frothed whites of three eggs. A nice stuffing for poultry.

Chestnut Force-meat.—Shell and blanch a half pound chestnuts and stew gently twenty minutes in veal gravy. When cold, pound in mortar till smooth with same quantity butter, add two cups sifted bread-crumbs, a little salt, grated lemon rind and nutmeg and bind together with unbeaten yolks of two eggs. A very excellent stuffing for turkey or goose. When made into balls, they must be rolled in flour before frying.

French Force-meat.—Chop very fine a pound each uncooked veal and ham with a quarter pound pork and six mushrooms if liked, and with a pestle, pound to powder. Cook a pint bread-crumbs and quart milk together, stirring often until bread is soft and smooth. Set away to cool, first adding half cup butter, three tablespoons onion juice and salt and pepper. When cold, add to powdered meat, mix thoroughly, and rub through a sieve, then add yolks of four eggs. This is used for borders in which to serve hot entrees of game. It is also used in game pies, and sometimes for *Quenelles.* When to be used for border put in well-buttered mold and steam three hours. Then turn out on flat dish, and serve the meat in center. The French also add a calf's udder boiled, chopped fine and pounded.

Game Force-meat.—Pound the livers of the game with half their weight of beef suet and good fat bacon, mixed together; season with salt, pepper, and ground cloves. Use a little game meat if not enough liver; moisten with cream, and bind with yolks of two eggs. If the force-meat is wanted stiff, stew over a gentle fire, stirring constantly till of proper consistency.

Ham Force-meat.—Two pounds cooked ham, chopped, and then pounded very fine; one pound bread-crumbs, one pint milk, yolks of four eggs, tablespoon mixed mustard, teaspoon salt, a speck of cayenne, one cup brown sauce. Make as French Force-meat.

Lobster Force-meat.—Pound the flesh of a medium-sized lobster with half an anchovy, a piece of boiled celery, the yolk of a hard-boiled egg, salt, pepper, and cayenne to taste. Mix with a tablespoon bread-crumbs, two of butter, and two raw eggs. Two or three oysters may be added if desired. Stuff boiled or baked fish with the force-meat, or make into balls, fry a pale brown in butter and serve as a garnish for fish; or poach them for Fish Soup.

Mushroom Force-meat.—Peel a quarter pound young fresh mushrooms and cut off stems. Beat two tablespoons butter in stew-pan, put in mushrooms with a little mace and cayenne and simmer gently till tender, then drain on a sieve and when cold chop fine,

add a cup sifted bread-crumbs, slight seasoning cayenne, mace, nutmeg and salt, piece of butter and yolks of two eggs, with enough of the gravy from stewpan to make the whole of proper consistency. A dainty stuffing for fowls, and nice if made into balls, poached and served in soup. Or fry the balls and use as a garnish for roast fowl or minced veal.

Oyster Force-meat.—Sift a half pint bread-crumbs, and add tablespoon and a half finely minced suet, or butter cut in small bits, bunch of savory herbs, quarter salt-spoon nutmeg and pepper and salt; mix well and add eighteen oysters, coarsely chopped, and two well-beaten eggs. Work all together with the hand until smoothly mixed. Especially nice for stuffing turkey.

Sausage Force-meat.—Take a half pound each of lean and fat pork, both weighed after being chopped (beef suet may be substituted for the latter), half pint bread-crumbs, small tablespoon minced sage, blade of mace, pounded, salt and pepper to taste, and one egg. Chop meat and fat very fine, mix with them the other ingredients, taking care that the whole is thoroughly incorporated. Moisten with the egg, and stuff a turkey or any game or meat.

Suet Force-meat.—Chop half pound beef suet very fine, add same quantity bread-crumbs, tablespoon chopped parsley, little powdered thyme, and majoram, grated rind and juice of half a lemon, salt, pepper and nutmeg to taste, and mix with three whole eggs. A good stuffing for veal, and nice also for turkey and baked fish, with more chopped parsley.

Veal Force-meat.—Chop a pound veal and half pound salt pork; mix with one pound sifted bread-crumbs, a little cut parsley, sweet marjoram, three tablespoons of butter, two well-beaten eggs, and pepper. Or take three pounds of veal, cup butter, pint each bread-crumbs, milk and white sauce, two tablespoons salt, half teaspoon pepper, two tablespoons each bottled sauce, onion juice and chopped parsley, yolks of six eggs and half teaspoon grated nutmeg. Make and use same as French Force-meat. Nice for fish. *Chicken* and *Fish Force-meats* made same as last recipe, using only the breast of chicken and cream instead of milk for the former. Salmon and halibut are best for the fish force-meat, which is used for entrees of fish only. For an excellent *Sweet-bread Force-meat* take equal parts lean veal and pork, and mince finely together; cut into pieces a parboiled veal sweet-bread, and mix with about three-quarters pound each of former meats. Add a half pound bread, soaked, and the same amount soft butter. Flavor with a little nutmeg, salt, pepper and half an ounce grated lemon rind. Bind with three beaten eggs, and use for turkey.

Bread and Onion Force-meat.—Fry together two tablespoons sweet drippings or butter, one of chopped parsley, and about four or

chopped onion; season with one level tablespoon each powdered sage, thyme and salt, and a level teaspoon pepper. Soak half pound dry bread in tepid water five minutes, then wring it dry in a towel; add to the onion and herbs and stir until scalding hot, add the parboiled and chopped liver of a fowl, yolks of two eggs, half pint boiling milk or water, and use as stuffing for poultry or pork. When for the latter omit the liver or use about same quantity of pig's liver if obtainable. Or soak three ordinary-sized slices of bread in cold water, wring dry in a towel, and add to a tablespoon chopped onion fried brown in tablespoon butter, with a saltspoon salt, quarter saltspoon each pepper and powdered thyme or mixed spices, and stir over fire until scalding hot; take off and strain in yolk of one raw egg and use for stuffing breast of veal, lamb or poultry.

Sage and Onion Force-meat.—Pare four onions, and parboil in three different waters; soak two or three times as much stale bread in tepid water, and wring dry in a towel; scald ten sage leaves; when onions are tender, which will be in about half an hour, chop them with the sage leaves and add them to the bread, with tablespoon butter, yolks of two raw eggs, level teaspoon salt, and half saltspoon pepper; mix thoroughly and stuff roast pork or poultry.

Force-meat Balls.—Chop with a quarter pound beef suet little lemon peel and parsley and mix with a pint and a half sifted bread-crumbs; season with pepper, salt and nutmeg and moisten with yolks of two eggs; make into small balls and bake on buttered tin or fry in hot fat till crisp. Add a little finely chopped ham, if at hand.

Frogs.—Only the hind legs of frogs are used and these are considered a great delicacy. They must be skinned and blanched before cooking as follows: Drop them in salted boiling water, to which some add a little lemon juice, boil three or four minutes, put in cold water a few minutes, then take out and drain. They may be broiled or prepared after the recipes given.

Fricasseed Frogs.—Put in stewpan two tablespoons butter, for two dozen frogs; when melted lay in two dozen blanched legs; fry two minutes, stirring almost constantly; then sprinkle teaspoon flour over and stir all with wooden spoon; add two sprigs parsley, one of thyme, a bay leaf, two cloves, one of garlic, salt, white pepper, and half pint stock or water and two tablespoons lemon juice; boil gently till done; dish the legs, reduce the sauce by boiling, strain, mix in yolks of two eggs, pour over the legs and serve. Or fry a dozen pairs blanched legs with a little fresh butter and very little minced shallot or onion until the butter begins to brown, then add two tablespoons each cold water and flavored vinegar mixed, and cup hot water. Stew with cover on twenty minutes, then skim off most of butter and add seasoning of salt and cayenne. Thicken the liquor with four yolks of eggs beaten with two tablespoons cream.

Pour some of the hot liquor to the yolks before putting in saucepan, and take from the fire almost immediately, or as soon as it shows the first sign of boiling again. Place the frogs neatly in dish and strain the sauce over them. Frogs can also be plainly stewed like chickens, without the vinegar and thickening.

Fried Frogs.—Fry the blanched legs in little butter in frying-pan and serve nicely arranged in dish of tomato sauce, garnished with croutons, or double-bread them, put in frying basket and immerse in hot fat. Put a frill of paper around bone of each and serve very hot in a circle overlapping one another round a platter with pease in center. Or for *Frog Salad* soak two dozen legs in slightly salted water an hour and a half; drain, stew slowly in hot water until quite tender, drain off water and cover with milk. Let this come to a boil; drain and cool; remove bones, cut up meat and add an equal quantity of cut celery, place on platter, cover with mayonnaise dressing and garnish with little tufts of shrimps, and green herbs, alternated with hard-boiled eggs quartered lengthwise.

Frog Saddles.—Take the entire hind quarters of the frogs, cook in water a few minutes, or *Au Court Bouillion* like fish, page 253; then roll in flour, then in beaten egg with a spoonful water, then coat well in cracker dust. Fry like fritters. Cut square slices of buttered toast across diagonally, making triangular pieces; place two on a dish, the broad bases together in the middle and points at the ends and frogs on the toast in corresponding manner. Ornament with sliced lemon and parsley.

Gravies.

Gravies are considered an indispensable accompaniment to all meats and "made dishes" from meat by professional cooks, but few housekeepers give their preparation the thought and attention necessary to make them in the perfection so easily attained with very little expenditure of time or means. The making of gravy to serve with a roast or other freshly cooked meat is a very simple matter indeed, as will be seen from the recipes given. But for every-day convenience, and in order to be able to get up appetizing little dishes at a moment's notice when an unexpected guest arrives, every housekeeper should keep on hand a supply of stock, or glaze, which is "condensed gravy," and for which a recipe is given later. But instead of buying meat for gravy stock the economical housewife will save for the purpose all bones and trimmings from meat, even bits

of gristle and skin, and with the stock-pot in her mind's eye will carefully trim off from all roasts before putting in the oven many bits that will add richness to gravy, which would otherwise crisp and go to waste in the baking pan. All bones and trimmings from cold meat should be saved for this purpose also. Thus a roast served hot one day is sliced cold the next, and perhaps also a part is made into some one of the dainty dishes given in Cold Meats, while the bones are carefully broken or chopped and with the trimmings and other bits of meat at hand are put over the fire with sufficient cold water and simmered slowly until all juices and gelatinous parts are extracted. If cut into small bits this is effected much more quickly. Any vegetables, herbs or spices of which the flavor is liked may be boiled with the meat, which should cook until the liquor is reduced one half, or is a tolerably rich gravy. Then strain, set away to become cold, and before reheating for use remove *all* fat that rises to the top, for grease is not gravy, and an otherwise excellent dish is often spoiled by an oily coating or swimming globules of grease. The stock will keep better, however, if the fat is left on top until wanted for use. To make the gravy heat the stock to boiling in a lipped saucepan as it is so much easier from which to pour; season with pepper and salt and flavor with any spices, catsups or sauces liked, being careful not to overpower the flavor of the gravy itself, add thickening of Roux, or Browned Flour, or if neither is at hand a little flour, corn-starch or arrowroot mixed smooth with a little cold water and pinch sugar, let boil well and serve, either poured over or around a dish of meat or vegetables or sent on with it in gravy-boat; or serve as directed in recipes for Meats and Cold Meats. This prepared stock may be used for the foundation in any of the gravy recipes that follow, saving the time required for cooking the ingredients as given above. Stock will keep several days in cold weather, or if set in ice-box in summer. Or gravy may be prepared in small quantities each day as needed with a little forethought when clearing away the breakfast. Save all liquor from boiled meat for stock, and keep any gravy left over to serve again with the addition of stock and more flavoring and thickening

Lipped Saucepan.

Gravy Strainer.

if necessary. If any gravy should be lumpy put through a gravy strainer before serving. By putting into practice a good old adage the wise housekeeper "who wastes not will want not"—gravies.

Browned Flour.—Sift and spread the flour thinly and evenly over bottom of dripping-pan and brown on top of stove or in oven, stirring constantly to prevent scorching, until either a light or deep brown as desired. It is well to prepare a quantity at a time and put away in closely corked bottles or self-sealing glass jars to be used as needed for thickening gravies, soups and sauces wanted brown. A good proportion is a level tablespoon for each cup liquid. Use same as any flour by mixing smooth with water or butter, then adding to liquid. Butter and flour, mixed in equal parts and baked brown, is preferred by some for thickening brown gravies, but plain browned flour is doubtless better to use. A slice of toasted bread added to gravy answers for both browning and thickening, but is not so nice as the browned flour. *Browned Onions* are also used for coloring gravies. To prepare, peel and chop fine three medium-sized onions, put in stew-pan with half pint water, boil five minutes add half pound moist sugar and simmer gently till mixture is a dark brown. Then strain it into three-fourths pint boiling vinegar, stir until thoroughly mixed, and bottle. Use for flavoring and coloring gravies, soups, etc. Another article used in gravies, sauces, etc., is the Parsley Butter on page 179, making two or three times the recipe, packing in a jar and keeping in a cool place; half as much parsley may be used, giving a more delicate flavor, and some add only two tablespoons lemon juice. This is also known as *Maitre d' hotel Butter* and is a delicious dressing for steak, chops, etc., placed on the hot platter on which they are to be served, turning them over in it, thus seasoning each side.

Glaze.—Any strong meat soup or stock may be boiled down to jelly-like consistency and makes excellent glaze. Four quarts should be reduced to one quart. It may not be so fine in flavor as that especially prepared, but answers very well. Pig's feet, when obtainable, will make nice glaze cooked with vegetables, but for a more delicate preparation take six pounds knuckle of veal or leg of beef, and half pound lean ham, cut in pieces size of an egg, rub a quarter pound butter on bottom of pot, which should hold two gallons; put in meat with half pint water, three medium-sized onions, with two cloves in each, a turnip, carrot, and three or four stalks celery; place over quick fire, occasionally stirring it until bottom of pot is covered with a thick glaze, which will adhere lightly to spoon; then fill up pot with cold water, and when on boiling point, draw to back of stove and simmer gently three hours if veal, six if beef, carefully removing all scum as it rises. The stock thus made, adding salt, will

make a delicious foundation for all kinds of clear soup or gravies. To reduce to glaze pass the stock through fine hair sieve or cloth into pan; then fill up the pot containing meat, etc., with *hot* water and boil again four hours to obtain all the glutinous part, strain off stock and put with that first obtained in large stewpan, set over fire and boil *as fast as possible* with lid off, stirring occasionally to prevent boiling over. When reduced to about three pints, pour into small stewpan and boil more slowly until reduced to a quart, skimming if necessary, then put where it will again boil quickly and stir well with wooden spoon until it begins to get thick and is of a fine yellow-brown color, taking care not to burn. Pack in pot for use, or in sausage skins, which may be obtained from butcher; cut off a yard of the skin, tie one end very tightly and pour in the glaze through a large funnel. It will be hard like jelly when cold and when wanted for use is cut off in slices. A thick slice dissolved in hot water makes a cup of nutritious soup, to which may be added any cooked vegetables, rice or other ingredients liked. A piece is very nice to take on a journey, especially for an invalid who does not want to depend on way-side hotel food, or is tired of beef-tea. Another way of keeping glaze is to put away in a *Glaze-Kettle* made for the purpose, and much like a custard-kettle. It is a tin vessel in which the glaze is kept, fitting into a larger one, which is filled with boiling water to melt glaze when wanted for use. The smaller vessel has a lid with a small hole in it for a brush, which is used for putting the glaze on meats, etc., as required. When packing in skins it is well to put a part of the glaze in a jar for this purpose, which may be set in kettle or pan of hot water to melt, and provide also a small stiff brush, or a stiff feather will do. Glaze adds greatly to the fine appearance of many dishes. It is much used in decorating cold joints, hams and tongues and its use is recommended in various recipes.

Glazing Brush.

To use thus, melt the glaze and with the brush cover the meat with it, going over it a second time if necessary after first coat has become cold. In roasting meat if it is not evenly and nicely browned, brush over with glaze just before serving and it will give required finish.

Roux.—This may be made as wanted for use, but is convenient to have at hand. For making *White Roux* melt a half pound butter slowly, skim, let settle, then pour in clean saucepan over fire and when hot dredge in slowly two cups sifted flour. Stir rapidly until perfectly smooth and thoroughly cooked, but do not let brown; some use an egg whisk for stirring, Put away in a jar. *Brown Roux* is made same, stirring over fire until a bright brown, but not scorched. Use for thickening gravies, sauces, soups, stews, etc., by moistening with a little of the warm liquid then stirring into the whole, or put it into the cold liquid and it will dissolve as it heats; do not put into hot liquid without first moistening or it will harden into lumps instead of dissolving.

Beef Gravy.—Cut a half pound lean beef in small pieces and put in stewpan with half pint cold water, a shallot or small onion, half teaspoon salt and a little pepper and simmer gently three hours. A short time before done stir in half teaspoon arrowroot mixed with a little cold water, add tablespoon any sauce liked; boil up once, strain and serve. Nice for poultry, game, etc. Or cut a half pound shin of beef in very small pieces, slice half an onion and quarter of a carrot and stir in saucepan over fire with piece of butter size of walnut until slightly colored, add three-fourths pint water, two or three sprigs parsley and savory herbs, cayenne, mace and salt to taste and simmer half an hour; skim well, strain and it is ready for use. For a *Rich Beef Gravy*, cut two pounds shin of beef and a large onion or a few shallots in thin slices, dredge with flour and fry a pale brown, but do not scorch; add two pints boiling water, let boil and skim. Then add slice lean ham or bacon, bunch savory herbs, two blades mace, half head celery, two or three cloves, four allspice, quarter teaspoon whole pepper, cayenne and salt to taste and simmer very gently two hours, or until all juices are extracted from meat. Set away to cool, then skim off all fat. May be flavored with catsup, bottled sauce, or anything that will give additional relish to the dish with which it is to be served. This gravy is excellent with ragouts, hashes, or any dish from cold meats.

Brown Gravy.—Before serving any roast meat, let the gravy in pan dry down until grease can be poured off clear, while the glaze remains adhering to pan; pour in water to dissolve it, and when it has boiled add a trifle of Browned Flour, to thicken if necessary though when a roast has been well dredged with flour a thickening will not be needed. Strain through a fine strainer; serve some in dish with the roast, the rest in sauce-boat. A *Cheap Brown Gravy* which will be found nice for warming up any kind of cold meat is made as follows: Slice three onions and fry in butter a nice brown; toast a large, thin slice of bread slowly until quite hard and a deep brown; put these, with any pieces of meat, bone, etc., and some herbs, on the fire with a pint and a half water, and stew down until it is as thick as liked. Season to taste, strain, and set in a cool place until wanted for use. For a *Rich Brown Gravy*, fry two large onions cut in rings in two tablespoons butter until a light brown; then add two pounds shin of beef and two small slices bacon, both cut in small square pieces, and pour in cup water; boil ten minutes, or until a nice brown color, stirring occasionally; add three and a half pints water, let boil up, then draw to back of range and simmer very gently an hour and a half; strain and when cold take off the fat. Thicken with four tablespoons flour first made smooth and lightly browned with three tablespoons butter in another pan, and cooled; boil the gravy up quickly, season to taste and it is ready to serve. This thickening may be made in larger quantities and kept in stone

jar until wanted. A *Brown Gravy without Meat* is made as follows: Slice, flour and fry two onions and one large carrot in two tablespoons butter till a nice light brown, add three pints boiling water, bunch savory herbs and pepper and salt. Stew gently about an hour, strain, when cold skim off all fat and stir in a thickening made as in preceeding recipe and a few drops Caramel Coloring.

Carrot Gravy.—Grate a good large carrot, first washing and scraping thoroughly. Put butter size of walnut in stewpan and when just melted put in the carrot with enough stock to make of the usual consistence, adding salt, pepper, finely chopped parsley and a little lemon juice. Stew till smooth and thoroughly cooked.

Economical Gravy.—Put in stewpan the chopped bones and trimmings of cold roast or boiled veal or beef, one and one-half pints water, an onion, quarter teaspoon each chopped lemon peel, and salt and blade mace, pounded; simmer gently an hour or more, or until liquor is reduced to a pint, then strain through hair sieve. Add thickening of butter and flour, let it just boil up, squeeze in about teaspoon lemon juice, and it is ready to serve. It may be flavored with a little tomato sauce if at hand, or if a dark colored gravy is wanted, catsup or any bottled sauce. Or put chopped bone and trimmings from any cold joint in stewpan with quarter teaspoon each salt, whole pepper and whole allspice, small bunch savory herbs and half head celery, cover with boiling water and simmer gently about two hours. Slice and fry an onion in tablespoon butter till a pale brown, and mix gradually with the gravy; boil fifteen minutes and strain, put back in stewpan, flavor with walnut vinegar, catsup, pickled onion liquor, or any bottled sauce preferred. Thicken with a little butter and flour mixed smooth on a plate, boil up once, and the gravy will be ready for use.

Giblet Gravy.—Boil the giblets—gizzard, heart and liver—with the neck in two quarts water an hour and a half, skimming if necessary and adding more water if it cooks away too much. Take out giblets, chop fine, return to water in saucepan, first skimming out neck, and add tablespoon flour mixed smooth with a little cold water; season and after the fowl has been taken up, add to dripping-pan placed on top of stove, adding more water if necessary, and boil five minutes, stirring constantly, scraping the sides of pan to free the rich, savory particles that adhere. More thickening or seasoning may be needed and some add a little sweet marjoram. If too much fat in dripping-pan, skim off before adding the giblet sauce. If the giblets are not liked, or are preferred served whole, the gravy is made same, simply omitting giblets and serving them on platter with the fowl. For a nice *Liver Gravy*, wash the feet and neck of fowls perfectly clean, cut in small pieces and put in stewpan with a slice toasted bread, half an onion, bunch savory herbs, salt and pep-

per to taste and the giblets; pour one pint water over, and simmer gently one hour. Take out the liver, pound it, and put in roasting pan with the strained liquor in which it was boiled. Add thickening of butter and flour, and flavoring of mushroom catsup, boil up and serve. The gizzard can be served whole with the fowl.

Herb Gravy.—Take a stick of horse-radish and the leaves of a sprig each winter savory, thyme, marjoram and a little tarragon; put in stewpan with pint water, four tablespoons vinegar, juice of a lemon, two thinly-sliced shallots and a clove or two. Add enough Browned Onion or Caramel Coloring to color well and simmer gently fifteen minutes after bringing to a boil. Strain, add thickening and serve hot. Or omit thickening and when quite cold pour in bottles to be served in small quantities with meats as *Herb Sauce.*

Heidelberg Gravy.—Line a stewpan slightly with butter, put in three sliced onions, six pounds boned fillet of veal and two pounds of boiling piece of beef and pint stock. Let all boil on brisk fire till reduced one-half, turn the meat frequently, and simmer gently. *The glaze must not be overcooked*; if so the sauce will taste disagreeably sharp. Take stewpan off fire when meat is well glazed, cover it, and do not touch for five or six minutes in order that the glaze may dissolve quickly. Pour in six quarts more stock, boil well, skim and add two carrots, level tablespoon salt and saltspoon white pepper. Boil and skim, and when meat is quite done remove it, and strain the stock through a cloth. Now put into a saucepan three-fourths pound each clarified butter and flour; mix well, put in the stock and stir with a wooden spoon till it boils. Simmer two hours with the cover lifted off a little. Skim twice during the simmering, and once more when done. Strain through a cloth and keep for use. This makes four quarts and will keep good a week or more. Instead of the meat given above a few slices lean ham, the lower part of a calf's leg and a kidney, cut in pieces, and a chicken, cut in joints, may be used, adding the carrot and parsnips also, if liked, with onion. To make *Brown Heidelberg Gravy*, use Browned Flour.

Horse-radish Gravy.—Mix well one tablespoon each butter and flour in saucepan, add pint soup or gravy stock; let boil till flour is well cooked; add three or four tablespoons prepared horse-radish, pinch of sugar, a little salt and white pepper if liked. Serve at once. If grated fresh horse-radish is used add a little vinegar to gravy just before serving. Milk, broth from boiled corned beef or water may be used instead of stock. This is one of the best of gravies.

Jugged Gravy.—Cut two pounds skin of beef and quarter pound lean ham in small pieces, slice an onion, or a few shallots and half a large carrot; put meat, ham and vegetables, with seasoning of pepper and salt, in alternate layers in jar holding three pints, and

add two pints water; cover closely so that steam will not escape and bake in oven for from six to eight hours. If oven is very hot less time will be required. A good way is to put jar in oven overnight, leaving small fire, to draw out the gravy, and it will then bake in a much less time. When sufficiently cooked, strain, cool, remove fat and flavor with catsup or any bottled sauce liked. An excellent gravy.

Maitre d' hotel Gravy.—Mix in saucepan two tablespoons Maitre d' hotel Butter and one of flour; add pint milk or water, let boil and serve with boiled beef, mutton or fish. Or add only half pint milk and make a thick sauce known as *Maitre d' hotel Sauce.*

Milk Gravy.—After frying any kind of meat, add a tablespoon flour to the fat stir well together, add pint of milk, let boil till flour is thoroughly cooked. Water may be used in place of milk, or half and half, and butter instead of the fat. Or have a pint milk at boiling point and stir in a thickening of a rounded tablespoon flour, mixed smooth with cream or milk, and a beaten egg. Serve soon as it boils, as if allowed to boil a half minute, the creaminess is lost.

Onion Gravy.—Put two tablespoons butter in saucepan and when slightly browned stir in three sliced onions and fry brown. Stir in heaping teaspoon flour and fry all together a moment, then add half pint stock, seasoning of pepper and salt, and boil gently ten minutes. Skim off all fat, add teaspoon each made mustard and vinegar and juice of half a lemon, give one boil and serve hot. Especially nice with steaks. If to be poured over the steak or served as *Robert Sauce*, use only half as much stock and less thickening.

Orange Gravy.—Put a sliced onion in stewpan with half pint stock, a few basil or bay leaves, three or four strips orange or lemon peel and simmer very gently fifteen minutes. Strain, and if not sufficiently flavored add juice of a seville orange or a lemon; season, add thickening of arrowroot or corn starch, boil up once and serve. Nice for all game.

Piquant Gravy.—Put two tablespoons each chopped cucumber pickles, capers and onions in saucepan with half pint vinegar and stir over fire until vinegar has nearly all evaporated; add two tablespoons each butter and flour rubbed smooth, two teaspoons salt, two saltspoons pepper and half as much cayenne, with pint boiling water or stock. Boil up once and serve. This is also known as *Piquant Sauce*, and a more elaborate recipe is the following: Put two tablespoons butter in stewpan with a small carrot and six shallots, sliced, bunch savory herbs, half bay leaf, two small slices lean ham, chopped fine, two cloves, six pepper-corns, blade of mace, and three whole allspice. Simmer all over slow fire until bottom of pan is covered with a brown glaze, stirring to prevent burning, and add four tablespoons vinegar, half pint stock, teaspoon sugar, pinch of

cayenne and salt to taste. Simmer gently fifteen minutes, skim off all fat, strain and serve hot with roast meats. If not liked so acid use less vinegar.

Sage Gravy.—Chop fine a half dozen large green sage leaves, or more if the leaves are small, with two medium-sized onions. Put in stewpan with butter size of walnnt, sprinkle with flour, cover closely and let steam a few minutes. Then add teaspoon vinegar, some broth or gravy, and seasoning of salt and pepper. Simmer till the onion is tender. Capital with roast pork.

Veal Gravy.—Cut three pounds veal and two slices lean ham in small pieces. put in stewpan, moisten with little water and set over fire to extract juices; when bottom of pan is covered with a white glaze add three pints water, bunch savory herbs, a few green onions or one large onion, blade of mace, salt to taste and a few mushrooms when obtainable. Stew very slowly three or four hours and skim well the moment it boils. Let cool, take off fat and reheat when wanted for use. May be used as a foundation for white sauces, for fricassees, or wherever nice veal gravy or stock is wished.

Venison Gravy.—Brown trimmings of venison in a little butter or fat over brisk fire and put with them three or four mutton shank bones and pint water; simmer gently two hours, skim, strain, add two teaspoons walnut or any catsup, salt to taste, boil up and serve.

Cold Meats.

In America and England there is great prejudice against warmed-over food, but in France one eats it half the time in some of the most delicious "made dishes" without suspecting it. Herein lies the secret. With us the warming over is so artlessly done, that the *hard* fact too often stares at us from out the watery expanse in which it reposes. One great reason of the failure to make warmed-over meat satisfactory is the lack of gravy. On the goodness of this, as well as its presence, depends the success of the dish. The glaze, for which the recipe is given under Gravies, renders one at all times independent in this respect, but at the same time it should not alone be depended on. Every drop of what remains in the dish from the roast should be saved, and great care be taken of all scraps, bones and gristle, which should be carefully boiled down to save the necessity of using glaze for every purpose. Do not make into "hash" *all* cold

meat, as is the too common practice of so many American housekeepers. Hash appears to be a peculiarly American institution. In no other country is every remnant of cold meat turned into this one unvarying dish. Not only remnants but whole joints of cold meat, a roast of beef of which the tenderloin had sufficed for the first day's dinner, the leg of mutton from which a few slices only have been taken, the fillet of veal, available for so many delicate dishes, are ruthlessly turned into the all-prevading hash. The curious thing is that people are even fond of it. Yet hash in itself is not a bad dish; it is called a peculiarly *American* institution, because when English people speak of hash, they mean something quite different—meat warmed in slices. Our hash, in its best form—that is, made with nice gravy, garnished with sippets of toast and pickles, surrounded with mashed potatoes or rice—is dignified abroad by the name of "mince," and makes its appearance as an elegant little *entree*. Nor would it be anathematized in the way it is with us, if it were only occasionally introduced. It is the familiarity that has led to contempt. But though recipes are hereafter given for most excellent dishes of hash, it is better to introduce a little variety in warmed-over meats. Variety is as easy to produce as it is rare to meet with in average cooking, and depends more upon intelligence and thoughtfulness than upon anything else. Plenty of good well flavored gravy is an absolute necessity for the success of warmed-over dishes, also a variety of seasoning, herbs, etc., though in using the recipes that follow, if all the seasonings mentioned are not at hand others may be substituted or they may be omited entirely. No good cook, however, will allow her stock of spices, herbs and other condiments to run low, for upon these and their appropriate use depends the success of all cookery, giving that peculiar flavor characteristic of French cooking; and another secret we may learn from them is the use of a *Pinch of Sugar* in soups, meat and vegetable dishes, etc. It is not added to sweeten, or even be perceptible, but it enriches, softens, tones, as it were, the other ingredients as salt does. It is a mistaken idea to think that fat and butter in large quantities are necessary to good cooking. Butter and oils may be melted without changing their nature, but when cooked they become much more indigestible and injurious to weak stomachs. Gravy is equally if not more palatable and much more wholesome, though a limited quantity of butter, drippings or oil is almost indispensable to a well

flavored gravy, unless it be made from good stock from boiled meat and vegetables, which is much better. In making warmed-over dishes of meat do not let the preparation boil or cook long; simply become thoroughly heated, as boiling toughens re-cooked meat, and it is also necessary to always place in a hot frying-pan, so the heating can be more quickly accomplished. We give below a few recipes which make appetizing dishes from cold meat but the ways of preparing the latter are legion, and the successful housekeeper can form innumerable dishes, as each recipe will suggest another even more edible than the first.

Meat Batter.—Dipping slices of cold meat in the following batter is a much nicer way of encasing them, than to single-bread: Mix one and a half pints sifted flour with two tablespoons melted butter, and enough warm water to make a soft paste, which beat till smooth; then add more warm water till consistency of fritter batter, salt to taste, and add, just before dipping in the pieces of cold meat, the well-frothed whites of two eggs. Another batter nice for meats, dry in themselves, such as chickens, veal, etc., is to add to above quantity flour. yolks of two eggs, four tablespoons oil, mixing with cold water and adding salt and beaten whites as above. When meat is prepared, fry as fritters or in frying-pan.

Sweet Herbs.—To make the bunch of herbs called for in many recipes put together in palm of left hand three long sprigs parsley with stems crossing in fan shape, and on these lay two sprigs each thyme and summer savory and two bay leaves; twist root ends of parsley up over other herbs and bring leaf ends down, making a kind of roll, which must be wound about and tied with clean twine. Some always add a few pepper-corns and blade of mace; sweet marjoram is also used, and sage leaves should be added for flavoring pork. The above is given simply as a general rule, and any combination preferred or convenient may be used. The herbs are always removed before serving the dish.

Warmed-Over Roasts.—The simplest of all ways of warming a roast that has not been too much cut is to wrap it in thickly buttered paper and put in the oven again, covering closely as possible and leave only long enough to become *thoroughly* heated through. By keeping closely covered it will get hot in less time and the steam will prevent it from becoming hard and dry; make some gravy and serve hot with the meat. If the gravy is good and plentiful the meat will be as nice as the first day, but without gravy will be an unsatisfactory dish. If it is not possible to cover the joint closely in the oven, put it in steamer over hot water; let it get hot through and

serve as before. Or it may then be placed in oven a few moments to brown. Cooking as a Pot-Roast is also a nice way to warm it over. For the third day the meat may be warmed up in any of the ways hereafter given.

Fried Meat.—Any kind of cold meat or chicken that can be cut into neat slices may be very nicely warmed over by first dipping in Meat Batter as above, or single-breading, and dropping into a kettle of hot fat, turning to brown both sides, or in butter or drippings in frying-pan. The batter, or egg and bread-crumbs forms a sort of crust which keeps the meat tender and juicy while it is being heated through. Frying (without batter or crumbs) in a pan with a little butter renders the meat hard and almost uneatable unless the pan is very hot, the meat turned almost constantly, and soon taken out on a hot platter and served at once. Some prefer to sprinkle the meat with ground spices or chopped herbs or onions before breading them. A tureen of good gravy should accompany meat prepared thus, which may be served in a circle round mashed potato, or in center of platter with gravy poured round, or in any way preferred. For *Fried Mutton Cutlets*, trim thick cutlets from cold leg of mutton, or chops from the loin, dip them in the Meat Batter, fry as above and serve in a circle round a *Vegetable Ragout* made as follows: Stew young carrots, turnips, green pease and white beans gently in a little water in which the bones and trimmings of the meat have been cooked. Season and dish in center of platter. For *Fried Corned Beef*, cut any part of cold corned beef into thin slices, fry slightly in butter, and season with a little pepper. Have ready some very hot mashed potatoes, lay the slices of beef on them and garnish with three or four pickled gherkins; or heat slices in a little liquor from mixed pickle, drain, and serve as above. Or cut nice, cold roast or lean corned beef in thin slices, and lay them in mustard and vinegar a few hours; double-bread and fry in hot lard. For breading meats see Croquettes, page 299.

Molded Meat.—Chop a pound any cold meat, except pork, very fine, and season with half saltspoon pepper and one of salt. Wash two ounces maccaroni well in cold water and boil half an hour. Drain and cut into inch lengths and mix with the chopped meat, and a cup bread crumbs, adding tablespoon butter cut into small pieces. Bind all together with a beaten egg and tablespoon stock, and when thoroughly mixed pack into a well-greased dish or bowl and steam one hour. Or for *Meat Pudding*, take any cold meat and suet, chop very fine; add salt, onions, minced ham or tongue, a slice of bread soaked in milk, two well-beaten eggs, tablespoon butter; stew all together gently for fifteen minutes, place in mold and bake till brown. Serve on a hot dish, and cover with gravy; or soak the bread in water, omit the suet, season with salt, pepper and celery-seed; add the meat and egg, and pour the mixture without cooking

into a buttered pudding dish, placing a tablespoon butter on top; bake slowly and turn out in solid form as above. Turkey, chicken, etc., are very nice prepared in this way.

Meat Omelet.—Mince any cold pieces of meat, add a few crumbs of bread or crackers, and enough beaten egg to bind them together. Season well and pour into a well-buttered, hot frying-pan. If it is difficult to turn whole, a hot shovel may be held over top till browned.

Meat Ovals.—Put a half pound stale bread or crumbs to soak in pint cold water; chop fine same quantity of any cold roast or boiled meat, with a little fat; press the bread in a clean cloth to extract the water; put two tablespoons butter in stewpan with tablespoon chopped onions, fry two minutes and stir, then add the bread; stir and fry till rather dry, and put in the meat; season with teaspoon salt, half of pepper, a little grated nutmeg and lemon peel and stir constantly till hot, then add two eggs, one at a time, mix well and pour into dish to get cold. Make into small egg-shapes, slightly flattened, single-bread, taking care to keep in shape, and when all are done fry in frying-pan in a little very hot butter, lard or drippings until a fine yellow brown, turning to brown both sides. Serve very hot with a border of mashed potatoes or any garnish fancied. A piquant sauce may be served with them. Any kind of meat, poultry game or fish, or even vegetables may be served thus. Hard-boiled eggs or potatoes may be introduced in small quantities, and the ovals may be immersed in hot fat if preferred, as Fritters. *Oyster Ovals* are also nice cooked in same way.

Meat Pie.—Put a layer of cold roast beef or other bits of meat, chopped very fine, in bottom of dish, and season with pepper and salt, then a layer of powdered crackers, with bits of butter and a little milk, and thus place alternate layers until the dish is full; wet well with gravy or broth, or a little warm water; spread over all a thick layer of crackers which have been seasoned with salt and mixed with milk and a beaten egg or two; stick bits of butter thickly over it, cover with a tin pan, and bake half to three-quarters of an hour; remove cover ten minutes before serving, and brown. Make moister if of veal. Or for *Hampton Pie*, cover any bits or bones, rejected in chopping, with nearly a pint of cold water, and let them simmer for an hour or more; strain, add a chopped onion, three tablespoons Chili sauce, a level tablespoon salt, and the chopped meat; let simmer a few minutes, thicken with a tablespoon flour mixed in water, let boil once, take off and let cool; put a layer of this in a pudding dish, then a layer of sliced hard-boiled eggs and a few slices from cold boiled potatoes, then the rest of the meat, then eggs, etc.; cover with a baking powder crust or a good paste; make an opening in center, and bake forty minutes. Or for a *Mixed Meat Pie*, pound separately in a mortar one pound each sausage meat,

cold boiled liver and veal, and add a seasoning of pepper, salt, minced parsley and one or two stalks young onions, chopped. Line bottom of baking dish with a good paste and put on this a layer of sausage meat with a few pieces of truffles here and there. Pound a pound of ham and put a layer of it over the sausage meat, with pieces of truffles, then a layer of veal with truffles, layer of liver with truffles and so alternate until dish is full. Add enough nice gravy to moisten, cover with nice light crust and bake in moderate oven until a good pale brown. The truffles may be omitted. For *Meat and Potato Pie*, take cold beef or veal, chop, and season as for hash; have ready hot mashed potatoes seasoned for table, and put in a shallow baking dish first a layer of meat, then layer of potatoes, and so on, till dish is heaping full; smooth over top of potatoes, dot with bits of butter and bake until a nice brown. Some sprinkle the top with bread-crumbs. Or chop a quart of any cold meat fine; season highly with salt and pepper, and put into a buttered, earthen baking dish. Chop a peeled onion very fine, fry it for two minutes with a tablespoon drippings, and pour over the meat. While chopping the meat and frying the onion, stew any bones from the meat in a cup cold gravy, or use water if no gravy is at hand, and strain it over the meat and onion; cover meat an inch thick with cold mashed potatoes, smooth top, brush it over with beaten egg, and bake the pie twenty minutes in a moderate oven. A nice *Tongue Pie* may be made by taking equal parts cold tongue and cold poultry or roast pork. Line an earthen pudding dish with good paste, put the two meats into it in layers, season each layer lightly with salt and pepper; when the dish is full add sufficient cold gravy of any kind to moisten—or if there is no gravy, a cup hot water, and tablespoon butter; put an upper crust on the pie, wetting the edges of the crust to make them adhere; cut a few slits in upper crust to permit the escape of steam, and brush over with melted butter or beaten egg. Bake in moderate oven an hour, or until the crust is nicely browned, and serve either hot or cold. For a *Raised Pie*, take in proportion of a quarter pound lard for every pound flour, half a pint of water and a pinch salt. To make, add the lard to the water, bring to a boil, then pour it over the flour and mix as quickly as possible; when mixed wrap in a cloth to keep warm. Make into shapes as on page 428 as rapidly as possible, and when cold it will retain any shape given it while warm, For filling, bone and boil two calf's feet; cut up and stew over a gentle fire for an hour two chickens, and two sweetbreads, in a quart of veal gravy and add the chopped calf's feet, season with cayenne pepper and salt, add six or eight boiled Forcemeat Balls, four boiled eggs quartered; stew till well heated, let stand until nearly cold, and put in pie, and finish as on page 428. In case the butter-lamb and aspic jelly are not liked; after filling in meat, place four quarters of a hard-boiled egg at equal distances apart on top of meat, and strew a few cold green pease or asparagus

tops on it. This gives a pretty effect, and saves the trouble of making the aspic jelly. The shell may be filled with any cold cooked meat. Rabbits make a nice filling, stewed with a nice cut or two of ham or salt pork. Make a force-meat out of the livers beaten in a mortar until fine, adding freely of pepper and salt, a little nutmeg, and a few sweet herbs. Partridges, or any game birds, may be used, bearing in mind that the pie is always to be served cold. Pie-molds may be used, in which case simply line mold with puff paste; and another filling is to bone the fowl, or whatever bird is intended to be used, lay it, breast downwards, upon a cloth, and season the inside well with pounded mace, allspice, pepper and salt; spread over it a layer of force-meat, then one of seasoned veal, then ham, and then another of force-meat, and roll fowl over, making skin meet at back. Line the paste with force-meat, put in fowl, fill up cavities with slices of seasoned veal and ham and force-meat, wet rim of pie, put on the cover, pinch together with pastry pinchers, and decorate with leaves of paste and brush over with yolk of egg, or brush with egg before adding leaves, and then the pie will bake a rich brown and the leaves remain a pale color, giving a very pretty effect. Make a good gravy from the bones, pour it through a funnel into the hole at top of pie, and bake four hours. Serve when cold, The gravy must be considerably reduced before it is poured into the pie, as, when cold, it should form a cold jelly. This is suitable for all kinds of poultry or game, using one or more birds, according to the size of pie intended to be made; but birds must always be boned. Truffles, mushrooms, etc., added to pie, make it much nicer; and, to enrich it, lard the fleshy parts of the poultry or game with thin strips of bacon. This method of forming raised pies in a mold is generally called a *Timbale*, and has the advantage of being more easily made than one where the paste is raised by the hands; the crust, besides, being eatable.

Pastry Pinchers.

Meat Roll.—Chop any cold meat very fine, add an equal quantity mashed potato, or finely-chopped boiled potato, one egg, a little chopped onion and season with salt and pepper and a pinch sugar. Make into a roll nine inches long and three inches wide, or any size wished; place in frying-pan with a little hot drippings or lard and brown all around turning as needed; or bake in oven. Serve hot on platter surrounded by a nice gravy, made in the pan, or little onion pickles. It is nice for tea or lunch sliced cold, and garnished with red pickled beets. For *Veal Roll*, chop as above, season with a teaspoon each finely minced lemon peel and mace, tablespoon chopped parsley, salt and pepper, stir in beaten yolks of three eggs, add half cup gravy and cup bread-crumbs; it should be just soft enough to handle without running into a shapeless mass. Flour the hands and make it into a roll about three times as long as it is

Meat Roll.

broad; flour the outside well and lay it in a greased baking pan, cover and set in oven until smoking hot, when remove the cover and brown quickly. Then brush over with white of egg, and return to oven a minute or two, dish as above, using a pan-cake lifter, and garnish with croutons, (see soups) pouring a rich gravy over all.

Meat Turnovers.—Make dough as for soda biscuit, roll thin and cut in circles large or small as liked. Upon these put any kind of cold cooked meat or game chopped fine, seasoned with pepper and salt, catsup and sweet herbs and moistened well with cream or melted butter; lay the meat on one side and turn over the other, moistening and pinching edges together carefully. These can be steamed, baked, or fried as Fritters, and are very good cold. When preparing for picnics, bake them. Some heat the meat with a little broth or water, seasoning as above and thickening with a little flour. If steamed, place the turnovers on a buttered plate and set in steamer.

Meat Wonders.—Chop fine any bits of cold meat, add half as much mashed potato as meat and same of bread broken up and moistened with hot water, a tablespoon flour made smooth with a little water, two or three beaten eggs and a little cold gravy. Season well, mix thoroughly, drop from a spoon into frying-pan containing a little hot butter or drippings and fry a nice brown on both sides, or add flour enough to make into balls and fry as above or bake in oven. Eggs may be omitted.

Bread and Meat.—Cut two long slices cold meat and three of bread, buttered thickly, about same shape and size; season meat with pepper, salt, and a little finely chopped parsley; or, if veal, a little chopped ham; then lay one slice of bread between two of meat and have the other two slices outside; fasten together with wooden toothpicks. Bake in quick oven and baste with butter *thoroughly*, that the bread may be crisp and brown. If the oven cannot be depended on fry in very hot fat as doughnuts. Garnish with sprigs of parsley, and serve very hot.

Ragout of Meat.—Slice cold meat, put in stewpan in which an onion has been sliced, or several if liked; squeeze half a lemon in, or add tablespoon vinegar, cover closely without water, and when it begins to cook, set pan on back of stove for three quarters of an hour, shaking occasionally. The onions should now be brown; take out meat, dredge in a little flour, stir it round, and add a cup gravy, pepper, salt and a small quantity of any sauce or flavoring preferred; stew gently a minute or two, then put the meat back to get hot, and serve; garnish with croutons or pickles.

Meat and Potato Puffs.—Take cold roast meat—beef or mutton, or veal and ham together—cut all gristle away, chop fine and season with pepper and salt, and chopped pickles, if liked. Boil and mash some potatoes, make them into a paste with an egg, roll

out, dredging with flour, and cut round with a saucer; put some of the seasoned meat upon one half, and fold the other over like a puff; pinch neatly round, and fry a light brown.

Meat with Barley.—Take half pound any cold roasted or broiled meat, cut in dice; three onions, chopped fine, and half cup barley, washed. Put all in a stewpan, and dredge with tablespoon flour, half tablespoon salt, and saltspoon pepper. Add three pints water, and simmer two hours. Pare and slice seven potatoes. Add to the stew, and simmer one hour longer. Season more if necessary.

Meat with Eggs.—Take pieces of any cold roast meat, trim off fat and mince very fine. Fry a small onion, chopped fine, in plenty of butter; when a light brown add a teaspoon flour, a little stock or gravy, the minced meat with chopped parsley, salt, pepper and nutmeg to taste. Mix well, add a little more stock if necessary and heat gradually on back of range; lastly add a few drops lemon juice; serve on small squares of bread fried in butter and place a poached egg on top of each, or serve the veal in center with poached eggs over it, and toasted bread around with chopped parsley on the squares.

Bubble and Squeak.—Cut about two pounds cold meat in neat slices, put in pan with tablespoon of butter, and brown them; chop a head of tender cabbage, put in with two tablespoons of butter, saltspoon salt, and quarter saltspoon pepper, and stir occasionally over the fire until quite tender; when both are done, lay the slices of meat in center of a hot dish, and cabbage around it; serve hot.

Philadelphia Scrapple.—Take remains of cold fowl or meat, two or three kinds may be used, cut into small pieces, season well and put in frying-pan with water to cover. When it boils thicken with corn meal stirred in carefully like mush and about as thick, and keep over fire until the meal is cooked, then pack into a long deep tin and when cold slice off and fry.. Nice for breakfast.

Stirabout.—Any cold boiled or roast meat is nice if cut into small pieces like marbles, then put in saucepan with water to cover well and stew gently twenty minutes or so; add salt, plenty of pepper, and a half cup good strong vinegar—if not strong enough add more—stir well and let stew; put a large spoonful dripping or butter in a skillet, add tablespoon flour, stir until browned and pour it over the meat, stir well and serve. A change from hash, and when properly seasoned and prepared is very palatable.

Broiled Beef.—Peel four or five potatoes, then cut round them as though paring an apple, season with salt and pepper and dip the strips thus made into a thin batter and fry in hot fat a nice brown. Cut neat slices from a cold roast of beef, season well, dip in melted butter, broil quickly and serve on hot platter with the prepared

potato over them. Or broil the beef as above, and lay in a hot dish on a tablespoon melted butter, sprinkle with mushroom powder, and garnish with border of Saratoga potatoes. For *Broiled Beef with Oyster Sauce*, put two dozen oysters in stewpan, with their liquor strained; add three cloves, blade of mace, two tablespoons butter, half teaspoon flour, and seasoning of pepper and salt; simmer gently five minutes. Have ready in the center of dish round walls of mashed potatoes, browned; into the middle pour the oyster sauce, quite hot, and round the potatoes place layers of slices of cold roast beef, which should be previously broiled over a nice clear fire. For *Broiled Beef with Mushroom Sauce*, wipe two or three dozen small mushrooms free from grit with a piece of flannel, and salt; put in stewpan with tablespoon butter, seasoning of cayenne pepper and tablespoon mushroom catsup; stir over the fire until mushrooms are quite done, when pour in the middle of mashed potatoes, browned. Then place round the potatoes slices of cold roast beef, broiled. In making mushroom sauce, catsup may be omitted if sufficient gravy.

Masked Beef.—Cut cold roast beef in rather thin slices, and have ready mashed potatoes free from lumps and highly seasoned; put the slices of meat in frying-pan with a little hot butter, and fry slightly, then spread mashed potatoes on both sides of the slices, single-bread them and fry brown in hot fat; when done take up with skimmer, drain for a moment on brown paper and serve hot.

Hashed Beef.—Put into a stewpan with whatever gravy may have been saved from roast beef the day it was roasted, a teaspoon each tomato sauce, Harvey's sauce and mushroom catsup with a tablespoon any flavored vinegar, pepper and salt to taste, a little flour to thicken and a finely minced onion. Simmer gently ten minutes, then take off fire, let gravy cool, and skim off fat. Cut cold roast beef into thin slices, dredge with flour, place in gravy and let the whole simmer gently five minutes, but not boil, or the meat will be tough. Serve very hot and garnish with croutons. Or cut off all the meat from the bones of cold roast ribs or sirloin of beef, remove the outside brown and gristle, and stew the bones and pieces with two onions, a carrot, bunch savory herbs, blade of pounded mace, and pint water, for about two hours, till it becomes a strong gravy, and is reduced to rather more than one half pint; strain, thicken with a teaspoon flour, and let cool; skim off all fat, lay in meat cut in small bits, let it get hot through, but do not boil, dish and garnish with croutons. The gravy may be flavored as above. Meat prepared thus may be served within walls of mashed potatoes.

Soused Beef.—Take the beef left from soup, cut away from the bone in small pieces, season with salt and pepper, and a little mace and pour hot vinegar over it, or an equal quantity water and strong vinegar. A nice supper dish, and may be warmed for breakfast.

Stewed Beef.—Peel and cut two large onions into thin slices, put in stewpan with two tablespoons butter, set over slow fire and stir until brown, but not in the least burnt, add teaspoon brown flour, mix smoothly, moisten with a half pint broth, or water with a small piece of glaze, and add three saltspoons salt, or less if broth was salted, two of sugar and one of pepper. Put in thin slices of cold lean beef, set on back of stove five minutes to heat through and serve on very hot dish garnished with fried potatoes or croutons. The onions may be omitted and a tablespoon Chili sauce added; or for an *Irish Stew* add sliced potatoes with the onions, omitting the sauce. Or for any of the stews flavor to taste with spoonful tarragon or plain vinegar, or a teaspoon mushroom powder, or pinch of curry, or a few sweet herbs.

Beef Fricassee.—Put a pint water in stewpan and when it boils add tablespoon flour mixed smooth in little water, one of butter and pepper and salt. Cut cold roast beef in thin slices, put into the gravy and boil five minutes. If at hand use beef gravy instead of water, and omit butter. May be served with boiled potatoes, tomatoes, rice or macaroni. For *Beef Fritters*, cut any cold beef into thin shreds, season well with pepper and salt and stir through the Meat Batter as above. Fry, drain and serve as directed in Fritters.

Beef Hash.—Cold meat of any kind will do, but corned beef is best; always remove all surplus fat and bits of bone and gristle, season with salt and pepper, chop fine, and to one-third of meat add two-thirds of chopped cold boiled potato, and one onion chopped very fine; a pickled onion can be used if not any fresh ones; place in dripping-pan, dredge with a little flour, and pour in at side of pan enough water to come up level with the hash, place in oven and do not stir; when flour is a light brown, and has formed a sort of crust, take out and add a piece of butter, stir it through several times, and a delicious *Baked Hash* will result. Or, by cooking longer, it may be made of cold raw potatoes, which peel, slice, and let lie in salt and water a half hour before chopping. Or for *Boston Hash*, take equal parts cold corned beef and any kind cold poultry chopped fine. To one pint of each add raw yolks of two eggs, tablespoon butter, quart potatoes, peeled and mashed, an onion peeled and grated, and enough hot water or gravy of any kind to moisten; season with salt and cayenne, stir in the well-beaten whites, and put the hash in a buttered pudding dish and bake in quick oven half an hour; serve hot in dish in which it was baked. For *Fried Hash*, take a pint each chopped meat and potato; chop an onion fine and brown it in two tablespoons butter in hot frying-pan, add a gill of stock and when this is hot put in the chopped meat and potato; season with pepper and salt and stir over fire until very hot. Serve heaped high in vegetable dish with a piece of butter placed in a hole on top made by pushing down with bowl of spoon. Some prefer to use more

potato. and the onion may be omitted if not liked. Another way of serving is after stirring over fire until very hot to spread smoothly over the pan and set back where the hash may brown slowly, which should take about half an hour. When done, fold like an omelet, turn on a hot dish and garnish with points of toast and parsley. Any cold beef or other meat or a mixture may be used for this dish and if mashed potato is left over some use instead of the chopped. For *Turkey Hash.* pick meat off turkey bones, shred it in small bits, add dressing and pieces of light biscuit cut up fine, mix together and put into dripping-pan, pour over any gravy that was left, add water to thoroughly moisten, but not enough to make it sloppy, and place in a hot oven for twenty minutes.

Beef Loaf.—Add to one pint cold hashed beef seasoned to taste with pepper, salt, cloves and cinnamon, three or four rolled crackers or same quantity dry bread-crumbs, and two eggs, with meat stock to moisten; bake twenty-five minutes. When cold slice for tea.

Beef Patties.—Cut cold beef, or any kind of cold meat into very small square bits, season well with salt, pepper and a little gravy and chopped onion. Roll out a nice plain paste rather thin, fill with the meat, close in patty-shape and fry, or bake a light brown. Or line patty-pans with the paste, put in the meat, cover with paste and bake. Or the paste may be omitted from top and bread-crumbs with bits of butter, sprinkled over. To make without the paste put the prepared meat in patty-pans, half filling them, cover with mashed potato, put bit butter on each and brown in oven.

Beef Olives.—Take an equal quantity bread-crumbs and finely-chopped beef, some parsley and thyme, a little grated cold ham if at hand, a few cloves or slice of onion, all chopped fine. Put a little butter in a pan and let mixture just simmer, *not fry*, for ten minutes. While this is cooking cut some underdone beef into oblong slices about half an inch thick and hack them on both sides with a sharp knife; then mix the cooked force-meat with the yolk of an egg and a tablespoon gravy, put a spoonful of it in the center of each slice of meat, and tie it up carefully in shape of an egg. Have ready some nice gravy thickened with flour rubbed in butter; roll each olive lightly in flour, lay it in the gravy and *simmer* very gently half an hour. A few chopped oysters are a great addition to the gravy. If preferred, each olive may be rolled and tied in a very thin slice of fat pork, dipped in flour and baked in quick oven until nicely browned. A more simple way of preparing is to cut slices of underdone roast beef about half an inch thick; sprinkle over bread-crumbs, minced shallot, a little fat and seasoning to taste; roll each slice and fasten with a wooden toothpick. Have ready some gravy made from the beef bones; put in the pieces of meat and stew till tender, about an hour. Arrange the meat in a dish, thicken and flavor the gravy, and pour over the meat, and serve.

Beef Pot-Pie.—Take two pounds cold roast beef, cut in rather thick oblong pieces, break the bones, cover with water, and simmer two or three hours for the gravy; add sufficient water to this to make the quantity three pints, put in a gallon saucepan with level tablespoon salt, half teaspoon white pepper, tablespoon Chili sauce, the meat, and some potatoes cut in halves, and when it boils add two tablespoons flour mixed smooth in a little cold water. Have ready a baking powder dough, or a raised crust is excellent and by some much preferred. For this take a piece of bread-dough and let it rise. When the stew is *boiling fast* the crust may be added, either in one piece, with a center cut out, covering the whole; or cut in long strips and placed in bars over the top; closely cover and boil without stopping twenty minutes and then take off cover and set in oven for a few moments to brown. To serve, if the crust is in one piece place on the platter upside down, lay the meat on it, and pour the gravy, which may be thickened more if necessary, over it. Should there be but little meat in the stew put a teacup upside down on the bottom of the saucepan to help support the crust. This may be made of any fresh meat or poultry.

Beef Pudding.—Mince a pound or more of cold roast beef, mix with it a teaspoon salt, sprinkling of pepper, and tablespoon flour. Make an ordinary pudding paste, fill it with the above mixture, put in not quite quarter pint water, and tablespoon chopped parsley and onion mixed; tie in a cloth, and boil about seventy minutes. If liked, add chopped pickles, or a little good, well-seasoned vinegar.

Beef Rollages.—When breakfast is over gather the good bits of steak, roast or any kind of beef left, and taking off superfluous fat, put beef into a pot with enough boiling water to cover, adding mustard, celery salt, pepper, cinnamon and cassia buds, if all or any are liked, or fresh bits of celery and sprigs of parsley, instead of celery salt, also a little onion if desired. *Simmer* meat all forenoon, adding boiling water from time to time as needed. When thoroughly tender, juicy and brown, take up, slip out bones, chop meat fine adding enough of the gravy to make it like thick mush. Take out of the hash bowl and place on a clean white cloth and form into long roll about three inches in diameter. Wrap and press the cloth tightly about it, several thicknesses, to keep the roll in form. Secure it with cord and place the roll in ice box, if warm weather, out in the cold, if cool; in a few hours the meat will have cooled and hardened and can be cut in nice slices like tongue. Lamb and veal can be used in same way. Meat prepared in this way is good either before or after the bones are removed as a hot stew with brown gravy for dinner, or serve hot just after chopping as *Spiced Meat on Toast.*

Beef au Gratin.—Cut a little fat bacon or pork very thin, put in bottom of baking dish and sprinkle with chopped parsley, onion

and mushrooms, or mushroom powder, and bread-crumbs; then put in a layer of thick slices of cold beef, well hacked, then another layer of pork or bacon, add seasoning, with crumbs over the top; pour over enough broth or gravy to moisten well and bake slowly an hour.

Beef a la Jardiniere.—Put a pint beef broth in thick saucepan with small bunch each parsley and chervil, very little tarragon and teaspoon each chopped shallot or onion, capers and pickled gherkins; rub a tablespoon Browned Flour with a large tablespoon butter and stir it in; then take slices of underdone beef and with a blunt knife hack each piece all over in fine dice, but do not cut the slices through; pepper and salt each slice and lay them in with the herbs, sprinkle a layer of herbs over the beef and cover closely, set in the oven and cook half an hour. Serve on a dish surrounded with young carrots and turnips, if in season, or old ones cut.

Beef with Macaroni.—Chop lean or cold roast beef or steak very fine, separating it first from all fat; nearly fill a pudding dish with cold boiled or baked macaroni; put the chopped beef in the center, flavored with salt, pepper, thyme, and, if liked, a little liquor poured from canned tomatoes. Pour soup stock or gravy over beef and macaroni, cover with bread-crumbs, over which pour two tablespoons melted butter and bake half an hour.

Beef with Oysters.—Cut rather thick steaks from cold sirloin or ribs of beef; brown them lightly in stewpan, with two tablespoons butter and a little water; add one half pint water, a sliced onion, pepper, and salt, cover the stewpan closely, and simmer very gently for half an hour; then mix about a teaspoon flour smoothly with a little of the liquor; add one or two dozen oysters, having previously strained their liquor into the stewpan; stir till the oysters are plump, then serve. Do not boil after oysters are added, as it toughens them. For *Beef and Oyster Pie*, place some slices cold boiled potatoes in pudding dish and pour in the above; cover with good paste, with an opening in center, and bake one hour. Omit onions if wished.

Beef with Tomatoes.—Fry two small onions, chopped, in two tablespoons butter; then add eight or nine tomatoes, cut fine, and season with salt, pepper and herbs if liked. When tomatoes are cooked, add pint chopped cold meat and serve when heated through.

Lamb Squares.—Cut underdone lamb, or mutton will do, quite small and coarsely chop some mushrooms, or use the powder instead. Put in saucepan piece of glaze size of pigeon's egg; heat with a *little* water or broth, add two yolks and when thickened without boiling, take off, add the mushrooms and meat, let all get cold, and cut in small squares; double-bread them and fry in very hot fat; or after rolling in bread-crumbs, lay each piece in a spoon and dip into fritter batter; let the extra batter run off, and drop the squares into

the hot fat. These will be good made of beef and rolled up in pieces of fat pork cut thin, and fried; serve with a *Pickle Dressing* made thus: Simmer some chopped parsley, onion and pickled cucumbers till tender, and thicken with an equal quantity Kennebec Butter and flour. If in a hurry, tablespoon each butter and flour, melted in a little water, adding teaspoon vinegar, will make an excellent sauce, and is delicious for anything fried, as breaded chops, croquettes, etc. Mashed, cold cooked pease may be used in place of the mushrooms.

Deviled Lamb.—Score a cold shoulder, leg or breast of lamb to the bone about an inch apart and season highly with salt, white and red pepper, mustard and Worcestershire sauce; put on a gridiron and brown quickly over hot fire. Serve hot with Worcestershire sauce.

Fried Lamb.—Neatly trim slices of cold roast lamb and fry in butter a pale brown. Serve on a puree of cucumber or spinach. Or single-bread them and fry in hot lard, till a light brown and serve with a gravy poured over flavored with a few drops lemon juice and a little nutmeg. Mutton or veal prepared same way.

Deviled Liver.—Take underdone liver of a roast or boiled fowl or turkey; mash it smooth on a dish placed over the teakettle; add a little butter, some mustard, salt and cayenne, with a teaspoon anchovy sauce or mushroom catsup. Spread on toast, and serve hot.

Curried Mutton.—Slice in thin rings, put them into a stewpan with four tablespoons butter, and fry light brown; stir in a tablespoon curry powder, and flour, salt to taste and mix all well together. Or, cut remains of any joint of cold mutton into nice thin slices (if there is not sufficient to do this, it may be minced), and add to the other ingredients; when well browned, add a gill of stock or gravy, and stew gently for about half an hour. Serve in a dish with a border of boiled rice. *Curried Beef* may be prepared in same way.

Masked Mutton.—Cut cold roast or boiled mutton in slices about half an inch thick, and cover both sides with sauce made as follows: Put two tablespoons butter in frying-pan, and when melted add one of flour and stir until smooth; add, gradually, one cup stock, and two tablespoons glaze, boil one minute, and stir in yolks of two eggs; season with salt, pepper, and tablespoon lemon juice, and remove from fire at once. Season the mutton with salt and pepper and as soon as the sauce begins to cool, dip slices in it, and roll in fine bread-crumbs. Beat one whole egg and two whites together, dip the sauced mutton in this and again in the crumbs, and fry and drain as Fritters. Serve with either tomato or tartare sauce. *Masked Beef* or *Veal* cooked in same way.

Smothered Mutton—Cut cold boiled mutton into slices, place them neatly in flat vegetable dish, season each lightly with salt, pep-

per and cayenne. Melt two tablespoons butter and when hot pour half over the meat, and into the other half stir a tablespoon flour, and add a gill of stock. Let boil and add teaspoon sugar, a seasoning of salt, pepper and cayenne, and a pint cold stewed tomatoes. Cook until tomatoes are very hot, then pour all over the slices of mutton, cover tightly and send to table.

Scalloped Mutton.—Cut about a pound cold roast or boiled mutton into very small pieces, not much larger or thicker than a silver quarter; stew the bone half an hour or more, to make a pint of broth; strain it and simmer with the mutton half an onion, pepper and salt for fifteen minutes, adding two tablespoons butter and four of flour rubbed together two or three minutes, before taking up. Butter the lower part of a two-quart pudding dish, and put in a thin layer of mashed potato, then half of the mutton, a thicker layer of potato, the rest of the mutton, and a last layer of potato, which must be glazed with the yolk of an egg; bake until thoroughly heated.

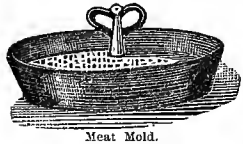
Mutton Collops.—Cut very thin slices from a cold leg or the chump end of loin of mutton, sprinkle with pepper, salt, powdered mace, minced savory herbs and shallot and fry very quickly in hot butter; stir in a tablespoon flour, add a half pint gravy and tablespoon lemon juice, simmer gently from five to seven minutes and serve immediately. The meat must be *very lightly* fried, just thoroughly heated through in pan hot enough to brown quickly.

Mutton Hash.—Chop fine a pound and a half of the remains of roast mutton and put in a stewpan with a cup mutton gravy or stock; season with salt, pepper, and a little grated nutmeg; add a tablespoon flour, and let the meat heat gradually until hot, but do not boil. Simmer twenty minutes, and serve with poached eggs placed neatly round the dish, or on a platter surrounded with mashed potatoes. A spoonful of Worcestershire sauce may be added. Some poach the eggs in boiling water, with half cup vinegar, teaspoon butter and level tablespoon salt, serving the hash on slices of toast with an egg on top. Hash made from poultry is nice served thus. For *Baked Mutton Hash*, chop cold mutton very fine, season with pepper, salt and half cup milk. Chop an onion also very fine, brown in a tablespoon hot lard and stir into the mince. Boil potatoes in proportion to the quantity of meat, mash smooth and season with butter, pepper and salt. Line baking dish with potatoes, put in the hash and cover with potatoes except a place in the middle as large as a saucer. Beat the yolk of an egg and brush over the potatoes. Bake half an hour.

Mutton Pie.—Cold mutton may be made into good pies if well-seasoned and mixed with a few herbs; if the leg is used, cut into very thin slices; if the loin or neck, into thin cutlets. Place a layer in bottom of dish, season well with pepper, salt, mace, parsley and

herbs; then put a layer of potatoes sliced, then more mutton, and so on till the dish is full; add a cup gravy, cover with a crust, and bake one hour. Or cut into square pieces about two pounds cold roast or boiled mutton, trimming off a portion of the fat, and quarter three kidneys; put all in pudding dish, season with two tablespoons chopped parsley, one of powdered herbs, salt and pepper, and half an onion minced; add half a pint of light stock or water, tablespoon vinegar; cover with puff paste, brush evenly with Roll Glaze, and bake an hour. Cold lamb makes a very nice pie. For *Mutton Pie with Tomatoes*, spread the bottom of dish with bread-crumbs, and fill with alternate layers of cold roast mutton, cut in thin slices, and tomatoes peeled and sliced; season each layer with pepper, salt and bits of butter. The last layer should be of tomatoes spread with bread-crumbs. Bake three-quarters of an hour and serve immediately.

Mutton Rissoles.—Chop fine a half pound cold mutton and two ounces beef suet; mix with three ounces boiled rice, season with salt and pepper and roll into small rolls or any shapes fancied, single-bread them and fry a nice brown in hot fat. Serve with a gravy poured round them and a little in a tureen. Or for *Mutton Balls*, omit the suet, make into balls and tie each in a piece of cabbage leaf; put in hot water and boil half an hour; serve hot.


Meat Mold.

Mutton Relish.—Take pieces cold mutton and place in the bottom of a meat mold which has a perforated lid that sinks well into the mold and is screwed in place by a valve-pipe; season, add some broth or gravy, put on lid and on top place nicely seasoned mashed potatoes mixed with a little milk; smooth over and dot the surface with capers, if liked. Bake in oven till brown. The potatoes retain all the savory steam rising from the meat, and it is a delicious dish. Fresh mutton cutlets or pieces of the round of beef are nice prepared in this way, adding a few bits of butter to the meat.

Mutton Stew.—Cut remains of cold roast mutton in nice even slices, trimming off all superfluous fat and gristle; chop bones and fragments of joint and put in stewpan with six each pepper-corns and whole allspice, bunch sweet herbs, and half head celery; cover with water and simmer an hour. Slice an onion and fry pale brown and add. Stew fifteen minutes, strain and let cool; then strain off all fat and put the gravy with the slices of mutton in stewpan, flavor with catsup or tomato or mushroom sauce, or with anything liked and heat through thoroughly, but do not boil. Serve in hot dish. Or *With Onions*, cook tender three or four onions, sliced crosswise, in water, add mutton as above, season, and stir in thickening of flour.

Mutton and Macaroni.—Boil two ounces macaroni until just tender, but not enough to break, and set by to cool. Chop three

quarters pound cold roast mutton, add teaspoon curry, one and a half of salt, tablespoon butter, beaten egg and gill milk. Cut the macaroni in bits, half an inch long and mix lightly with the mutton. Butter a pie-pan and form into a smooth round oval mass in center. Spread half tablespoon butter over and put in oven; when well heated cover with beaten egg, seasoned with a small pinch salt and half teaspoon curry; sprinkle finely sifted bread-crumbs over and set in oven to brown. Serve on platter garnished with parsley.

Mutton with Pickles.—Cut cold roast mutton into neat, thin slices, and sprinkle with salt and pepper, bread-crumb them well on both sides, first wetting in gravy or melted butter, put neatly in a dish, and over them a layer of chopped pickles, and slightly moisten with pickle vinegar and gravy. Heat them in oven, and serve with croutons or potato balls. Any cold meat may be cooked thus.

Mock Saddle of Mutton.—Cut remains of roast saddle of mutton close to the bone, leaving about one inch wide on outside, and cut into small dice with some of the fat. Fry a tablespoon chopped onions in stewpan with a little butter a moment, and add the meat with a tablespoon flour, a little grated nutmeg and high seasoning of salt and pepper; stir, and moisten with a gill or so of broth, add a bay leaf and set on stove about ten minutes, then stir in two yolks of eggs and cook and stir until rather thick. Have ready about two pints mashed potato firm enough to roll; put the saddle bone in the middle of dish and with the potatoes form an edge round it in the shape of a saddle, leaving middle empty, which fill with the prepared meat. Brush over with beaten egg, sprinkle with sifted bread-crumbs, and brown in oven.

Ragout of Mutton.—Slice two each turnips, carrots and onions; put in saucepan with two tablespoons butter, and brown them. Dust in little flour and stir the whole to prevent browning too quickly, and turn out upon a hot dish until wanted. Cut up cold roast mutton into square pieces, and brown on each side in same pan in which vegetables were cooked; then add half pint hot water, salt and pepper, a few sprigs of parsley, and the sliced vegetables. Stew gently until vegetables are tender; arrange the vegetables in center of dish, with the meat as a border, pour the sauce over all, and serve. When in season green pease may be substituted for the turnips and carrots; they should be served piled in center of dish with the chops around.

Pork Cake.—Cut meat, fat and lean, from a cold joint of roast pork, and mince it very fine; mix with it two large potatoes freshly boiled and mashed, a little salt and pepper, a chopped onion, and a little powdered sage. Add two or three eggs and a little milk, sufficient to make a very thick batter. Fry the cake like an omelet, or bake in a buttered dish. Serve with pickled onions or gherkins.

Pork Cheese.—Cut, but do not chop two pounds cold roast pork into fine pieces, and allow a quarter pound fat to each pound lean. Season with pepper and salt; add two blades mace, pounded, a tablespoon finely chopped parsley, four leaves sage and bunch of herbs, also chopped, with half teaspoon chopped lemon peel. Mix all well together, put in mold, fill up with good, strong, nicely flavored gravy and bake an hour or more. When cold turn out of mold and serve. Nice for breakfast or luncheon.

Pork Cutlets.—Cut the remains of cold roast loin of pork into nice-sized cutlets, trim off most of the fat, and chop two onions. Put tablespoon butter in stewpan, lay in the cutlets and chopped onions, and fry a light brown; then add a half pint gravy, tablespoon flour, pepper and salt to taste and teaspoon vinegar and mustard, simmer gently five or seven minutes, and serve. Garnish with large cucumber pickles sliced crosswise, three-quarters of an inch thick. This is also a nice garnish for Fried Salt Pork, serving a ring or two with the meat.

Pork Hash.—Chop fine bits of cold boiled pork, and put into a hot frying-pan. Fry until brown, and pour off nearly all the grease. Have ready some chopped potatoes; mix with pork, add a little water to prevent burning, season, and cook like any other hash. Add a little chopped onion if liked, and a teaspoon dry mustard or prepared horse-radish gives a nice relish to this as well as Beef Hash.

Sausage Rolls.—Chop very fine a half pound cold pork, also four sage leaves and mix with the meat. Season with half teaspoon pepper, grain of cayenne, and half teaspoon salt, and moisten with a little gravy. Make a dough of a pint of flour, teaspoon baking-powder, one and a half gills cold water, four tablespoons butter, an egg and half teaspoon salt; knead lightly, roll out quarter of an inch thick, cut into pieces four inches long and three wide and brush edges with white of egg; put a portion of the chopped pork in each piece, gather up the edges, pinch together, brush over with beaten white of egg, put on floured tin and bake in hot oven half an hour. Any cold meat may be used.

Ham Balls.—Chop fine cold cooked ham; add an egg for each person, and a little flour; beat together, make into balls, and fry brown in hot butter. Or mix four ounces grated or finely chopped cold ham with a pint mashed potato, a half gill cream to which two tablespoons butter have been added, and season with half teaspoon pepper. Make into round or oval balls, put in frying basket and brown in hot fat. Pile on platter and garnish with curled parsley.

Ham Omelet.—Chop fine half pound cold boiled ham; add four well-beaten eggs, with a little salt and pepper; then place in pan a small piece butter, put in mixture and brown.

Ham Pie.—Pick cold ham into small fine pieces; boil a cup rice, beat up two eggs and stir in with the ham and rice; season with pepper, salt and onions, put into a deep pan, with crust, and bake.

Ham Puffs.—Stir a pint flour into pint boiling water, mix, beat well, and cook until the stiff batter parts from the bowl, then beat in four eggs one by one; add three ounces finely chopped ham and a pinch of cayenne, or two-thirds teaspoon curry, and half teaspoon salt, unless the ham is quite salt. Drop in deep hot lard, in bits half as large as an egg. A side dish for dinner; nice with chicken, turkey, or veal.

Ham Relish.—Cut small slices of cold ham, and fry in their own fat. Place in warm dish and keep covered while preparing this sauce: Take two teaspoons made mustard, generous pinch of pepper, teaspoon white sugar, half cup vinegar, half teaspoon corn-starch, mix well, and add to gravy in the pan; boil up once or twice and pour hot over ham. Cover and send to table.

Grated Ham.—This is one of the nicest relishes for supper or lunch. Cut a good-sized piece from the thickest portion of a boiled ham, trim off the fat, grate the lean part, and put in the center of a platter; slice some tiny slips of the fat and place around the edge, together with some tender hearts of lettuce-heads, and serve for supper or lunch. For *Ham Sandwiches*, place between thin slices of buttered bread.

Scalloped Ham.—Chop fine the scraps left from boiled ham, add some of the fat also chopped, and put in an earthen pudding dish, first a layer of bread-crumbs, then a layer of mixed fat and lean, then another layer of crumbs, and so on till all are used, putting a few bits of fat over top; pour over it a little water, or a dressing of some kind, and set in oven till a nice brown. This is delicious for breakfast, or for a picked up dinner, after having made a *Ham Soup* from the bone, well cracked and simmered for three hours with a few sliced potatoes and rice, or dried corn and beans which have first been soaked and parboiled.

Stuffed Ham.—A nice way of re-serving a ham from which few slices have been cut is to make a stuffing of bread-crumbs, seasoned with pepper and celery seed, and heated with a small bit of butter. Fill space in ham with this dressing, restoring as far as possible the form of ham, and leaving a smooth surface; heat slowly in oven and bake half an hour, then cover with grated bread and sprinkling of sugar; brown, and serve. Or fill space with seasoned mashed potato.

Ham with Currant Jelly.—Put half glass of currant jelly, a small bit of butter, and a little pepper in saucepan; when hot, put in thinly-sliced boiled ham and let thoroughly heat and serve at

once. For *Ham with Vinegar*, cut cold ham thin, and broil it; place on platter and pour over two or three spoonfuls hot vinegar and pepper. If vinegar is very strong, add a little water.

Curried Veal.—Slice four onions and two apples, and fry in a little butter; then take out, cut cold roast veal into neat cutlets, and fry these a pale brown; add two tablespoons curry-powder and flour, put in onions, apples, and a little broth or water, and stew gently till quite tender; add a tablespoon lemon juice, and serve with an edging of boiled rice. May be ornamented with pickles, capsicums, and gherkins arranged prettily on top.

Hashed Veal.—Take half pint each cold veal minced fine and dry bread-crumbs; mix, season with salt and pepper, add gravy or white sauce, heat thoroughly but do not boil and serve on slices of buttered toast. Or fried bread-crumbs may be lightly strewn over or served in little heaps on the meat, or Force-meat Balls used as garnish. Or take about a pound of cold roast veal, and should there be any bones, dredge them with flour, and put in stewpan with the brown outside from the roast and a few meat trimmings; add a pint or more of water, an onion cut in slices, a half teaspoon lemon peel, blade of mace, pounded, two or three young carrots and bunch of sweet herbs; simmer these well an hour, and strain the liquor. Rub a little flour into some butter; add this to the gravy, set it on the fire, and when it boils, skim well. Mince the veal finely by *cutting*, not chopping it and put in the gravy; let warm through gradually, add the lemon juice and cream, and when on point of boiling, serve. Garnish with croutons and slices of bacon rolled and toasted. Force-meat Balls may also be added. If more lemon peel is liked add a little to the veal, after it is warmed in the gravy.

Molded Veal.—Mince three-fourths pound cold roast veal very fine, after removing from it all skin and outside pieces, and chop a small slice of bacon; mix these well together, and add a third of a teaspoon minced lemon peel, half an onion chopped fine, salt, pepper and pounded mace to taste and a slice of toast soaked in milk. When all are thoroughly mixed, beat up an egg, with which to bind the mixture. Butter a pudding dish, put in the meat, and bake three-quarters of an hour; turn it out of the mold carefully, and pour round it a good brown gravy, or set dish in pan of water and cook for an hour on top of stove, then spread over with beaten egg, sift with bread-crumbs and brown in oven. A sheep's head may be dressed in this manner and is an economical and savory dish.

Veal Collops.—Cut cold roast veal into pieces thickness of cutlets, about two inches in diameter, flour well, and fry a light brown in butter; dredge again with flour, and add half pint water, pouring it in by degrees; set on fire, and when it boils, add an onion and blade of mace, and simmer gently about three-quarters of an hour;

flavor gravy with a tablespoon lemon juice, half teaspoon of the finely minced peel and tablespoon mushroom catsup. Give one boil and pour it over the collops. Garnish with lemon and slices of toasted bacon, rolled. If cream is not at hand, use yolk of an egg beaten up well with a little milk. Or, cut the veal as above, hack with a knife and sprinkle over the pieces a half teaspoon nutmeg, two blades mace, pounded, and cayenne and salt to taste, and fry in a little butter. Dish them, and make gravy in pan by adding tablespoon flour, quarter pint water, teaspoon anchovy sauce, tablespoon each lemon juice and mushroom catsup, three of cream and quarter teaspoon minced lemon peel.

Veal Dice.—Cut cold veal into little pieces or dice and turn over them a mixture of parsley and chopped onion, seasoned with vinegar, pepper and salt. Let stand until ready to fry; then put a little butter on them and fry them in hot lard to a rather dark brown color. Cold fowl is nice cooked same way.

Veal Patties.—Mince a little cold veal and ham, allowing one-third ham to two-thirds veal; add an egg boiled hard and chopped, and a seasoning of mace, salt, pepper, and lemon peel; moisten with a little gravy and cream. Make a good puff paste, roll rather thin, and cut into round or square pieces; put the mince between two of these, pinch the edges to keep in the gravy, and fry a light brown. They may be also baked in patty-pans, when they should be brushed over with yolk of egg before put in oven. Oysters may be substituted for the ham.

Veal Pudding.—Prepare thin slices of cold veal, three inches wide, as in first recipe Veal Olives, page 532; place in dish, pour in a cup gravy and four tablespoons cream, cover with a puff crust and bake from one to two hours, according to size of pie.

Veal Relish.—Make a sauce of milk or water, a large onion, sliced, a slice of salt pork or ham if liked, also a little sliced cucumber; add sliced cold veal and thicken with yolks of one or two eggs, added after the whole has simmered twenty minutes, and it must not boil after the eggs are added. In winter, chop a teaspoon pickled cucumber or capers and add just before sending to table. When sliced cucumber is used add juice of half a lemon the last thing. The dish may be varied by adding sometimes a few chopped oysters, mushrooms or celery. Celery should be put in with the onion before the meat.

Fillet of Veal au Bechamel.—Take a fillet of veal that has been roasted the preceding day, cut the middle out rather deep, leaving a good margin round, from which to cut nice slices, and if there should be any cracks in the veal, fill them up with any force-meat. Mince finely the meat that was taken out, mixing with it a little of

the force-meat to flavor, and add sufficient bechamel sauce to make the proper consistency. Warm the fillet in oven about an hour, taking care to baste it well, put the mince in the place where the meat was taken out, sprinkle a few bread-crumbs over it, and drop a little clarified butter on the crumbs; put it into the oven for fifteen minutes to brown, pour bechamel sauce round sides of dish and serve.

Ragout of Veal.—Any part of cold veal will do for this dish. Cut the meat into neat pieces, put in stewpan with tablespoon butter, and fry light brown; add half pint gravy or hot water, thicken with a little butter and flour, and stew gently about fifteen minutes; season with pepper, salt, and mace; add tablespoon mushroom catsup, and dessertspoon lemon juice; give one boil and serve. Garnish with Force-meat Balls and fried rashers of bacon. This recipe may be varied by adding vegetables, such as pease, cucumbers, lettuce, green onions cut in slices, a dozen or two green goose-berries (not seedy), all of which should be fried a little with the meat, and then stewed in the gravy. In slicing any cold meat for cooking always cut across the grain.

Veal with Macaroni.—Cut some nice slices from a cold fillet of veal, trim off the brown outside, and mince the meat finely with three tablespoons chopped ham for every three-fourths pint veal; should the meat be very dry, add tablespoon good gravy. Season highly with pepper and salt, add quarter teaspoon grated nutmeg and quarter pint bread-crumbs, and mix these ingredients with one or two well-beaten eggs, which should bind the mixture and make it like force-meat. In the meantime, boil a quarter pound macaroni in salt and water, and drain it; butter a mold, put some of the macaroni at the bottom and sides, in whatever form liked; mix the remainder with the force-meat, fill the mold up to the top, put a plate or small dish on it, and steam for half an hour. Turn out carefully, and serve with good gravy poured round, but not over, the meat.

Cheese Sandwiches.—Grate any good cheese, Pine-apple is best, mix with mayonnaise dressing and place between thin slices of bread. Nice for a picnic or traveling lunch. When preparing any sandwiches for such an object do not make the dressing as moist as if to be eaten at home. The better way, if one does not object to the trouble, is to put dressing in a glass jar and mix sandwiches as needed.

Egg Sandwiches.—Boil very hard as many eggs as wanted, chop or pound fine, add butter, pepper, salt and made mustard to taste, and spread between slices of bread.

Ham Sandwiches.—Chop fine cold, boiled ham, and mix with the yolks of raw eggs, a little pepper, and mustard and spread between thin slices of bread. Roll up like Wedding Sandwich Rolls on page 48. Or add melted butter and cream to the chopped ham until

smooth like a paste, omitting the egg. Season well with salt and pepper and spread between buttered slices of bread. Some chop the ham *very* fine, season with tablespoon each olive oil and lemon juice and a little cayenne and mustard, then rub through a sieve and spread between the slices. A nice way of making sandwiches when ham has to be boiled for the purpose instead of using cold remains, is to chop it very fine while yet warm, fat and lean together, with an equal quantity lean veal, boiled or roasted; rub dry mustard with it to taste, with a pinch of cayenne, and a clove of garlic chopped, greatly improves it; add as much sweet butter as would be spread on bread for sandwiches and mix well; have some cold soda biscuit; cut in two and spread the mixture between, or use muffins instead, or bread may be used. These are very nice for a picnic or festival table, and not half the work of those made in the usual way, as it saves buttering the bread.

Ham Sandwiches.

Lunch Sandwiches.—Chop sardines, ham and a few pickles quite fine; mix with mustard, pepper, salt, vinegar, and catsup if liked; spread between bread nicely buttered. Cut crosswise.

Mixed Sandwiches.—Chop fine some cold boiled ham, a little fat with the lean; add equal part tongue and chicken also chopped fine; make a dressing of a half pound butter, three tablespoons salad oil, three of mustard, yolk of one egg, and a little salt; mix well together and spread smoothly on thin slices of bread. Ham alone may be prepared thus. Either mixturies very nice.

Reception Sandwiches.—Take equal quantities of the breast of a cold boiled chicken and cold boiled tongue, chop very fine, so fine in fact that the separate particles cannot be distinguished, add a half teaspoon celery salt, a pinch of cayenne, teaspoon anchovy paste and four tablespoons mayonnaise dressing. This quantity will be enough to season the breast of one large chicken and an equal quantity of tongue. When perfectly cold, spread some thin slices of buttered bread with this mixture. Or take a few small leaves of lettuce, dip each leaf in a little tarragon vinegar, shake it, and place it on a slice of bread; spread a layer of the prepared meat over the lettuce, then another leaf of lettuce over the meat, and add other slice of bread, trim off the crust and cut each sandwich in two. Ham and veal make a nice *Salad Sandwich.* The meat may be spread on the bread and the lettuce in the center, if preferred. Nicer not prepared till ready to serve. Some prefer to pound the meat, after chopping coarsely, add lump of butter and season with salt, pepper, nutmeg and ground mace, instead of the mayonnaise. Spread this paste on thin slices of buttered bread, cut square, put two together. and cut again crosswise into triangles, which form on dishes into any fancy shape and send to table.

Toast Sandwiches.—Cut the crust from a loaf stale bread, then cut very thin slices, and toast a delicate brown. Butter lightly and spread with any kind of potted meat or fish. Put two slices together, and, with a sharp knife, cut them in long strips. Arrange these tastefully on a dish and serve at tea or evening parties. Sardines may be pounded to a paste and mixed with the yolks of pounded hard-boiled eggs, and used instead of potted meats, when the slices of bread may be fried in salad oil.

Tongue Sandwiches.—Boil a good-sized tongue four or five hours, not boiling hard, but just simmering, leave in pot until water is cold, then skin it, and when ready to make the sandwiches, cut slices thin as wafers, using a sharp, thin-bladed knife; rub a small quantity of mustard into a large slice of sweet butter and cut slices of bread as thin as they can be shaved; spread them with the prepared butter and lay pieces of tongue between two slices; then cut the slices in halves.

Sandwich Dressing.—Mix yolks of two hard-boiled eggs, teaspoon each made mustard and salt, half teaspoon pepper, two tablespoons vinegar and one of salad oil. Chop any meat fine, mix with the dressing and spread between slices of bread.

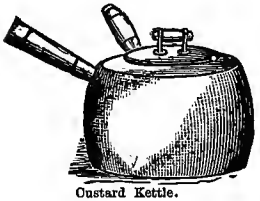
Sandwich Rolls.—After cutting off top of a French Roll, remove carefully the crumb from the inside. Cut in small dice, cold boiled chicken and tongue, half and half, and twice as much celery as meat; mix with any salad dressing liked and fill the roll, covering with the cut-off top. These are nice for either luncheon or when traveling, and cold cooked lobster, cut in dice and mixed as above, may also be used.

Clarified Drippings.—The fat which rises when boiling beef, pork or poultry, the drippings from the roasting and frying pan, and all trimmings of fat from meats should be carefully put away in a crock kept for the purpose and "tried out" and clarified every two or three days in summer, but in winter once a week will do. To prevent danger of its becoming scorched, some skim off drippings from roast before the meat is entirely cooked. To clarify, cut up any trimmings of fat in small pieces, put in skillet, cover, try out slowly, stir occasionally, and skim well; add cakes of fat saved from top of meat liquor, scraping the under side well, slice a raw potato and cook in it (some add a pinch of soda), let stand a few minutes to settle, strain all the clear part into a tin can or stone jar; or clarify by pouring boiling water over drippings, stir over fire a few moments to wash away all impurities, and strain through muslin or a fine sieve, let cool, take off the cake that forms on top, scrape the refuse from the bottom, put it again in skillet and heat until all water is out, then pour into jar, and it will be found very nice to use either alone or with butter and lard in frying. Some instead of

cooking the prepared drippings in hot water, put in a bowl or crock, pour over boiling water, add a little salt, stir well and set away; when cold, remove the cake on top, leaving the water and impurities at bottom, scrape the bottom as above and put cake in more boiling water till it melts, then stir again, adding pinch of salt and let cool. Now take off cake of fat, scrape it as before, and heat it and pour into jar, and it will keep a month or two in cold weather. The clearest and whitest drippings should be kept to use for shortening doughnuts and biscuit, and some prefer it to butter in common cake, or lard in pastry. As a frying mixture, clarified drippings are considered even more wholesome than butter, and many persons who cannot eat articles fried in lard will suffer no inconvenience from those fried in beef fat. Drippings also do very well for basting all roasts except game and poultry. The fat from boiling ham or from boiling meats with vegetables is never fit for cooking purposes, but should be thrown into the soap grease. After skinning and trimming the boiled ham, the fat which remains may be tried out and used for drippings, and is as sweet as butter. Mutton fat should always be clarified by itself and used for chapped hands and lips. Any fat not nice enough for the above uses should be tried out and kept for soap grease. Full directions for the care of such drippings are given in Laundry Department.

MUSH.

The growing popularity of the various mushes as a breakfast dish demands that the different ways of preparing, serving etc., should be well known to every housekeeper. They are either boiled or steamed and for the finer meals as Graham, gluten, rye, etc., the nicer way is to cook in a custard kettle, rather than an ordinary one as most of them require long cooking. The inner kettle can be placed on stove while the meal is being added in order that the salted water may be kept *boiling* all the time, as this is very important, for the meal must be scalded at once and commence to cook *immediately* and if the water ceases to boil, meal must not be added till it boils again. When thick enough, stir for a few minutes to prevent settling in a mass at the bottom, then place in outer kettle for three or four hours. Only a small quantity must be stirred in at a time, sifting slowly through the fingers, as if it thickens too quickly the meal cannot thoroughly cook and the mush will have a raw taste and also be lumpy; this is especially true of corn meal. Mushes should be stirred as little as possible after all the meal is added, as stirring breaks up the particles and frees the starchy matter rendering the mush a pasty-wax and destroying the light, spongy, delicate appearance it should present; and for this reason cooking in a custard kettle is better for the finer meals except corn meal; that can be thus



Custard Kettle.

cooked, only it is generally made in too large a quantity, and so making in an ordinary kettle and baking as given in recipe is recommended. Covering and placing on back of range on top of bricks will enable any mush to cook slowly without fear of burning. Some make in a kettle and then put in a pan and place in steamer. Different sizes of hard-wood paddles should be kept with which to stir mushes, and great care must be taken that the latter are not lumpy. For the coarser grains as oatmeal, cracked wheat, hominy, etc., some process of steaming is best as they are better not to be stirred; the patent steamer, custard kettle or a tin pail, or even a strong muslin sack placed in a kettle of boiling water, may be utilized. Just before serving any mush, some stir in a piece of butter, or a spoonful or two of cream and a pinch of sugar. The coarser grains may be soaked overnight in cold water, keeping covered, then steaming in same water; but the flavor is somewhat impaired by so doing. If not soaked, they can be mixed with either hot or cold water but will cook quicker if with cold. We give below a table, showing proportions and time of cooking in patent steamer. A custard kettle or tin pail would require half again as long. In steaming always keep the water boiling rapidly and serve the moment steamer is removed from fire, else water will collect. As tastes vary in the thickness of mush liked, one can add to, or take from the quantity of water given, only remembering that it should not be too thick, nor so thin as to spread much when served. If fruit is to be added it is always better to cook it separately in a very little water and stir in just before serving. Fruit juice or sauce, or cream and sugar, or butter and syrup may be served with mushes, making a most palatable breakfast dish either as a first or last course. All the mushes and steamed grains can be fried when cold either by single-breading and frying like Fritters, or simply roll in flour or corn meal, letting the pieces lie in it a while to become well coated, or neither bread nor flour the slices. The frying by immersion is much the nicer way but some fry in just enough butter, or any fat liked, to prevent burning. Either makes a delicious breakfast dish. A quart of cold mush makes about a dozen slices or rings, but the rings are much handsomer when served, and are made by putting the hot mush in round cans, as described in Corn Meal Mush. By adding a batter of milk, eggs, a little flour and pinch of salt, to any cold mush or steamed grains delicious *Griddle Cakes* will result, or using a stiffer batter,

Rolls, Gems, etc., can be made. For best meals to buy see Marketing, and for their care, The Store Room.

GRAIN.		WATER.		TIME.	
Pearl or crushed barley	1 cup	2	cups	3½	hours.
Coarse hominy	1 "	4	"	4	"
Fine "	1 "	3½	"	4	"
Samp	1 "	4½	"	2½	"
Cracked wheat or Wheaten Grits	1 "	3½	"	4	"
Oatmeal	1 "	4	"	3	"

Cerealine Mush.—This is made from a preparation of corn known as cerealine or shredded maize, and a number of other nice dishes are also made from it, as griddle cakes, rolls, muffins, etc., using it in place of flour or meal. For the mush or porridge, take one quart milk or half milk and water, salt to taste, and when boiling thicken with one pint cerealine, cooking three or four minutes. Serve hot, or better cold; dot the top of dish with bits of currant jelly or any kind liked, and eat with cream and sugar. For *Fried Cerealine* use equal quantities cerealine and water, two tablespoons butter and teaspoon salt. When cold, slice, dip in salted beaten egg, then in dry ceraline, and fry as directed in preface.

Corn Meal Mush.—For the best manner of preparing meal see page 19. Some prefer the yellow variety, others the white; put four quarts fresh water in a kettle to boil, salt to suit the taste; when it begins to boil stir in one and one-half quarts meal in the manner as directed in preface, sifting it in a little faster at the last, until as thick as can be conveniently stirred with one hand, let cook five minutes stirring constantly; set in the oven in a kettle or take out into a pan, bake an hour or two, and it will be thoroughly cooked. It takes corn meal so long to cook that it is very difficult to boil it until done without burning; hence *Baked Mush* is much easier made. For stirring use a hard-wood paddle two feet long, with a blade two inches wide and seven inches long. The thorough cooking and baking in oven afterwards takes away all the raw taste that mush is apt to have, and adds much to its sweetness and delicious flavor. Some brush the inside of kettle over with lard or drippings before adding water, thinking it lessens the tendency to burn, and the mush does not adhere so to the kettle, causing a waste. After mush is made, instead of baking, the kettle can be covered and set on back of range as directed. For *Philadelphia Mush* put two quarts water in kettle, when boiling; stir in slowly a little at a time of the following mixture: one quart each corn meal and cold milk or water, and level tablespoon salt, beaten to a smooth paste. Let cook twenty-five minutes, stirring often; or is better placed on the bricks or in oven, when it will not need to be stirred, and should then cook

an hour or more. Serve with cream or milk, and buttermilk is liked by some. A little flour is sometimes added to mush. For *Fried Mush* take from any of the above preparations when ready to serve; place in a crock, pan or a round can (baking powder can is nice) first rinsed with cold water or slightly greased; and some after smoothing the top brush over lightly with a little melted lard or butter to prevent a crust from forming. When cold, cut in rings (slices from the round roll from can) or in slices from pan and fry as directed; if wished very crisp, slice thin and fry in little fat in the frying-pan. In making corn meal mush as well as all mushes that are stirred, the one *important rule* is to have water *boiling*, for this reason a good fire is necessary, and *keep it thus* while sifting in meal; as unless the meal is *cooked* as it is stirred in, no amount of after cooking will take away the raw taste.

Gluten Mush.—Put inner kettle of custard kettle on stove with three pints water, and when boiling sift in, as directed in preface, one pint gluten. When ready, place in outer kettle and cook four or five hours. This is one of the most delicate of mushes, and is made of what is known as dark gluten; the light gluten being used more especially for puddings.

Farina Mush.—Stir into three pints boiling water half pint farina. Cook as directed in any of the recipes for Graham Mush, adding the spoonful or two of cream as directed in preface.

Graham Mush.—Use what is known as No. 2 Graham, being ground a little coarser than No. 1. which is used for bread. Make like Gluten, except take a heaping pint to three pints water, and it need not cook more than an hour in custard kettle, but longer boiling greatly improves it. Or make in an ordinary kettle; when done place on back of stove, or take out in pan and place in steamer for three or four hours and serve. Some make in saucepan and cook from fifteen to twenty minutes after meal is added; set off fire a few minutes, as it will then be less likely to adhere to pan, and serve. A few dates or raisins may be stirred in ten minutes before it is done: or if steamed as above, either in custard kettle or patent steamer, add them when the mush is ready to be placed in outer kettle or steamer. Serve hot, or for *Molded Graham Mush* pour in cups and serve cold. May be fried as directed.

Granula Mush.—This is a preparation of wheat which makes a very wholesome and palatable mush, and as it is already twice cooked does not take long to prepare. Put one quart water in saucepan, salt to taste, when boiling sift in one scant pint granula as directed; cook five minutes and serve. Milk or half milk and water may be used. Too much cannot be said in praise of this.

Rye Mush.—Make in saucepan or ordinary kettle as Granula, except take one pint to a quart water, sifting in as directed. Cook

ten minutes, stirring constantly, and serve. Use the meal, not the flour; the latter is used for bread, although some prefer the meal both for mush and bread.

Hominy.—There are several kinds, the Hulled Hominy, which we give in vegetables and the *Coarse Hominy*, which is cooked as Cracked Wheat except taking a pint to three pints water. The *Fine Hominy* or *Grits* is cut in smaller pieces and cooked as above, some using less water. The addition of the tablespoon or two of cream, as directed in preface, is especially nice for hominy and barley. *Samp*, which is the third variety and is cut very much finer than the grits, is cooked in same way, taking a pint to two quarts water, and will steam in about three hours; or either kind may be simply cooked an hour in an ordinary kettle, and is nice either warm or cold with cream and sugar, or may be served as a vegetable with any meat. A much-prized dish is *Fried Hominy*; slice when cold and fry in frying pan or on a greased griddle. Frying like Fritters is not so nice for the coarse grains, as they crumble so easily.

Oatmeal.—To be wholesome this must be *well cooked*, and not the pasty, half-cooked mass sometimes served. There are a few persons with very delicate digestive powers who should only eat the Pearled Oatmeal (the outer husks of the grain being irritating). This and the Rolled Oatmeal are better for mush, while the finer, almost a flour is better for cakes, rolls, etc. When made in ordinary kettle have three pints boiling water, and stir in slowly cup of oatmeal (some wet it before adding), season with salt and boil an hour; if too stiff add more hot water, or if too thin cook longer. But it is better cooked in a custard kettle, when cook as Gluten Mush, using one pint to two quarts water, sifting slowly into the salted, boiling water as directed in preface, and placing in the outer kettle for three or four hours. For *New York Mush*, mix half pint oatmeal in quart boiling milk in custard kettle, add quart boiling water and cook an hour and a half, season with salt and serve. Or *With Onions*, cook till tender one sliced onion in one quart milk, add half pint oatmeal mixed smooth in half pint milk; cook an hour, season and serve with meat. For *Jellied Oatmeal* boil in custard kettle three heaping tablespoons meal in quart milk two or three hours. A few raisins, stoned dates or fresh fruit may be added; cool in cups and serve with fruit juice or cream and sugar. For *Steamed Oatmeal*, add half pint to one quart cold water and teaspoon salt, place in pan and steam in patent steamer or in steamer over a kettle of water or in a custard kettle from three to five hours. This is the easiest and best way of cooking oatmeal. *Fried Oatmeal* is fried as Hominy. *Molded Oatmeal*, cook in any of the ways as given above, mold and serve when cold with any fruit juice. It is well to can fruit juice just for the purpose of serving with

mushes, as it is considered nicer as well as more wholesome, for with the juice less sugar is used than with cream.

Cracked Wheat.—Take one quart cold salted water to two-thirds pint best cracked wheat; steam four or five hours in custard kettle, or less time in patent steamer. Or, soak overnight and boil two hours. Or, put in a pan or small tin pail, set in steamer and steam four hours: or pail may be placed in kettle of boiling water. Or make a strong sack of thick muslin or drilling, moisten wheat with cold water, add a little salt, place in sack, leaving half the space for the swelling of the wheat. Fit a round sheet of tin perforated with holes half an inch in diameter, to the inside of ordinary kettle, so that it will rest two or three inches from the bottom; lay sack on the tin, put in water enough to reach tin, and boil from three to four hours, supplying water as it evaporates. Serve with butter and syrup, or cream and sugar. To make *With Fruit*, stir in a few minutes before serving, raisins, stoned dates, thinly-sliced apples or fresh berries. When cold, prepare the wheat in any of the ways given in preface, or it is delicious sliced and served with cream and sugar, and some mold it especially for so serving, sending to table with it a sauce-boat of stewed blackberries, raspberries or any small fruit. When steaming any of the grains, as wheat, oatmeal, etc., in custard kettle, mix grain with the salt and cold water, without cooking, and place in inner kettle, putting the latter at once in the outer kettle of boiling water and cook as directed. For *Wheaten Grits* which is Pearled Wheat cut in two or more pieces, and cooked as cracked wheat, this way of serving is delicious, as it cooks almost to a jelly. Cook *Pearled Wheat* in any of above ways. Some advise washing cracked wheat like rice thinking that separating it from the fine dust would keep it from burning. This would only be necessary when made in an ordinary kettle, and that is never advisable. Any of above preparations are nice warmed over with a little milk, salt and piece of butter either in saucepan or on a buttered dish in oven. For either *Pearled* or *Crushed Barley* take one pint to three pints water and steam as above. Or cook in ordinary kettle adding a few dried currants, pinch sugar, piece of butter and a little grated lemon peel. When tender put in cups and eat cold with cream and sugar. None of the coarser grains can be injured by too much cooking. Any of above preparations may be placed in cups or in a large mold and served when cold like Oatmeal, for *Molded Grains* are now a fashionable as well as a delicious dish.

MUSHROOMS.

Although considerable prejudice exists against mushrooms because of the difficulty hitherto experienced by some in distinguishing between the edible and poisonous kinds, it is considered by many one of the greatest delicacies of our tables, and its richness in nitrogenous elements renders it one of the most nutritious of vegetables. In Europe at least fifty varieties are grown and used as food. For directions for selecting mushrooms and distinguishing between the edible and poisonous varieties see Marketing. Those, however, who are not skilled in detecting the character of mushrooms should apply still further tests. Sprinkle salt in the spongy part or gill of the mushrooms, and if they turn yellow they are poisonous, but if the salt turns them black they are good; allow a little time for the salt to act before deciding as to the color produced. Another simple and efficient test is to cook a peeled white onion with the mushrooms; if it turns black they are poisonous and should be thrown away. If a silver spoon used in stirring them turns black they should also be rejected. Another simple test, claimed to be sure, is to rub a gold ring over the skin of the mushroom until bruised; should the bruise turn yellow or orange color the mushroom is poisonous, but otherwise can be safely cooked. Mushrooms should be carefully looked over before cooking and either wiped all over with a flannel cloth, which some first dust with salt, or shaken about in cold water, to free them from all dirt and grit. They are cooked in a variety of ways, and are always a favorite accompaniment with broiled steaks. They are also much used in warming over cold meats, recipes for which we have given

in that department. But they are not a necessity to any dish, and any recipes in Meats and Cold Meats can be prepared without them.

Baked Mushrooms.—The mushroom flaps are better for baking than the buttons, and should not be too large. Cut off a portion of stalk, peel top, and wipe mushrooms carefully with a piece of flannel and a little fine salt and put in baking dish tops down, with small piece butter in each; sprinkle over a little pepper, and bake about twenty minutes, or longer should mushrooms be very large, basting several times with butter and water. Have ready a *very hot* dish, pile the mushrooms high in the center, squeeze a few drops lemon juice over, pour the gravy round, and send to table quickly on *hot* plates. Or place the mushrooms on oval croutons, in baking pan; season with salt, white pepper, and lemon juice, and chopped parsley if liked, and cook in a hot oven five or six minutes, basting often with rich hot gravy in which a lump of butter has been melted. If a lump of butter is placed on each they will not need basting. Arrange croutons on dish, and pour the gravy over. Or leave stalks on large open mushrooms, paring them to a point; wash well and turn on sieve or cloth to drain. Put into stewpan two tablespoons butter, some chopped parsley, and shallots, and fry for a minute; when melted place mushroom stalks upwards on a frying-pan, then pour the butter and parsley over, pepper and salt them well, and put in oven; when done add little good stock, give them a boil, and dish them, pouring gravy over.

Broiled Mushrooms.—Cleanse as directed in preface, cut off a portion of stalk, and peel tops; broil them over a clear fire on buttered gridiorn or broiler turning once, and arrange, tops down on very hot dish. Put a small piece butter on each mushroom, season with pepper and salt, and squeeze over them a few drops lemon juice. Place dish before fire, and when butter is melted, serve very hot and quickly. Some prefer to place the tops down when broiling, with a small piece butter and pepper and salt on each, and broil without turning, serving same side up as soon as butter is thoroughly melted, being careful not to spill from them the delicious juice with which they will be filled. Moderate-sized flaps are better for broiling than the buttons; the latter are better in stews. Another method is after skinning to lightly score the under side. Place in an earthen dish, baste with melted butter, season with pepper and salt and let remain two hours; then broil on both sides, and serve with a sauce of half pint melted butter, with teaspoon each minced parsley and young onions and seasoning of pepper and salt; just before serving add juice of a lemon. For *Broiled Mushrooms in Cases*, peel the mushrooms and cut into pieces. Put them in cases of buttered paper, with a bit of butter, parsley, green onions, and

shallots chopped up; salt and pepper. Broil over a gentle fire, and serve in the cases.

Curried Mushrooms.—Peel and remove stems from full-grown mushrooms, sprinkle with salt and add a very little butter; stew gently in a little good gravy or stock; add four tablespoons cream, and one teaspoon curry-powder, previously well mixed with two teaspoons white flour; mix carefully, and serve on a hot dish, with hot toast and hot plates. The large horse mushroom, when half or three parts grown, curried in this fashion, will be found delicious.

Fried Mushrooms.—Cut off most of the stem, peel the tops of the mushrooms and put in frying pan with enough hot butter to cover bottom of pan. The mushrooms shrink very much, but give out a gravy of the richest description, which should not be allowed to dry up in pan. When done—in three or four minutes—season with pepper and salt, and lemon juice if liked and if to be served with beefsteak place the mushrooms on top of steak and pour the butter and gravy over. They are also very nice served on toast with a gravy poured over made by stewing tablespoon flour with butter in frying pan, adding pint boiling water and seasoning of pepper and salt. Some prefer to fry them in sweet oil instead of butter. If fried too long they will be tough. For *Fried Mushrooms with Bacon.* fry the bacon as usual, and when nearly done add mushrooms and fry slowly until done. They will absorb all the fat of the bacon, and served with it, well seasoned with pepper and salt, form a most appetizing breakfast dish.

Pickled Mushrooms.—Choose nice young button mushrooms for pickling, as nearly of a size as possible, rub off the skin with a piece of flannel and salt, and cut off the stems; procure small ones if possible, but if very large, take out the red inside, and reject the black ones, as they are too old. Put them in a stew pan, sprinkle salt over them, with pounded mace and pepper in proportion of two blades mace and tablespoon ground pepper to each quart mushrooms; shake them well over a clear fire until the liquor flows, and keep them there until it is all dried up again; then add as much vinegar as will cover them; just let it simmer for one minute, and store it away in stone jars for use. When cold, tie down with oil-cloth or buttered paper and cotton (see Jellies), and keep in a dry place: they will remain good for a length of time, and are generally considered delicious. Some do not like pepper in the pickle, and flavor with cloves, allspice and the mace. A little ginger is also liked by some, but do not use so much seasoning as to destroy the flavor of the mushrooms. Another way is to first boil the vinegar, adding the seasonings, then put in the mushrooms and let stand ten minutes over the fire but do not boil; then cool before pouring into jars. Some prefer to let the mushrooms lie in salt and water

two days before pickling, then boil the seasonings and vinegar together, and *when cold* turn over the mushrooms in jars. They will keep for years. Best cider vinegar should be used for pickling if obtainable. Store in a dry place.

Potted Mushrooms.—The small open mushrooms are best for potting. Trim and rub them, and to every two quarts add half a drachm powdered mace, two drachms white pepper,and six or eight powdered cloves; set over the fire, shake, and let the liquor dry into the mushrooms. Then add two tablespoons butter, and stew them till fit for eating; pour the butter off, and let stand till cold. Pack close into pot, making the surface as even as possible, cover with softened butter, lay a bit of white paper over, and pour clarified suet upon it to exclude the air. Or put a quart mushrooms into a stewpan, tablespoon butter, two teaspoons salt, and half teaspoon cayenne and mace mixed, and stew ten or fifteen minutes, or till mushrooms are tender; take out carefully, drain perfectly on a sloping dish, and when cold press them into small pots, and pour clarified butter over them, in which state they will keep for a week or two. If to be kept longer cover as above.

Stewed Mushrooms.—Button mushrooms are best for stewing, and if the full taste of the mushroom is desired, prepare as for baking, put them in pan over the fire with a *very* little water, salt to taste and cook very slowly, that they may not burn, from fifteen to twenty minutes, keeping well covered; when nearly done, add a tablespoon butter or cream, with slight thickening of flour. Some put them on to cook without water and stew only in their own juice, adding butter and flour or cream as above; or stew them only in butter, seasoning with pepper and salt. Serve on toast or steak. Or stew in water to cover, adding when tender an egg beaten with three or four tablespoons cream; serve just before this reaches boiling point. Some let mushrooms lie an hour or two in salt and water before stewing. A delicious dish is made by putting a pint button mushrooms in pan with three tablespoons butter, a little lemon juice and seasoning of white pepper and salt, adding when nearly done a teaspoon flour, quarter teaspoon grated nutmeg and cream or milk to make gravy of desired consistency, cooking five minutes longer if mushrooms are not perfectly tender. Or stew them twenty or thirty minutes in a pint of any nice brown gravy, seasoned to taste. They are also excellent stewed in beef drippings and gravy, using two or three tablespoons drippings and one of beef gravy for a dozen medium-sized mushrooms. Or stew them in butter instead of drippings, seasoning with salt, pepper and mace. Or cut half a pound round steak fine and fry in a little butter to extract the juice, then take out steak and while the gravy is hot add the mushrooms; toss them about for a few moments, then pour on buttered toast and season with salt and cayenne. To stew ***Mushrooms a la Creme,***

melt two tablespoons butter in frying-pan and put in a half pint button mushrooms, bunch of parsley, teaspoon salt, half teaspoon each white pepper and sugar, and shake over the fire ten minutes; then add gradually yolks of two eggs beaten with two tablespoons cream, and serve when it reaches boiling point. Some stew mushrooms without peeling, first letting them lie in salt and water an hour or two. They require much longer cooking when not peeled, —from an hour and a half to two hours.

Mushroom Catsup.—Mushroom catsup is best when made of large mushroom flaps, fully ripe, fresh, and perfectly dry—that is, gathered during dry weather. If this point is not attended to the catsup will not keep. Do not wash nor skin the mushrooms, but carefully remove any decayed, dirty, or worm-eaten portions; cut off about half an inch from the end of the stems, then break the rest into small pieces, put them into an earthen jar, and allow three-fourths of a pound salt for two gallons mushrooms, placing in alternate layers, scattering the larger portions on top. Let remain all night, next day stir gently with a wooden spoon, and repeat this three times a day for two days. At the end of that time closely cover the jar and set in cool oven an hour or in saucepan boiling water and let boil three hours; then strain the liquid which flows from the mushrooms through a coarse cloth, and boil twelve minutes. Do not squeeze the mushrooms. To every quart of the liquid put a quarter of an ounce each ginger and black pepper, and a pinch of mace; some prefer cayenne pepper and add also half ounce allspice. Boil again till the quantity is reduced one-half. Pour out and let stand until cool, then put it into perfectly dry bottles, being careful to leave the sediment, which will have settled to the bottom, undisturbed. Cork and seal and keep in cool, dry place. When a very clear bright catsup is wanted, the liquor must be strained through a very fine hair-sieve, or flannel bag, *after* it has been very gently poured off; if the operation is not successful, it must be repeated until quite clear. The catsup should be examined occasionally, and if it is spoiling, should be reboiled with a few pepper-corns. Mushroom catsup is one of the most useful sauces to the experienced cook, and no trouble should be spared in its preparation. *Double Catsup* is made by reducing the liquor to half the quantity. This goes farther than ordinary catsup, as so little is required. The sediment may also be bottled for immediate use, and will be found to answer for flavoring thick soups or gravies.

Mushroom Omelet.—Put a tablespoon butter in frying-pan, when hot add half tablespoon flour and stir until smooth and brown. Gradually add two-thirds cup stock, and after boiling up once add four teaspoons chopped mushrooms; season with salt and

pepper, and simmer five minutes. Beat four eggs till rather light, and add half a teaspoon salt and one tablespoon water. Put a tablespoon butter in a warm omelet-pan, and when very hot put in beaten eggs, and shake vigorously until they begin to thicken. Spread mushrooms and about half the sauce upon the mixture, fold the omelet and turn out on a hot dish; pour remainder of sauce around it, and serve immediately. Not more than a minute and a half should be consumed in work from the time of pouring the eggs into the pan until the omelet is finished.

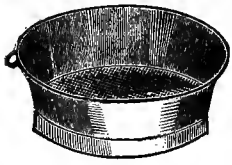
Omelet Pan.

Mushroom Powder.—Look over carefully a peck large and very fresh mushrooms. Cleanse from sand or grit with a piece of flannel, then peel and put in sun or cool oven to dry; they must dry slowly to crumbling, which will take a long time. The peck will diminish to a half pint or less of powder, a pinch of which flavors sauces, and gravies deliciously, and is sifted and sprinkled over chops and steaks. Some pound in mortar to fine powder, others use it without, but in either case put it immediately into small and *perfectly dry* bottles; cork and seal them without delay, for if the powder is long exposed to the air it will not keep, This powder is a most excellent addition to many dishes. Another very different way of preparing is to put half a peck large mushrooms into stewpan over the fire without water, with two onions, teaspoon each powdered cloves, mace and white pepper, simmer and shake them till all the liquor is dried up, but be careful they do not burn; lay them on tins or sieves in a slow oven till they are thoroughly dry and beat to powder; then put in small bottles corked and sealed closely, and keep in a dry place. A teaspoon will give a very fine flavor to a pint of any soup, gravy or sauce. It is to be added just before serving, and one boil given to it after it is put in.

Mushroom Pudding.—Clean a quart fresh mushrooms, cut in small pieces, and mix with a half pound minced ham or bacon, season with a teaspoon salt and half teaspoon pepper, and spread on a *Rolly-Poly Crust.* made by mixing a pint flour with a half pint shortening, teaspoon salt and about a pint water. Roll up the crust, tie tightly in floured cloth, and boil about two hours in boiling stock or salted water. Serve hot with bread or vegetables.

Mushroom Sauce.—Rub a pint button mushrooms with a piece of flannel and salt to take off the skin; cut off the stalks and put them in a stewpan with two tablespoons butter, one of flour, pint of cream, a little grated nutmeg, and a blade mace, pounded, previously mixing together the butter and flour; boil the whole about ten minutes, stirring all the time. For *White Mushroom Sauce*

select three-fourths pint button mushrooms and turn them white by putting into lemon juice and water, having previously cut off the stalks and wiped them perfectly free from grit. Chop them and put in stewpan with a tablespoon butter, When the mushrooms are softened, add half pint bechamel sauce, and simmer about five minutes. They should not boil longer than necessary, or they will lose their color and flavor. Rub the whole through a puree sieve. Heat in a *bain marie* and serve very hot. Very nice with boiled fowls, cutlets, etc. For a nice *Brown Mushroom Sauce* to serve with roast meat, put a half pint good beef gravy in saucepan, thicken it and stir over fire till it boils. Prepare a half pint mushrooms by cutting off stalks and wiping free from grit and dirt; the large flap mushrooms cut into small pieces will answer when the buttons are not obtainable; put them into the gravy and simmer very gently about ten minutes; then add one tablespoon mushroom catsup and serve. Or put tablespoon each butter and flour in saucepan and stir over fire till light brown, then slowly stir in half the liquor from a can of mushrooms, about one cup, and also cup soup stock, broth or water, making consistency of cream; season palatably with salt and pepper and a very little nutmeg; put in half the mushrooms in even sized pieces, cutting if necessary, let sauce boil once, set off fire and add yolks of two eggs and two tablespoons flavored vinegar. For another excellent sauce often served with beefsteaks, drain a can of mushrooms from their liquor and fry in small frying-pan with a little butter; add pepper and salt, and when a light brown draw them to one side of pan, put in heaping teaspoon flour and rub it smooth in the hot butter, still keeping pan over fire; when the flour has become slightly browned pour in the mushroom liquor gradually and a few tablespoons water. Shake in the mushrooms, let all boil up, squeeze in juice of quarter of a lemon, and pour over beefsteak when ready to serve. For *Mushrooms with Drawn Butter*, stir into a half pint melted butter three-fourths pint button mushrooms, which must be nicely cleaned and free from grit, and stalks cut off. Let simmer gently for about ten minutes or until quite tender, add cayenne and salt to taste, a tablespoon mushroom catsup, let just boil and serve.



Puree Sieve.

Mushroom Scallops.—Cut mushrooms, if they are too large; throw them for a few minutes into boiling water, then into cold water to whiten them; wipe well, and fry them in a saucepan, with a little butter. When colored, and almost done, sprinkle in a little flour and a little chopped parsley; when the flour is cooked (which will require but a few moments), pour in cup stock and simmer about fifteen minutes. Just before serving, stir in the beaten yolk of an egg, and a few drops

Scallop Shell

lemon juice. The sauce should be rather thick. Fill scallop shells with the mixture; sprinkle a few sifted cracker-crumbs on top, brown slightly with salamander or red hot shovel, or put them into a very hot oven a few moments just before serving.

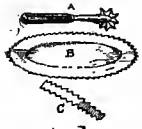
Mushroom Stems.—Peel and trim the stems and place in stewpan with juice of half a lemon, white pepper and salt to taste, a *very* little scraped garlic and tablespoon butter; cover closely and stew five minutes; add bechamel or allemande sauce to just cover, boil up once and serve. Or thinly slice the stems, place in saucepan with milk to cover and stew until tender; add butter, salt and pepper to taste, and thicken with flour. Serve on toast. A delicious supper dish, or may be served as sauce for boiled fowl.

Mushroom Toast.—Peel mushrooms take out stems and fry them in little butter over a quick fire. Squeeze the juice of a lemon over them and fry again for some minutes. Add salt, pepper, spices, and a spoonful of water, in which a clove of garlic, having been cut into pieces, has soaked for half an hour and stew until mushrooms are done when add a thickening of yolks of eggs. Serve on bread fried in butter. Or, put a pint mushrooms into a stewpan with two tablespoons butter mixed with a little flour; add teaspoon salt, half teaspoon each white pepper, grated lemon peel, and powdered mace; stew till butter is absorbed, then add as much white *roux* as will moisten the mushrooms; fry a slice of bread, cut to fit the dish, in butter and as soon as mushrooms are tender serve them on this toast. Another novel way of serving is to first cut a round of bread half an inch thick, toast it nicely, butter both sides, and place in a clean baking pan; prepare mushrooms as for baking, and place on the toast, top down, lightly pepper and salt, and put small piece of butter on each; cover them with a finger-bowl and cook close to the fire for ten or twelve minutes. Slip the toast into a hot dish, but do not remove glass cover until on table. All the aroma and flavor of the mushrooms are preserved by this method, and the use of the glass need not deter the careful housekeeper from trying it; with moderate care the glass cover will not crack, but in winter it should be rinsed in warm water before using.

Mushrooms with Eggs.—Halve mushrooms; stew ten minutes in a little butter seasoned with pepper and salt and a very little water; drain and put them into pudding dish; break in enough eggs to cover them over the top, and scatter pepper, salt and bits of butter over; strew with bread-crumbs and bake until eggs are set. Serve in dish.

PASTRY.

Butter or lard for pastry should be sweet, fresh and solid. When freshly made butter cannot be had, wash well, kneading while under cold water, changing the water two or three times, and then wiping dry with a napkin. The board on which the butter is rolled should be hard and smooth and never used for any other purpose. A very nice paste for family use may be made by reducing the quantity of shortening to even so little as a half pound to a quart of flour, especially when children or dyspeptics are to be considered. With the exception of Mince-pies and Pumpkin-pies, which are warmed over before serving, all pies should be eaten the day they are baked. In warm weather, when not ready to bake immediately after making up paste, keep it in ice chest till wanted, several days if necessary, and, in any event, it is better to let it thus remain for one or two hours. Roll always with a *well-floured* rolling-pin, which should be made of hard wood, perfectly smooth and highly polished, about an inch and a half in diameter and eighteen inches long. Cut off only enough paste at a time for one crust, and always make a fresh cut for the upper crust, using the trimmings for the lower. For directions for lining pie-pans and covering see directions for Puff Pastes. A neat way of cutting and ornamenting crust for an open pie is here illustrated: Figure A represents a paste-jagger, for cutting and ornamenting the edges, B is a plain circle of crust cut with the jagger, to fit the pie-dish, C is part of a strip of paste, which is cut with the jagger to lay around the edge of pie, and two or three of these strips may be placed one upon another, passing the finger dipped in water



over each to make them adhere. To prevent juice of pies from soaking into under crust, beat an egg well, and with a bit of cloth dipped into the egg rub over the crust before filling the pies. It is a good plan to make Puff Paste for top crust, and for under crust use less shortening. Some wash upper crusts with milk just before putting pies in oven to brown them, but be careful not to wash the edge, as it spoils the appearance besides preventing the proper rising. When using green currants, pie-plant, gooseberries or other fruits which require juice to be thickened, fill lower crust, sprinkle corn starch evenly over, and put on upper crust, or sprinkle lower crust and fruit as in Berry Pies. This prevents juice from running over, and when cold forms a nice jelly. Do not sprinkle fruit with sugar until placed in the crust, as sugar sets the juice free. In all pies with top crust make air holes or crust will burst. These may be arranged in any fanciful shape, and are best made with the point of the bowl of an inverted teaspoon pressed *through* the crust while on the board, and gently drawn apart when taken up to put over the pie. *Meringue*, for pies or puddings, is made in the proportion of one tablespoon powdered sugar to white of one egg, with flavoring added, beaten well together, spread over top and browned delicately in oven. Never fill crusts until just before putting in oven. Always use tin pie-pans, since, in earthen pans the under crust is not likely to be well baked, and some use a perforated pie-pan. Bake fruit pies in a moderate oven, having a better heat at bottom than top, or the lower crust will be clammy and raw. When done, crust will separate from the pan, so that pie may be easily removed. Remove at once from tins, or crust will become "soggy." Some bake bottom crust lightly in oven before filling, and others after filling set on top of stove a few minutes before putting in oven, to hasten the baking of bottom crust. When the latter is baked, without first filling, it must be pricked well when put in pan to prevent blistering.

Short Paste is well adapted to lining the bottom of pie-pans, etc., as it is firmer than Puff Paste and holds together better. Hence, when making a great deal of pastry it is well to make a little Short Paste for all lining or bottom work and use the Puff Paste for all top work. In using the latter cut out all tops first; use the trimmings for bottoms. It is a good plan to make two or three extra crusts on baking day, pricking well, to be used for Cream, Custard, or Lemon-pies, as wanted. When preparing pie-pans grease *slightly*,

using a little lard, oil or butter, or some think with proper care of the pans greasing will not be necessary. To avoid wasting flour brush the pastry board all off carefully each time it is used into a small sieve, sift out the flour and use again. Always have the board well floured, and in the making of Graham paste some prefer to mix rather soft and put plenty of graham on board and also on top of paste, then roll out to a little thicker than paste of white flour, and place in pan.. The set of measures are almost as much of a necessity in the making of pastry as in any other department of cookery, and by reference to the full table of weights and measures, any recipe can be readily made.

Set of Measures.

Cream Paste.—To a pint sifted flour, add an even teaspoon baking powder, and sweet cream enough to wet the flour, leaving crust a little stiff. Enough for two pies. For a richer paste allow rather more than a gill of cream with from four to six tablespoons butter and saltspoon salt for each pound flour, omitting the baking powder. Make a paste of the cream and flour, roll out and spread with butter, rolling again and spreading until all the butter is used. In making any paste have flour and wetting as cold as possible.

Economical Paste.—Take a pound flour, half pound clarified drippings (some use three-fourths pound) half teaspoon salt and half pint ice water. Chop and mix as directed in Plain Paste, then roll out and fold three times when it will be ready for use. Some add a little baking powder to the flour. Half lard and half drippings may be used.

Graham Paste.—Mix lightly pint Graham flour, half pint sweet cream, half teaspoon salt; roll, and bake like other pastry, remembering that lightness and quickness in handling is the one important step in making all pastes and where cream is used add it slowly to the flour, stirring rapidly with an artist's spatula or spoon; when mixed, form together without kneading, using barely enough pressure to make the mixture adhere. Roll out, place in pan, fill and bake. What is known as No. 1, Graham will not need any sifting but the coarser varieties must be sifted. For *Quaker Paste*, take half pint each white flour, sifted, and No. 1 Graham, mixing as above with one-third pint cream and pinch salt; some add baking powder, a teaspoon and a half to above proportions, or half teaspoon soda and teaspoon cream tartar, sifting well with the white flour. Or sour cream may be used with a teaspoon soda,

Artist's Spatula.

or sour cream alone will make a most delicious, wholesome paste. Or for a *Batter Paste* take the above proportions of flour, Graham, baking powder, etc., with two-thirds pint cream or rich milk; have the fruit in pie-pan without under crust, spread over the batter, bake in a quick oven and serve hot. Some add heaping teaspoon corn meal to first recipe; if last two recipes are wished very delicate use corn-starch instead of white flour.

Hygienic Paste.—Take a piece of light bread dough, after it has raised the second time, roll out, spread with rather thin coat fresh, sweet butter, fold once and roll again as thin as liked for crust. If for Custard or Pumpkin-pies the butter may be omitted, but for top crust the butter should be used. Some make crust by working well into enough bread dough for one or two pies, a well-beaten egg and a little butter or drippings, and others use light, flaky biscuit dough. Or make a paste with buttermilk and flour, adding soda in proportion of level teaspoon to each pint buttermilk and a little salt. Use just enough flour to make a dough that will roll out, and bake in a rather slow oven. Even a dyspeptic can indulge in the luxury of a pie made in this way.

Oatmeal Paste.—Use fine oatmeal instead of the Graham, as in third recipe, mixing as directed and rolling out quite thin. Or after greasing the pie-pans sift over a layer of oatmeal or oatmeal and corn meal mixed; or for *Corn Meal Paste* sprinkle only with the latter. The last two pastes are only for pies baked with one crust, being used by some for Pumpkin or Squash-pies.

Plain Paste.—One coffee-cup lard, three of sifted flour. and a little salt. In winter soften the lard a little (but not in summer), cut it well into flour with a knife, some chop together in chopping bowl, then mix with ice-cold water quickly to a moderately stiff dough, handling as little as possible. This makes four common-sized covered pies. Take a new slice of paste each time for top crust, and after rolling out spread teaspoon butter over half, fold and roll again, being careful that the butter does not press out; use the trimmings, etc., for under crust. Some give the paste a second fold in the opposite direction after spreading with butter before rolling, and also claim that a little mashed potato may be mixed in the dough before rolling, to make the crust shorter when butter is not used. Some prefer to use only one-fourth as much lard or butter as flour, level teaspoon salt, and rub it into the flour with the hands until so thoroughly mixed as to look like meal. Add just enough water to make a dough that can be rolled out. If made with butter, this *Florida Paste* is one of the simplest and most delicious of pastry. For *Nantucket Paste*, take pound sifted flour, quarter pound each lard and butter, half pint ice water and little salt. Chop the lard fine in the flour, adding salt, mix with water, then roll out,

spread with butter, fold as above, roll out again, and so continue until all the butter is used. Some sift a *very little* flour evenly over the paste before spreading with butter, and others brush it over with beaten white of an egg. The paste is nicer with all butter instead of half lard, and it may all be mixed with the flour, or half reserved to spread and roll as above. Some use a quarter pound more flour. If for sweet tarts, add two tablespoons powdered sugar before rolling.

Potato Paste.—Take a quarter pound nice mashed potato, rub through colander and mix thoroughly with pint and a half flour, three tablespoons butter and a little salt; then mix all to a paste moderately stiff with cold water or milk, and roll. *Bean Paste* may be made same way. When used for pies, roll these pastes a little thicker than paste shortened with lard. Nice for boiled or steamed puddings. All, or half Graham flour may be used.

Puff Paste.—Only the best and freshest of butter, firm and solid, and of good flavor, and the finest quality of flour, thoroughly sifted, can be used successfully in making puff paste. The water used should be ice cold, and the quantity required depends upon the capacity of the flour to absorb it, which is quite variable; too little makes the paste tough, and too much makes it thin, and prevents the flakiness so desirable. The most perfect cleanliness of the hands and everything used is of course necessary. Handle as little as possible throughout the whole process, and let every touch be quick and light. A stone or marble slab is best for pastry, and one is usually fitted smoothly into the shelf of every well-appointed pantry and a glass rolling pin will be found desirable. Always make the paste in a cool place, in warm weather near an open window if possible. Good puff paste is that which rises highest, is lightest, and which contracts but little in rising. Puff paste, the flakes of which can be pushed off whole, or which, in the rising, is considerably smaller on top than bottom, is not good. To make *Good Puff Paste*, take three-fourths pound butter, of the best quality, free it from salt, by working it in water, form in a square piece, and place it in flour in a cool place for half an hour to harden; place one pound sifted flour in a bowl, rub two tablespoons butter well into the flour and wet into dough with cold water, using about a scant half pint, making it as nearly as possible the same consistency as the butter, so that the two will roll out evenly together; place the dough on the pastry slab, dust it under and over with flour, and roll it out in a piece say twelve inches long and six wide; flour the butter well, and roll that out in a sheet two-thirds the thickness of the dough, about eight inches long and five wide; this will cover about two-thirds of dough, leaving one-third of dough, and about half an inch around the sides and top edge, without butter; place the sheet of butter on dough, mix a half teaspoon cream tartar with tablespoon flour, and sprinkle it evenly over the butter; now fold the dough not covered

with butter, over on the butter, then fold the other part with the butter on it, over on that, forming three layers of dough and two of butter. Press the rolling pin over the edges to keep them together and roll out to its original size, dust with flour, fold as before, roll out again, dust with flour, and fold again; repeat twice more, giving it four rollings and foldings; when rolled out for the last time, cut it through in two even pieces, place one on the other, and the paste is ready to roll in any shape desired. In rolling, the first move with the pin will be to push it down on the dough three or four times, just hard enough to make an indentation without breaking the dough, and thus allowing the butter to come through. Next lay the pin levelly on, and give it a roll forward, commencing about two-thirds down; then, without removing the hand from pin, bring it back right down to the bottom; repeat this, then reverse the piece, and give it a roll the wide way. Continue this until the paste is rolled to a sheet twice the length of its width as above, keeping it nice and square. Be very careful and roll level, never pressing heavily but exercising equal pressure on each end of the pin, which must be kept well dusted with flour. In warm weather it is necessary to place it in a cool place after every second rolling; in very warm weather after each rolling, and sometimes on ice. The number of rollings and foldings must depend somewhat upon the quality of the butter, but more upon the evenness of the rolling. To ascertain when it has been rolled enough, cut a piece out of the center, and if the layers of dough and butter can be *easily* distinguished it needs to be folded and rolled again; if the layers are almost imperceptible, do not fold again, though it is better to give one fold too many than one too few. If making a quantity of paste, say three or four pounds, after the last rolling cover it with a cloth and cut from it as wanted. Some cooks prefer not to give the last fold to the whole piece, but roll out and fold as required, giving that designed for tarts or upper crusts two or three extra foldings and rollings to make it more flakey. The French roll only half a pound at a time, and a small quantity is much more easily handled. For a *Rich Puff Paste*, take a pound of butter to each pound sifted flour, the butter should have first been folded in a floured napkin and gently pressed to remove all moisture; if it seems milky or too salt the butter must be washed, and if it is properly salted no salt will be needed in the paste. When necessary to use salt allow a teaspoon for each pint water. Place the flour on board, make a well in center, squeeze in juice of half a lemon, and add yolk of one egg, beaten with a little ice water; stir with one hand and drop in ice water with the other until the paste is as hard as the butter; roll out in a smooth square an inch thick, smooth sides with a rolling pin, roll the butter out and spread over half the paste, and lay the other half over like an old-fashioned turn-over; leave it for fifteen minutes in a cold place, then roll out in a long strip, keeping the edges smooth, and double it in three parts, as fol-

lows: Fold one-third over on the middle third, roll it down, then fold over the other outside third, roll out in a long strip and repeat the folding process—rolling across this time so that the butter may not run "in streaks" by being always rolled the same way; let it lie for fifteen minutes, some put on ice, and repeat this six times, allowing fifteen minutes between each rolling to cool, (otherwise the butter will "oil"), and the paste is ready for use. If a very flaky pastry is desired brush the paste over each time it is rolled before folding, with beaten white of egg. What is known as *French Puff Paste* is made with same proportion of ingredients as above, adding another yolk of egg when mixing the first dough; then roll it out square about half an inch thick; have the butter as cool as possible, make it into a ball, and place this ball on the paste; fold the paste over the butter all round, and secure it well. Flatten by rolling it lightly with the rolling pin until it is quite thin, but not thin enough to allow the butter to break through, then fold, roll and finish as above.

If the directions given in above recipe are carefully followed, the most satisfactory results will be obtained, but there are other methods, which are incorporated under the following general *Suggestions for Puff Paste.* The secret of success in making puff paste is to secure the greatest possible number of even layers of butter and dough, alternately, as the result of folding and rolling. This is best accomplished, as will readily be perceived, by increasing the quantity of butter; the more one uses, the greater the number of layers before the butter is exhausted by absorption into the dough. On the other hand, too much butter produces equally bad results; a quantity of butter equal to the flour is the most, and three-fourths pound of butter to a pound flour the least, that can be used in puff paste with good results. In making puff paste it is a mistake to suppose that lessening the quantity of butter is economical. For instance, Tart Shells cut one-fourth of an inch thick from paste made with half pound butter to a pound flour, will not be any thicker or higher when baked than those cut from paste half as thick made with three-fourths pound butter to a pound flour. Thus, by using one-fourth more butter double the bulk results, besides the satisfaction of having good light pastry. In washing or egging pastry be careful not to allow the egg or milk, or whatever is used, to run down over the edges, as when it is placed in the heat of the oven, it will bind the edges and prevent them from opening fully. In rolling use the rolling-pin as lightly as possible, and take care that the pressure is even. The layers will be even or uneven just in proportion as the pressure is even or uneven. Be careful not to break the dough, or the butter will be forced through, and thus destroy the evenness of the layers. If the dough breaks, some flour it lightly, fold in three layers, cover with a damp cloth and let stand an hour or two. But if wanted to use immediately, cover the broken place with a piece of "plain dough," dust it well with flour, and continue rolling; it is well to

keep a piece of plain dough in reserve for this purpose. Before adding the butter some divide it into three equal parts, spreading one-third at a time over half the paste, turning the other half over it, then folding over from the other way; roll and spread and fold again, and yet again, when all of the butter will have been used. Some "spread" the butter by rolling as in above recipes, others by putting it evenly over in small bits, and still others by cutting in slices and laying them closely and evenly over, always leaving a little outside margin. Each time before the paste is folded it should be turned half round, so as to roll in a different direction. To turn the paste, hold one end to the rolling pin, then, rolling the pin, the dough will fold loosely around it, sprinkle the board with flour, then unroll the dough in the side direction. This is better than to turn it with the hands. After the butter is all worked in, roll the paste out in a long smooth strip, fold or lap over into three parts or layers, roll out, and repeat. Before using, some place the paste on ice about fifteen minutes between two plates, reversing them once that it may be thoroughly chilled through, then use as expeditiously as possible. Others also set it on ice or in a cool place for a few minutes after each rolling. To toughen the dough, before adding the butter form it into a ball, flatten it on the floured slab and beat with the rolling pin five minutes, turning and doubling constantly. There will then be less danger of its breaking when the butter is rolled in. Some add the well-beaten white of an egg to the water used in mixing the dough, which helps to toughen it. Paste made the day before it is used is thought by some to be much better and easier to manage, and in winter it may be kept four or five days in a cold place, using from it as required, but it must not freeze. When ready to use, finish the paste by folding in three layers and rolling as above; some fold and roll thus seven times but *never* press heavily upon it with the rolling pin. In using the paste remember that it must be touched by the lightest fingers, every cut must be made with a sharp knife, and done with one quick stroke so that the paste is not dragged at all. For tarts roll less than a quarter inch thick and for pies a trifle thicker. Do not *press* the paste into the pan as this will destroy its lightness and ruin it. A little practice will enable one to cut off a piece of paste from the mass which when rolled will be very nearly the right size. Put this over pan, lifting by partly rolling on the rolling pin, and instead of pressing round the bottom to make it fit smoothly, gently lift the edges at the top giving a slight pushing motion towards the center with the palms of the hands on opposite sides; it will easily adjust itself to the dish. Some then trim off superfluous portions, leaving a good margin over the edge, though others do not trim until the top crust is added, cutting the paste quickly with a sharp knife dipped in hot water or flour, while holding the pan on the left hand. To have the middle of the crust thinner than the edge, which is preferred by some, double over

the paste and roll the part that will be the middle with the end of rolling pin, having flour enough about the paste to prevent sticking, then open and put in pan as directed. Always before putting on upper crust wet rim of lower with finger dipped in water, or with a thick paste of flour and water, or egg and flour and press the two crusts firmly together and indent evenly all round with the thumb, or use the pastry wheel shown in cut. This simple little instrument trims off the surplus paste that projects over the pan, and at the same time neatly ornaments the border. Do not put in oven until it is hot enough to raise the paste; puff paste requires a quick oven, and no matter how carefully prepared, if not properly baked it will be utterly ruined, and for this reason it is best to test oven by first baking a little piece of the paste.

Pastry Wheel.

Medium Puff Paste.—One pound flour, half pound butter, quarter pound lard, not quite half pint ice water; mix the flour and water to a smooth paste, then roll out three times, spreading the first time with butter, the second with lard, and the third with butter again, when it will be ready for use.

Short Paste.—Put a pound sifted flour in a bowl with a half pound good butter. Break butter up very fine in flour, adding a little salt (according to saltness of butter), a half pint cold water with half teaspoon cream of tartar dissolved in it (to toughen the paste); then mix it into a dough of medium stiffness, adding more water if required; work lightly together and keep it covered with a damp cloth, or between two plates, in a cool place until wanted to use. Short paste is very useful from the fact that it is easy to make, and can be kept in better shape, where shape of the article is an object.

Suet Paste.—Roll a half pound perfectly sweet suet, with a very little membrane running through it, on a board for several minutes, removing all skin and fibers that appear when rolling; the suet will be a pure and sweet shortening, looking like butter; or it may be chopped very fine and the fibers removed; during the process of chopping, dredge lightly with flour, which prevents the pieces from sticking together. Beef suet is considered the best; but veal suet, or the outside fat of a loin or neck of mutton, makes good pastes; as also the skimmings in which a joint of mutton has been boiled *without* vegetables. Rub the suet into a pound flour, add teaspoon salt, and mix it with half pint ice water; roll out and put on a little butter in flakes, rolling it in as usual. Some add a teaspoon baking powder when mixing. If wanted very nice, after chopping, pound the suet in a mortar with two tablespoons butter to a smooth paste. To use this, mix the flour and water into smooth paste, roll out and spread with small bits of the suet, fold, roll and spread again, and so on

until all is used, giving the paste a few more foldings and rollings than if made with butter. Some shred the suet in very thin slices and place where it will soften, but not melt in the least, while preparing the paste, then spread and roll as above. A very nice, flaky paste is made from a preparation called *French Butter*. Remove the skin and blood spots from three-quarters pound beef suet and pound it soft in a mortar; add quarter pound butter, and half teaspoon salt, pound it well in, then add yolks of two eggs and mix all smoothly and use it as butter in Puff Paste, making a *Rich Suet Paste*. This latter, rolled half an inch thick, cut into cakes with a cutter, two inches in diameter, then washed with eggs and a few cuts given across the top with a sharp knife, and baked a nice rich brown in a moderately hot oven, makes delicious *Boston Cakes* for tea-table. It is not as rich as puff paste.

Sweet Paste.—Mix with a knife half pound butter, cut in bits, with pound flour, four tablespoons sugar and pinch of salt; add enough sweet milk, about a gill, to form a smooth paste, handling lightly. Will rise very light and should be baked a delicate brown. Adding two tablespoons more butter makes it nearly as nice as puff paste. Some add the well-beaten yolks of two eggs, stirring them in the milk, using about a gill of the latter, though if eggs are large not quite so much will be needed, but more if eggs are small. For another *With Boiled Milk*, to every pound flour allow four tablespoons sugar, three of butter and a half pint boiling milk. Crumble butter into flour as finely as possible, add sugar and work to a smooth paste with the boiling milk. Roll out thin and use.

Pastry Frosting.—Beat the white of an egg to a stiff froth and when pastry is nearly done brush over with this, using the pastry brush for the purpose and sprinkle with granulated sugar and a few drops water returning to oven a few minutes to set the frosting, taking care that it does not brown or scorch.

Pastry Glaze.—The simplest glaze is the thoroughly beaten yolk of an egg, but most cooks prefer to add to the yolk twice its bulk in water and teaspoon sugar, then beat up well, and just before pastry is done, brush it over evenly with this and return to oven to set the glaze, which gives it a rich yellow-brown color.

Dried-Apple-pie.—Very good pies may be made of the evaporated apples, by stewing in a very little water; sweeten and make like any other. The *home dried* apples are best when stewed as for sauce, page 343, and mashed through colander. When stewing, put in two or three small pieces of lemon or orange peel, or a few raisins are a nice addition; flavor with a *very little* spice of any kind. Sweeten and season before putting in pie-pan; a beaten egg may be stirred in. Bake with two crusts, rolled thin, and warm slightly before eating. Or *With Cranberries*, wash two quarts dried apples

and place in a four-quart jar or bean pot; wash half pint cranberries and put in with the apples, fill up with cold water and bake half an hour; fill up again with cold water and bake till apples are tender; rub all through colander, sweeten to taste with brown sugar, add cup seeded raisins, teaspoon ground cinnamon and bake between two crusts. When making dried-apple-pies if any bits of cold meat are at hand, chop them as for mince-meat adding about twice as much of the prepared apples as meat, a little vinegar or boiled cider, seasoning and spices to taste and a few raisins. These *Cottage Pies* are very quickly made and much resemble Mince-pies. For *Turnovers*, make a good biscuit dough, roll thin about size of pie-pan, put on it a tablespoon nice dried apple sauce, or any other kind, turn the crust over, cut with the edge of saucer to shape it nicely, and fry in hot fat or drippings, like doughnuts, Or make of Quaker Paste, about the size of saucer, fill as liked, fold and bake in oven.

Grated-Apple-pie.—Grate two tart apples and add cup sugar, two eggs, teaspoon cinnamon; beat well and stir in cup sweet milk; bake quickly in one crust. The whites of eggs may be reserved for meringue. Or to enough grated apple for a pie add juice of half a lemon, yolks of two eggs, well beaten, half cup sugar, good-sized piece of butter, melted, and teaspoon rose-water. Bake and cover with a meringue. The apples may be chopped if preferred. *Sweet-Apple-pie* is made same, using half as much sugar; or the eggs, lemon juice and rose-water may be omitted and nutmeg grated over the top. Some always add a little milk.

Halved-Apple-pie.—Pare and cut in halves large tart apples, bellflowers are best, remove cores and place in rich crust, cut side up. Allow cup sugar and tablespoon butter to each pie, strewing sugar over, and also the butter cut in bits. Bake in one crust until apples are done and serve with cream. Rich and delicious.

Lemon Apple-pie.—One cup chopped apples, grated rind and chopped pulp of one lemon, cup sugar and a well-beaten egg. Bake in two crusts, or one and cover with a meringue.

Sliced-Apple-pie.—Line pie-pan with crust, sprinkle with sugar, fill with tart apples sliced very thin, sprinkle sugar and very little cinnamon over, add few small bits of butter, with tablespoon water; dredge in a little flour, cover with the top crust, and bake half to three-quarters of an hour; allow four or five tablespoons sugar to one pie. Add juice of a lemon if liked. Or, line pans with crust, fill with sliced apples, put on top crust and bake; take off top crust, put in sugar, bits of butter and seasoning, replace crust and serve warm. Delicious with sweetened cream. Or, *With Whipped Cream*, while the pie is baking whip a pint cream, and when done remove top crust, sweeten and flavor as above, put the whipped cream on top, replace crust and serve, or it may be served without

upper crust. If to be served cold let the pie cool before putting in whipped cream. Or *With Almonds*, for ten or twelve apples, sliced as above; mix well enough sugar to sweeten, grated rind of one lemon, one gill cream or rich milk; then add three beaten eggs, two or three tablespoons butter and the sliced apples. Line a pie-pan with a nice paste, fill with the mixture and strew over it blanched almonds, cut in long shreds, bake half an hour, being careful almonds do not burn; when done, sprinkle sifted sugar over the top and serve either hot or cold. Makes two large pies. *Crab-apple-pie*, if made of Transcendents. will fully equal those made of the larger varieties of apples.

Apple-Custard-pie.—Peel sour apples, stew until soft, and rub through colander. Add nine eggs, cup each butter and sugar for three pies. Season with nutmeg and bake in under crust. Or *With Milk*, beat yolks of six eggs with cup sugar; add three cups cold stewed and pulped apples with a quart milk, or pint each cream and milk, season with grated orange peel, or as liked, beat in whipped whites of eggs last and bake in one crust. Makes two or three pies. Or in either recipe reserve some of the whites of eggs for meringue. Baked in pudding dish, this makes a delicious *Apple-Custard Pudding*, and the dish may be lined with pastry, bread-crumbs, or slices of bread dipped in sweet milk or a custard; or put the crumbs and apple mixture in dish in alternate layers. For an *Apple-butter pie*, beat well together four eggs, cup each apple-butter and sugar, and level tablespoon allspice; add quart sweet milk and pinch of salt and bake in one crust; makes three pies.

Apple Meringue Pie.—Pare, slice, stew and sweeten ripe, tart and juicy apples, mash and season with nutmeg, cinnamon or rose-water, or stew lemon peel with them for flavor, or squeeze orange juice over the top; fill crust and bake till done; a teaspoon butter in each pie is an improvement, and some add a little boiled cider; spread over the apple a thick meringue made of well-whipped whites of three eggs for each pie, sweetened with three tablespoons powdered sugar; flavor with vanilla, beat until it will stand alone, and cover pie three-quarters of an inch thick; place in oven a few moments and eat cold. *Peach* and *Pieplant Meringue Pie* made same way

Banana-pie.—Slice raw bananas, add butter, sugar, allspice and vinegar, or boiled cider, or diluted jelly; bake with two crusts. Cold boiled sweet potatoes may be used instead of bananas, and are very nice. For *Banana and Apple-pie*, slice three or four bananas and enough apples to fill the pie, sprinkle sugar over and cover, spreading a little butter over top crust and sifting sugar over. Bake about twenty minutes. Or peel three or four bananas, slice each in two or three pieces lengthwise and place in the pie two layers deep, cover moderately with sugar, drop a blade of mace broken in pieces

and bits of fresh butter over the slices, pour in four tablespoons lemon juice, and bake in one crust in moderate oven twenty minutes.

Boiled-Cider-pie.—Beat together one egg, cup sugar and two tablespoons corn-starch and add half cup boiled cider, two-thirds cup cold water, teaspoon extract lemon; bake with two crusts, or like a custard-pie, as preferred. The egg may be omitted, and the mixture may be cooked before putting in pie.

Buttermilk-pie.—Two well-beaten eggs, two cups buttermilk, two tablespoons each flour and butter and cup sugar; mix well, flavor with lemon and bake in one crust; makes two pies. Meringue tops if liked, and any open pie can be meringued when wished nicer.

Carrot-Pie.—Thoroughly clean and scrape some carrots, boil till tender and mash through a sieve. To a pint strained pulp and six well-beaten eggs add three pints boiling milk, two tablespoons melted butter, juice of half and grated rind of whole lemon, and sugar to taste. Bake in deep pie-pan in one crust. Or make as Pumpkin-pie, which it resembles.

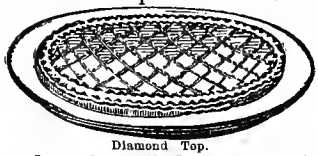
Cherry-pie.—Line pie-pan with rich crust; nearly fill with carefully stoned fruit, sweeten to taste, and sprinkle evenly with teaspoon corn-starch or tablespoon flour, add tablespoon butter cut in small bits and scattered over top; wet edge of crust, put on upper crust, and press edges closely together, taking care to provide holes in center for the escape of air. *Blackberry*, *Raspberry* and *Cranberry-pies* are all made same way, regulating quantity of sugar by tartness of fruit. May be baked in one crust, with Diamond Top.

Chess-pie.—Beat half cup butter to a cream, then add yolks of three eggs, and two-thirds cup sugar beaten to a froth with any flavoring liked; stir all together rapidly, and bake in nice crust. When done, cover with a meringue of the whites. This makes one pie, which serve immediately. Add half cup milk if not liked so rich.

Corn-starch Pies.—One quart milk, yolks of two eggs, two tablespoons corn-starch; mix starch in a little milk, boil rest of milk to a thick cream, beat yolks, add starch and put in the boiled milk with one cup sugar; bake with an under crust, covering with a meringue of the two whites.

Berry-pie.—Allow two heaping tablespoons sugar and teaspoon corn-starch, or tablespoon flour for each pie, mix thoroughly together, and after lining pie-pan with a good paste, sprinkle one tablespoon of the mixture evenly over bottom, put berries in smoothly, sprinkle over remainder of sugar mixture, and if wanted very rich, bits of butter also, cover with upper crust and bake in moderate oven. A little more sugar or flour is needed for some kinds of ber-

ries than others, according to their tartness or juiciness. Cranberries will require double the above quantities, and are nice baked with a *Diamond Top* made as follows: roll a piece of nice paste very thin, cut into strips a sixth of an inch wide and place in cross-bars three-quarters of an inch apart over each pie, making diamond-shaped spaces; pinch down the ends, trim off dough, cutting close to rim of pan, and place around the edge, the strip of paste cut with the jagger, as illustrated in the preface; and a handsomer cover is made by also cutting the strips for the top with the jagger. The diamond top is very nice for any berry or fruit-pie. Berry-pies are best served cold, unless directed otherwise in recipes. For *Canned-Berry-pies*, if the berries are put up with sugar, they will not need any more sweetening, and little if any flour or cornstarch, though this will depend upon quantity of juice used. If canned without sugar, follow first rule. *Dried-Berry-pies* can be made to rival fresh fruit in flavor by putting the berries in without stewing. Sprinkle bottom crust with sugar mixture as above, then put in smoothly as many berries as will be required to make a full pie when done, remembering that they swell fully a third in cooking, sprinkle over rest of mixture and add water in same proportion as if stewing the fruit, cover with crust and bake. Or first stew the fruit and proceed as above. Two dried fruits combined, as raspberries and blackberries; or raspberries and apples; or with larger fruits, peaches and apples make a palatable pie.


Diamond Top.

A wise authority on cookery has said "Never spice either fresh or dried fruits, lest you destroy their flavor; if it is desirable to heighten the flavor of any fruit in pies, sauces etc., add juice from another fruit. For instance, flavor apples with pine-apple or quince; strawberries with orange or pine-apple; or raspberries with currants.

Cocoa-nut-pie.—Pint milk, a cocoa-nut, cup sugar, three eggs; grate cocoa-nut, mix with yolks of eggs and sugar, stir in milk, filling the pan even full, and bake in one crust. Make a meringue of whites of eggs and sugar. If prepared cocoa-nut is used, one heaping tea-cup is required, soaked overnight. A tablespoon butter may be added. Or reserve the milk of the cocoa-nut and mix it with cup cream instead of using milk as above. A slight flavoring of orange or lemon extract may be added, if liked.

Cottage-Cheese-pie.—Mix tablespoon flour with butter size of walnut, add two large cups cottage cheese and six tablespoons sugar; mix thoroughly and stir in four beaten eggs. Flavor with cinnamon, and bake in an under crust.

Cream-pie.—Beat thoroughly together white of one egg, half cup sugar, and tablespoon flour; add cup cream, bake with a bot-

tom crust, and grate nutmeg on top. Or for two pies use whites of three eggs, omitting the flour, and some use three-fourths cup sugar for each pie. For a *Creamless Pie*, use yolks of two eggs, two-thirds cup sugar, half cup flour and one pint milk; mix eggs, flour and sugar thoroughly and stir into milk when it boils; flavor with lemon or vanilla. Bake a crust, pour mixture in, and place in oven fifteen minutes; make a meringue of the whites of eggs. A cup raisins may be added to either of above, if flavor is liked.

Whipped-Cream-pie.—Sweeten with white sugar a cup very thick sweet cream, made as cold as possible without freezing, and flavor with lemon or vanilla to taste; whip to a froth and place on ice; make a moderately rich crust, prick well with a fork to prevent blistering, bake, and when cold, spread on cream, and serve with bits of jelly over top. Will make two pies. Or *With Fruit*, cover a buttered pie-plate with Puff or Short Paste rolled very thin, and cut off about an inch from the edge all around the plate. Spread over very evenly a thin layer of cooked paste made as for Boston Cream Puffs, page 86. Put a tube, measuring about half an inch in diameter, in meringue bag, turn remainder of cooked paste into the bag and press it through the tube on to edges of plate, where the puff paste has been cut off, making the border of equal thickness all round. Prick holes in the paste in center of plate, and bake half an hour in moderate oven. Make the paste left in bag into balls about half the size of walnuts. Drop them in lightly buttered pan and bake fifteen or twenty minutes. While baking, put half cup each water and sugar in small saucepan, and boil twenty-five minutes. When the balls and plate of paste are done, take the balls on point of skewer or large needle, dip each in the syrup and place them on border of paste about two inches apart. Do not stir syrup or it will grain. A part of the syrup may be poured into a small cup, which place in hot water and use, while that remaining in saucepan is kept hot until needed, but it must not boil. When all the balls have been used, dip a dozen and a half French candied cherries in the syrup and stick them between the balls, reserving about half dozen cherries with which to garnish center of cake. For the filling, whip half pint cream to a froth; soak half ounce gelatine two hours in scant third cup milk, then pour on this, third cup boiling milk. Place pan of whipped cream in another of ice water, and sprinkle over it quarter cup sugar and half teaspoon vanilla. Strain gelatine on this, and stir gently from the bottom until it begins to thicken. When it will just pour, fill plate with it, and set in ice chest for half an hour. Garnish top with the remaining cherries, and serve. A delicious pie and a very ornamental dish.

Meringue Bag.

Crumb-pie.—Soak cup bread-crumbs half an hour in a little warm water; add three tablespoons sugar, half tablespoon butter,

half cup cold water, a little vinegar, and nutmeg to taste; bake in two crusts. Or to nearly a pint hot water, add cup sugar, teaspoon tartaric acid, half cup bread-crumbs, a grated nutmeg and very small lump of butter. Will make two pies; before putting on the upper crust sprinkle with a little flour. Or soak four soda biscuits an hour in cold water; mix with them two cups brown sugar and grated rind and juice of one lemon. Beat all together thoroughly and bake in one crust. For a *Cracker-pie*, soak cup and a half soda crackers until soft in cup of cold water; add cup sugar, and grated rind and juice of one lemon. Bake in two crusts. Crackers may be rolled instead of soaked, and an egg or two added. Or for Mock-Mince-pie, take twelve crackers rolled fine, half cup vinegar, one cup each hot water, molasses, sugar, currants and raisins; spice to taste. Some use one cup dried bread-crumbs, and also add a small cup butter. Makes four pies, and is very nice.

Green-Currant-pie.—Line an inch pie-pan with good crust, sprinkle over bottom two heaping tablespoons sugar and two of flour, (or one of corn-starch) mixed; then pour in one pint green currants, washed clean, and two tablespoons currant jelly; sprinkle with four heaping tablespoons sugar, and add two of cold water; cover and bake fifteen or twenty minutes. Or fill the crust half full of currants, and add half cup sugar, tablespoon butter, and a little ground cinnamon if liked; fill up the plate with currants, add nearly half cup more sugar, and cover with a crust; bake half an hour in moderate oven. If too sweet, use less sugar. *Ripe-Currant-pie* made in same way, using less sugar; and to take equal quantities currants and either black or red raspberries, make a delicious pie; or take one cup each mashed currants, and sugar, two tablespoons water, one of flour beaten with yolks of two eggs; bake in one crust, and cover with a meringue. Or use one whole egg in pie and omit meringue. Some simply stem, stew and mash the currants through a sieve, sweeten to taste while hot, and when cool bake in one crust. Make *Cranberry-pie* same, preparing berries as for *Cranberry Sauce* on page 170. For *Dried-Currant-pie*, take the large English currants, cleanse carefully, and stew in plenty of water. Sweeten, and thicken with flour till of consistency of rich cream. Bake in two crusts. Very good.

Custard-pie.—Heat a quart good rich milk in a tin pan set in skillet of hot water; beat four or five eggs with four large tablespoons sugar, and a little salt, and pour in the milk; flavor to taste and have oven hot, when put in to bake. Cook slowly so as not to boil, as that spoils it; test with a knife and when done it will not stick to blade. Makes one *very* deep pie, or two of ordinary depth. Without the crust, this makes a delicious *Baked Custard*. Some when they both cook the custard, and bake the crust first, fill and cover at once with a meringue and only bake long enough to delicately brown the top. Pies may be made without first cooking the

custard, and the crust may be pricked and baked, but not too hard, before filling. This prevents it from becoming soggy. Reserve white of one egg for frosting, if liked. Less eggs may be used by substituting tablespoon corn-starch for each egg omitted, but when this is used the custard must always be first cooked. For a *Raspberry-Custard-pie* stir in a handful fresh raspberries, or enough for one layer, just before baking; they will float on top and form a pleasing change. Any berries may be used. For a *Jelly-Custard-pie*, beat yolks of four eggs with cup sugar and two tablespoons butter; add cup of any jelly preferred and lastly the beaten whites of eggs and bake in one crust; making a meringue of whites of eggs and spreading over top, if liked. Some good housekeepers report that by stirring into the custard a half cup Graham flour a crust is not needed as the flour settles in bottom of pan, forming a very good crust. This may be worth an experiment. For a *Chocolate-Custard-pie*, take one-fourth cake Bakers's chocolate, grated; pint boiling water, six eggs, quart milk, half cup white sugar, two teaspoons vanilla; dissolve chocolate in very little milk, stir into the boiling water, and boil three minutes; when nearly cold, beat in yolks of all the eggs and whites of three; stir this mixture into milk, season, and pour into good paste; when about half done, spread over the remaining whites whipped to a froth with three tablespoons sugar. Some use three pints milk, omitting the pint water. Makes three ordinary pies or two deep ones. It is better for Custard, Cream and Pumpkin-pies to use deep pie-pans.

Elder-berry-pie.—Make same as directed in Berry Pie, sweetening to taste, adding a little flour and butter, and always flavor with nutmeg. Or use, either fresh, dried or canned, with other fruit, such as currants, cherries and grapes; or a little vinegar, or boiled cider, instead of above fruits.

Fruit-pies.—Fruit-pies in deep dishes are preferable to an ordinary fruit pie, because more juice and fruit is obtained. The best method of making these is as follows: Take a deep, oval pie-dish (earthen, not tin), line the edge with paste and about half its depth inside; invert a small cup in center, an egg cup is best, one that will stand a little above the edge of dish; fill dish with fruit, adding a little water if fruit has not much juice, and sugar to taste; cover with a crust of Puff Paste, brush it with water, or white of an egg, and dust with powdered sugar; then make a few fancy cuts. The cup in the center collects the juice, and if the whole of pie is not eaten at one meal, what is left can be supplied with juice by simply lifting up the cup and allowing the juice to escape. The edge of this pie, to be artistic, should be pinched with the finger and thumb, then notched with a knife. If fruit is used which gives too much juice, prevent boiling over by mixing a little flour with the sugar, about one teaspoon flour to twelve of sugar; or make the sugar mixture

as directed in Berry-pies and use in same way. For a very nice *Deep Apple pie*, fill a deep pie-dish, prepared as first directed, with sliced apples, adding if liked, a quince cut in slices and stewed till tender in a little water and sugar. Or quarter the apples, put in preserving kettle with four tablespoons powdered sugar to a pie, and add water enough to make a thin syrup; add a few blades of mace, and boil the apple in the syrup a few pieces at a time, to avoid breaking; take carefully from the kettle and lay them in dishes. When enough apples for the number of pies to be made are ready, add to syrup cinnamon and rose-water, or any spice wished. Arrange the apples in pie-plate with the rim lined with paste as above, pour an equal part of the syrup into each pie and cover with top crust; bake a light brown in moderate oven. In making *Shallow Fruit-pies* the cup is omitted, and some pile fruit high in center of under crust, leaving space round the sides almost bare of fruit, and when the upper crust is put on, press it gently down all around into the groove thus formed, make two or three holes in it for the juice to escape, which when baking will boil out of the holes and run all round the groove with a pretty effect. The groove must be made deep enough to hold all juice that boils out or it will run over the pie in streaks. The fruit must also be piled high enough in the center to prevent this. Whipped cream is delicious with fruit-pies. For *Fruit Turn-overs*, roll Puff Paste to the thickness of about one-fourth of an inch, and cut it out in pieces of a circular form; pile the fruit on half the paste, sprinkle over some sugar, wet the edges and turn the paste over. Press edges together, ornament them, and brush the turn-overs over with the white of an egg; sprinkle over sifted sugar, and bake on tins, in a brisk oven, for about twenty minutes. Instead of putting the fruit in raw, it may be boiled down with a little sugar first, and then enclosed in the crust; or jam of any kind may be substituted for fresh fruit. Suitable for picnics.

Gooseberry-pie.—Take either green, or not too ripe gooseberries. Put in saucepan with enough water to prevent burning, and stew slowly until they break, stirring often. Sweeten well and set away to cool. When cold, pour in pie-pan lined with paste, cover with a crust or Diamond Top, and bake in oven. Eat cold but fresh, with powdered sugar sifted over top. Or use the ripe berries without first cooking, as in Berry-pie. Some also add a pinch of salt.

Grape-pie.—Stem the grapes, place in kettle over fire, with plenty of water to prevent burning; let boil, remove, and when cool enough put in jelly bag and squeeze; return juice to kettle, sweeten to taste, add pinch of salt, and when it boils thicken with cornstarch to the consistency of custard; have ready a baked crust, pour in the mixture, cover with a meringue, brown in the oven and serve cold. If meringue is not used the pie does not need to be placed in oven. Or grapes may be used without cooking, as in Cherry-pie.

Hickory-nut-pie.—Mash a pound hickory-nut kernels fine, add three-fourths cup sweet milk with tablespoon flour, mixed smooth in little of the milk, and three tablespoons sugar. Stir well together and bake in one crust, covering with meringue.

Lemon-pie.—Grated rind and juice of one lemon, cup sugar, yolks of three eggs, tablespoon butter, three tablespoons milk, two teaspoons corn-starch; beat all together and bake in rich crust; spread a meringue of the whites over pie when done, and brown in oven. If meringue is not wished, use a whole egg instead of three yolks in pie. Or, scald a cup milk, or water, stir in the corn-starch, mixed smooth in the three tablespoons milk, and when cooked, cool and add remaining ingredients. A tablespoon flour may be used instead of the corn-starch. Some use finely rolled crumbs from an ordinary slice of bread for thickening, when only two eggs or two yolks and a cup water or milk should be used in above recipe. Or, beat yolks of four eggs until very smooth, add grated peel of one lemon, and one and a half cups sugar, beat well, stir in two tablespoons flour, and add the lemon juice (if lemons are small two may be necessary), and lastly two-thirds cup water; stir well, and pour in pie-pans lined with paste. When baked, take from oven, and spread over them a meringue and brown. Or for *Boiled Lemon-pie* make a syrup of a cup each boiling water and sugar, add grated rind and juice of one lemon, well-beaten yolks of two eggs, tablespoon corn-starch dissolved in a little cold water, and teaspoon butter. Cook till thick; then pour into a crust already baked, spread with a meringue and brown in oven. This makes one pie, but two pies can be made of one lemon by doubling the quantity of all the other ingredients. Or for an *Economical Lemon-pie*, take one pint water, add the juice, grated rind and chopped pulp of one lemon; when boiling, stir in half pint sugar and third of a pint flour, well mixed (when corn-starch or flour is added to any liquid if mixed with the dry sugar it will not be lumpy). When partially thickened, place in pie-pan lined with Quaker Paste, cover with upper crust and bake. For *Chopped-Lemon-pie*, grate rind and chop pulp of three lemons, from which the white outside pith and seeds have been carefully taken; this is very necessary where the whole lemon is used as they impart a bitter flavor. Beat together yolks of four eggs, three cups sugar, half cup cold water, pinch salt and tablespoon corn-starch, mixed smooth in part of the water; add the prepared lemon and well-frothed whites of eggs and bake with two crusts.

Eggless Lemon-pie.—Mix tablespoon corn-starch smooth with little water, and stir in cup boiling water; add juice and grated rind of a lemon, cup sugar, tablespoon butter and bake with one or two crusts as preferred. A raw potato size of lemon, grated, may be stirred in the boiling water instead of corn-starch. Or *With Fruit*, take cup each sugar, water and seeded raisins, one lemon, and grated

rind if flavor is liked; chop lemon and raisins, fine, and some cook the raisins with the water three-quarters of an hour, stirring in, just before taking off fire, a tablespoon corn-starch made smooth with a little water. Add the sugar and chopped lemon and bake in two crusts. Or the juice of two lemons may be used, and the whole baked in three crusts, putting on bottom crust a layer of the chopped fruit with sugar and little corn-starch sprinkled over, then another crust, rolled very thin, and layer of fruit, etc., then the top crust.

Sliced-Lemon-pie.—Pare carefully one large or two small lemons, slice thin, remove seeds, cover with two cups sugar and let stand an hour. Then put smoothly in two pie-pans lined with paste, add three tablespoons cold water and sprinkle over each a teaspoon corn-starch. Bake with upper crust. A little grated lemon peel may be added. Or put the slices of lemon in the crusts, with a cup sugar, teaspoon butter in bits and tablespoon flour, sprinkled in last, to each pie. Cover with upper crust and bake. If lemons are not very juicy, add two or three tablespoons water to each pie.

Mince-meat.—Take six pounds scraggy beef—a neck piece will do—and boil in water enough to cover; take off scum that rises when it reaches boiling point, add hot water from time to time until tender, then remove lid from pot, salt, let boil till almost dry, turning the meat over occasionally in the liquor, take from the fire, and let stand overnight in the liquor to get thoroughly cold; pick bones, gristle, or stringy bits from the meat, chop very fine, mincing at the same time three pounds nice beef suet; seed and cut four pounds raisins, wash and dry three pounds currants, slice thin pound of citron, chop fine four quarts good-cooking tart apples; put all in large pan together, add two ounces cinnamon, one of cloves, one of ginger, four nutmegs, juice and grated rinds of three lemons, tablespoon salt, teaspoon pepper, and two pounds sugar. Put in a porcelain kettle quart boiled cider, or better still, quart currant or grape juice (canned when grapes are turning from green to purple), quart nice molasses or syrup, and, if any syrup at hand left from sweet pickles, add some of that, also a good lump of butter; let it come to boiling point, and pour over ingredients in pan after having first mixed them well, then mix again thoroughly. Taste, and if not properly flavored, add more boiled cider, fruit juice, or seasoning, as needed. It should have a smooth agreeable taste with no one flavor predominating. Pack in jars and put in a cool place, and, when cold, pour molasses over the top an eighth of an inch in thickness, and cover tightly. This will keep two months. For baking, take some out of jar, if not moist enough add a little hot water, and strew a few whole raisins over each pie. Instead of boiled beef, a beef's tongue or heart or roast meat may be used, the tongue making the choicest of all. For a very nice and rich *Holiday Mince-meat*, use half and half boiled beef and tongue with same proportions of other ingred-

ients and add juice and rind of three oranges, quarter pound each candied orange and lemon peel, sliced thin; three-quarters pound sweet almonds and an ounce bitter almonds (weighed after shelling), blanched and chopped, and half teaspoon almond extract. Also omit two nutmegs and add teaspoon mace, and if the syrup is objected to use instead two pounds more sugar. In baking, a tablespoon sweet cream for each pie, heated and stirred into the mince-meat just before filling in crusts, is a great improvement.

The above are good formulas, but, of course, may be varied to suit different tastes or the material at hand, and for convenience a few *Suggestions for Mince-meat* are given: If too rich add more chopped apples. Reserve some of the liquor in which the meat was boiled to moisten the mince-meat; if the fat which forms on top of the liquor is also added less suet will be required. In lieu of cider, vinegar and water in equal proportions may be used; and some think a little vinegar should be added when either cider or boiled cider, are used, more being required with the latter; but if the apples are carefully washed and pared, the strained juice obtained from the parings, stewed in a little water, or cooked in a crock as for jelly, is better than any other wetting, to which a little vinegar may be added; or use any kind of tart fruit juice; or some use cold coffee and tea with a little vinegar. Good preserves, marmalades, spiced pickles, currant or grape jelly, canned fruit, dried cherries, prunelles, etc., may take the place of raisins, currants and citrons. Wine or brandy is considered by many a great improvement, but if "it causeth thy brother to offend" do not use it. Lemon and vanilla extracts are often used. The Mince-meat is better to stand overnight, or several days, before baking into pies, as the materials will be more thoroughly incorporated. Although many do not put in the apples when mince-meat is made, thinking it keeps better and longer without, but chop and add them to the quantity to be used about an hour before baking, in equal proportions, though some prefer after chopping to sweeten and stew the apples till partially done, then add to the prepared mixture, and make into pies. Both apples and meat may be put through the sausage grinder instead of chopping. Some do not cook the beef before chopping and putting ingredients together, when it will be necessary, after mixing, to cook all thoroughly until meat is tender, adding a little water, if needed; others who cook the meat first, always cook the mince-meat after mixing until apples are tender. *Dried-apples* may be used in mince-meat, simply soaking overnight before chopping, and when evaporated apples are used the pies are nearly if not quite as excellent as those made with fresh apples, but the mince-meat must be thoroughly cooked. A good proportion for a few pies is one-third chopped meat and two-thirds apples, with a little suet, raisins spices, butter and salt, and enough boiled cider to make of desired consistency. Care should be taken not to have the mince-meat too thick, or the pies will be

dry and hard. When ready to use, it is a good plan to test by first baking a small pie or turn-over. Many prefer to freeze Mince-pies after baking, heating them as wanted.

Appleless Mince-meat.—Chop fine eight pounds green tomatoes, add six pounds sugar, one ounce each cloves, cinnamon and allspice, and simmer slowly till tomatoes are clear, then put away in covered jar. For pies in winter, take in proportion of two-thirds tomatoes and one-third meat, and season with butter, boiled cider, sugar if needed, etc., as regular mince-pies would be seasoned. Chopped Pie-plant, used as apples in any of the Mince-meat recipes makes a delicious pie, and the canned pie-plant may also be used.

Farmers' Mince-meat. Clean pigs' hocks (the joints above the feet), and let stand overnight with the tongue and heart in salt water; then cook until tender in enough water so that a quart will remain when meat is taken out, which will be a nice thick jelly. Chop the meat fine, first removing all bones and skin, and add double the quantity of chopped apples, with the jelly from the meat, removing grease from top; add spices to taste, with raisins or English currants, and enough apple juice, prepared as in Suggestions for Mince-meat, or vinegar and cider to moisten well. Or the meat from a chicken with the liquor from it may be used, adding other ingredients as above, but makes only small quantity.

Fragment Mince-meat.—Take one pint chopped corned beef, or remains of any cold meat will do, carefully removing all bits of skin, gristle and bone, and if very lean adding a little fat pork, twelve ordinary sized potatoes, scalded until softened, but not thoroughly cooked, and chopped, pint bread-crumbs, and any bits of cake, doughnuts, etc., chopped fine, juice of four lemons with the chopped pulp and a little grated rind, pint each sugar and molasses, or sweetening to taste, pound raisins, or dried currants and any "left-over" preserves at hand, or dried apple sauce, with spices to taste; put all together over fire with cold coffee, tea and a little vinegar—about three pints wetting in all—bring to scalding heat and add three or four well-beaten eggs, or these may be omitted. Do not make too thick as the mixture hardens in baking; thin with water if necessary. Before putting into pies, taste and add more vinegar or seasoning if needed. These fragment pies have been so successfully made as to be thought the real mince article, but judgment must be used in amount of sugar, wetting and seasoning needed.

Lemon Mince-meat.—Boil four ripe thin-skinned lemons in quart water till water has half boiled away; squeeze the juice over two pounds white sugar, remove seeds and chop rinds and pulp fine; chop a pound seedless raisins and two pounds suet, then mix all together and add two pounds currants, an ounce mixed ground spices and a gill each water and vinegar. Two ounces blanched and chopped

sweet almonds and half pound citron may be added if liked. Two lemons may be omitted, also the raisins, and six large apples, chopped, added instead. Put in a jar, stir occasionally, and it will be ready for use in a week or ten days. Or three each lemons and apples may be prepared as follows: grate rinds of lemons, carefully remove white pith, squeeze out juice, strain it, and boil remainder of lemons with seeds removed, until tender, take off and pulp or chop very finely, add rind and juice and the pulp from the apples, which have been baked; put in the remaining ingredients one by one, and as they are added, mix everything very thoroughly together. A chopped tongue may be added if liked, although no meat is necessary.

Measured Mince-meat—One and a half pints chopped meat, three pints chopped apples, half pint chopped suet or butter, or equal parts of each, half pint each vinegar and cider, pint raisins, two pints sugar, or one of sugar and one of molasses, one tablespoon each cinnamon, nutmeg, and cloves, half tablespoon each salt and pepper, and grated rind and juice of one lemon. Scald the suet after chopping, and cook with other ingredients until apples are tender before adding spices. If too thick, add equal parts vinegar and water.

Molasses-pie.—Three eggs, yolks and whites beaten separately, half cup New Orleans or sorghum molasses, cup white sugar, butter size of a walnut, cup sour cream, teaspoon soda stirred into molasses, whites mixed in last; or reserve two whites for meringue. Bake slowly in moderate oven. Nutmeg gives a nice flavor. Another half cup molasses may be added with teaspoon corn-starch, making sufficient for two pies. They may also be baked with two crusts.

Orange-pie.—Cream tablespoon butter and four of sugar, add beaten yolks of four eggs, grated rind and juice of two oranges, and, lastly, the whites beaten to a froth, and mixed in lightly. Bake in one crust half an hour. Whites of two eggs may be reserved and used for meringue for top. If not liked so rich use milk or cream instead of butter. Or beat cup powdered sugar and tablespoon butter to a cream; mix tablespoon corn-starch with a little cold water, and add cup boiling water; cook long enough to thicken, stirring constantly; then pour the mixture over butter and sugar, add grated rind of half an orange, beaten egg and juice of an orange. Peel another orange, and slice in little thin bits, being careful to remove all the seeds and the tough white skin. Line a pie-pan with nice paste and bake until just done; then fill with the custard and orange slices and bake long enough to cook the egg. A meringue may be added if liked. The following *California Pie* is a very elaborate recipe: Stir a cup sifted sugar with juice of six large oranges over fire until hot, skim and set aside to cool. When nearly cold add yolks of six eggs, beaten very light and a half pint cream; stir over a slow fire until thick. Turn into baked crusts and spread a meringue on top,

and brown in oven. Or serve as *Orange Custard* in glasses with a heaped tablespoon of the whites of eggs beaten with a cup powdered sugar on each, or the same of whipped cream. For a *Sliced-Orange-pie*, pare oranges very thin, soak whole in water three days, changing the water frequently. Boil until soft. When cold, cut a thick slice from the top and bottom, and the rest in thin slices; bake in rich under crust, filling with layers of sugar and the thin slices of oranges alternately.

Peach-pie.—Line a pie-pan with Puff Paste, fill with pared peaches in halves or quarters, well covered with sugar; put on upper crust and bake; or make as above without upper crust, bake until done, remove from oven, and cover with a meringue. Canned peaches may be used instead of fresh, in the same way. Or bake in two separate pans an under and upper crust in a quick oven fifteen minutes; when done place in the lower crust one quart peaches prepared by slicing, and adding three tablespoons each sugar and cream, cover with top crust, and place in oven for five minutes. *Apricot*, *Raspberry* and *Strawberry-pies* may be made same way. Adding a few of the kernels, blanched and chopped fine, improves apricot and peach-pies. For *Cream Peach-pie*, line a deep dish with Cream Paste; pare and halve nice ripe peaches, or they may be left whole, and fill the dish. Beat a pint cream and three tablespoonfuls sugar together and pour over the peaches; dredge on a little flour, put on top crust, and bake until peaches are well cooked. *Berry* or *Currant-pies* may be made same.

Dried-Peach-pie.—Stew peaches until perfectly soft in as little water as possible, mash fine, and for two pies add half cup sweet cream, and one cup sugar; bake with two crusts. Or, omit cream, and add half cup boiling water, and butter size of hickory-nut. For *Turn-overs*, roll paste rather thin and size of pie-pan; place it in latter, spread the prepared fruit, not too thick, on half of the paste, double over the other half and pinch the edges firmly together; prick top with a fork and bake.

Pie-plant-pie.—Mix half cup white sugar and heaping teaspoon flour together, sprinkle over the bottom crust, then add the pie-plant chopped or cut up fine; sprinkle over this another half cup sugar and heaping teaspoon flour; bake fully three-quarters of an hour in a slow oven. In preparing pie-plant for any purpose some pour on boiling water and let stand a few moments, or till cold, then pour off, and much of the sharp acid taste will be removed, thus requiring less sugar in the seasoning. Some cover the bottom crust thickly with sifted bread-crumbs before putting in the pie-plant, prepared by first splitting the stalks lengthwise, to have them as thin as possible, then cutting in inch pieces. A few small bits of butter added are an improvement, and any spice or extract may be used for flavoring. Grated lemon rind is also nice. Cover with top crust and bake.

Make *With Fruit*, by adding raisins in proportion of one cup raisins, chopped, to two of chopped pie-plant; add sugar to taste, little butter, and sprinkle over little flour before putting on upper crust. A mixture of black currants and pie-plant is liked by some. For *Stewed-Pie-plant-pie*, cook one and a half cups chopped pie-plant with half cup water and two-thirds cup sugar, adding tablespoon corn-starch or flour made smooth in little water just before taking from fire; let cool and add teaspoon lemon extract, pinch of salt, yolks of two eggs and white of one; bake in one crust, using white of egg for meringue. Grated rind and juice of a lemon may be added instead of the extract, and only the two yolks used with the fruit, or use one egg and cover with a Diamond Top.

Pine-apple-pie.—Pare, carefully remove all specks and grate one pine-apple; beat half cup butter and cup sugar to a cream and add beaten yolks of five eggs, the grated pine-apple and cup sweet cream, stirring in lightly the whipped whites of eggs last. Bake in one crust. Some take same quantity of sugar as pine-apple and half as much butter, with other ingredients as above.

Plum-pie.—Put plums in a little sugar and water, and simmer until tender; then take out and put them in a dish, add more sugar to juice, and boil till it begins to thicken; then turn it over the plums, and set aside to cool. When cold, line pie-pan with a rich paste, fill with plums, cover with Puff Paste, and bake half an hour.

Potato-pie.—Heat quart sweet milk and when boiling stir in cup grated potato; let cool, and add two or three eggs well beaten, half cup sugar and nutmeg, or grated rind of a lemon, to taste; bake without upper crust; eat day it is baked. Makes two pies. Or boil and mash potatoes through sieve and make as above. For a richer pie use one-third as much potato pulp as milk. Whites of two eggs may be reserved for meringue, to which add juice of half a lemon.

Sweet-Potato-pie.—Boil sweet potatoes until well done, mash and rub through sieve; to each pint pulp, add three pints sweet milk, tablespoon melted butter, cup sugar, three eggs, pinch of salt and nutmeg or lemon to flavor. Use rich paste for under crust. Reserve whites of two eggs for meringue. For a richer pie use equal quantities potato pulp and milk. If wanted still richer omit the milk and add two tablespoons soft butter. Some add juice and rind of a lemon, and any flavoring liked may be used; tablespoon cinnamon and teaspoon nutmeg give a nice flavor. A little ginger may be added if liked. Or line a *deep* plate with good paste and put in a layer of sliced sweet potatoes, that have been baked until nearly done; sprinkle brown sugar thickly over, put in a layer of thin slices of butter, with a sprinkling of flour and spices to taste; using a heaping tablespoon each butter and flour for one pie; put in another layer of potatoes piled a little in center; mix together equal quan-

tities lemon juice and water, or vinegar and water and pour in enough to half fill the pie; sprinkle over the potato a little flour and place on the upper crust, pinching the edges carefully together.

Prune-pie.—Take two cups French prunes, washed thoroughly and soaked in water overnight; cup sugar, teaspoon extract lemon, two tablespoons boiled cider, one-third cup water; sprinkle teaspoon flour over top of each pie; bake twenty-five minutes in rather hot oven. The boiled cider may be omitted, and half a lemon, peeled and sliced thin, used instead, or a tablespoon vinegar. Some cook the mixture, adding the flour, before putting in pie. For a *Prune-Custard-pie*, soak prunes overnight and cook as for Stewed Prunes; meantime make a custard of two tablespoons corn-starch, quart milk, two eggs and four tablespoons sugar, with little butter and salt and stir in the prunes. Bake in one crust. Whites of eggs may be reserved from custard for a meringue if desired. A few raisins may be stewed with the prunes and grated lemon rind added for flavoring. Some remove the pits before putting prunes in custard.

Pumpkin-pie.—Pare pumpkin, cut in small pieces, and stew in half pint water; it is better to stew *very* slowly, stirring often; when soft, mash very fine with potato-masher, let the water dry away, watching closely and stirring to prevent burning or scorching; or take from kettle and pulp through sieve; for each pie take one egg, white and yolk beaten separately, adding white last, half cup sugar, two tablespoons pumpkin, half pint rich milk (a little cream will improve it), a little salt; beat well together, and season with cinnamon or nutmeg, and a half teaspoon ginger improves the flavor. Bake with under crust in a hot oven. Some stew pumpkin all day, on back of stove, with a little water, stirring every little while to prevent burning. A quantity may be cooked at one time, and it is considered sweeter to be thus prepared; then pulp through colander and take amount wanted, putting remainder in a cool place. To three tablespoons pulp add two-thirds pint milk, teaspoon flour, one egg, beaten as above, tablespoon each butter and sugar and one-third teaspoon each nutmeg, cinnamon and ginger for one pie. Too much sugar makes the pies watery. Bake in a deep pie-pan as illustrated. Some steam pumpkin instead of stewing, when it should be placed in pan on back of stove for moisture to dry out, then put through sieve. Baking is a nice way of preparing pumpkin; cut in pieces, take out seeds and bake until soft; it will be sweet and dry, without the trouble of watching and stirring, and may be pulped through a sieve and used immediately. In whatever way pumpkin is cooked, some do not take out the network inside, but simply remove seeds carefully, and some even leave in a few seeds, as the pulping through sieve removes the pieces of seed, thinking it all enriches the pulp. The proportions of ingredients are varied to suit the taste, though from

half to two-thirds as much pumpkin as milk is a general rule, with an egg for each pie as above and sugar and flavoring to taste. Another rule, which makes very rich pies, is to each quart pumpkin pulp add two heaping tablespoons butter, five eggs, beaten as above, quart milk, cup sugar, tablespoon mixed ground spice and teaspoon salt; stir the butter into pumpkin while hot; or omit the butter and use twelve eggs with same proportions other ingredients. Some heat the mixture, stirring constantly, before putting in pans, others add half the milk to pumpkin and heat the rest and stir in just before baking. Always beat the yolks of eggs and sugar together. Serve pumpkin pies either warm or cold, but they are considered in their prime an hour after they are baked. For *Eggless Pumpkin-pie*, add to each pint and a half pumpkin pulp, quart milk, tablespoon butter, cup sugar, little salt, tablespoon cinnamon, teaspoon ginger, two tablespoons flour, or one of corn-starch; or roll crackers or bread-crumbs fine and use for thickening. Some use equal quantities pumpkin and milk, thinking it necessary to have them thicker when made without eggs, and also heat the milk in custard kettle, adding the flour and cooking ten minutes; then stir it into the pumpkin, first having thoroughly beaten into the latter the sugar, or better, tablespoon and a half molasses of any kind. As the thickening property of pumpkin varies some judgment must be used in adding milk. Any flavoring liked may be used; a little sassafras is delicious, grated lemon rind is also nice, and either is an agreeable change from nutmeg or the spices so commonly used. Half pumpkin and half stewed and pulped apples make a pie liked by some. *Squash-pies* are made same as pumpkin. For *Dried-Pumpkin-pies*, soak pumpkin overnight in milk, and then use as in any of above recipes; or place pumpkin in sauce pan, add water to cover and cook till soft, adding water as needed; then pulp through sieve and use as above. If dried pumpkin is a little scorched, or too brown, cook five or ten minutes, then pour off water and add fresh and finish as directed.

Raisin-pie.—One cup each raisins, water and sugar, heaping tablespoon flour, and small lump butter; put the water on raisins and boil five minutes; add flour, smoothed in a little cold water, then add sugar, and boil five minutes longer; stir in the butter and bake with a rich upper and under crust. Or take one cup each sugar and raisins, one and a half of thick, sour milk, one egg, two teaspoons cinnamon and one of cloves; makes two pies. Bake in two crusts. Another excellent pie takes one pound each raisins and sugar, a lemon, and tablespoon butter; boil the raisins half day without cutting; when tender, mix tablespoon flour smooth in little water and stir in to scald in the juice; add grated rind of a lemon and the lemon, sliced, removing pith and seeds. Makes four pies, and will keep like mince. In any of the recipes cracker-crumbs may be used in place of flour, and vinegar in place of the lemon juice.

Nice baked with a Diamond Top.

Rice-pie.—To one quart boiling water, add cup rice and boil until soft; remove from fire, add quart cold milk, teaspoon salt, five eggs, whites and yolks beaten separately, teaspoon extract of nutmeg, or a grated nutmeg, and sugar to taste. Some prefer to pulp rice through a sieve. Bake in one crust, and raisins may be added, if liked. If cold boiled rice is used, heat it in the milk, and take in proportion of one cup rice to cup and a half sweet milk; then add three tablespoons sugar beaten with yolks of two eggs and lastly the well-frothed whites. Slightly brown the under crust, fill and bake. Or to one quart boiling milk add small cup rice flour mixed in a little cold milk, and two tablespoons butter; when cold, stir in yolks of five eggs, beaten as above, flavor with vanilla, add frothed whites and bake in one crust, covering with a meringue made from three of the whites. Makes two pies.

Strawberry-pie.—Pick the berries carefully. Line a pie-plate with good paste, put in a layer of the strawberries, and sprinkle thickly with sugar; then another layer and more sugar, till the plate is full. Fill very full as strawberries shrink greatly in cooking. Cover with light crust, and bake in moderate oven. Or for *Saratoga Pie*, make and bake as above, using Quaker Paste with little thicker crusts, and not pinching edges together; when done, remove upper crust and pour in at once a cold cream prepared as follows: heat in custard kettle half pint cream or new milk and stir in level tablespoon corn-starch made smooth in a little cold milk, cook eight minutes and then add lightly well-frothed whites of two eggs beaten with heaping tablespoon sugar; cook three minutes and let cool. After adding this, replace the top and serve the pie when cold. *Raspberries* are delicious prepared as above.

Tomato-pie.—For one pie, peel and slice green tomatoes, add four tablespoons vinegar, one of butter, three of sugar; flavor with nutmeg or cinnamon; bake with two crusts, slowly. This tastes very much like green-apple-pie. A little ginger may be sprinkled in, if liked, and the grated peel and juice of a lemon is an improvement. For *Ripe-Tomato-pie*, prepare same way, omitting vinegar and butter, and before putting on top crust sprinkle in tablespoon flour. Do not use lemon juice in this. Flavor with lemon extract.

Vinegar-pie.—One egg, heaping tablespoon flour, cup sugar; beat all well together, and add tablespoon sharp vinegar, and cup cold water; flavor with nutmeg and bake with two crusts. Or take cup sugar, half cup vinegar, two teaspoons flour, one of butter, one of cinnamon, two cups water; boil all together till thick, and bake in one crust. Very nice.

Tart Shells.—These shells are made in various shapes, generally from Puff Paste, and used for serving Jellies, Jams, Preserves and Oysters, and are also nice for anything usually served in paper cases,

when the paste should be rolled very thin, and for *Patty Shells* baked delicately in any shaped patty-pans liked, but those about an inch and a quarter deep, are best, and always prick with a fork before baking to prevent blistering, or fill with uncooked rice to keep their shape. Any bits of pastry may be utilized for shells, and the latter may be kept on hand and reheated when used for jellies etc., but this will not be necessary if any preparation that has to be heated, or placed in oven, is served in them, and must of course never be done when to be used for serving ice-cream, or any cold fruit or other creams. The shells for Ice-cream, etc., should be made of the paste for Cream Tarts or the Sweet Paste, page 612. For *Cut Shells*, take Puff Paste, after the last rolling, roll out evenly in a sheet a third of an inch in thickness; whole of the paste need not be rolled, but cut off a piece sufficient to make the number of tarts wished and roll it out. The sheet being ready, cut the number required with a plain or scalloped round cutter, about two and a half inches in diameter. Place on baking pans, having turned them over bringing the bottom on top. Next brush with beaten egg, or egg and water, and if to be used for Jellies, Preserves or any sweet filling, dust over with sugar; then with a small, plain round cutter, an inch and a half in diameter, make a mark in center of each, pressing the cutter half through. Prick each in center with point of knife or fork to prevent blistering, and bake. The part marked with the small, round cutter will detach itself from the other part and may be removed with a penknife or a fork, leaving a hole into which pour the jam or jelly used. Cut out shells with a *sharp* cutter giving a rapid downward stroke that will cut, not drag through, so that the layers may not be pressed together, which prevents their opening readily when baking, and keeps them from rising fully. After they are cut, place them on the pans or in the patty-pans *upside down*, because the cutter in dividing the paste presses downward toward the board, closing the layers, and if placed in oven right side up, the edges, pressed somewhat closely together, can not open fully and consequently do not rise well, but, if inverted, the layers open more evenly at the edges. Some add the jelly before baking, but this should not be done, as in baking the heat causes the jelly to boil, and it spreads itself over the tart and spoils its appearance. For *Layer Shells*, roll nice puff paste a quarter inch thick and with round cutter, two and a half inches in diameter, cut out number pieces wanted; then cut same number pieces with cutter a half inch smaller and cut out the center of these with a cutter an inch and a half in diameter, forming rings; brush top of first pieces cut with white of egg, place the rings last cut on these and bake for single-layer shells. If wanted more elaborate cut out two rings as above, brush tops with white of egg and put together on the circle of paste cut with the larger cutter for the bottom, making double layer shells. For *Py-*

Layer Shells.

ramid Shells, take a piece of Short Paste, or scraps of Puff Paste, roll one-fourth of an inch thick, and cut out the number of pieces required with the same cutter as for Cut Shells, place them in baking pan and prick them with a fork. Cut a like number with same cutter, and of same thickness from best puff paste; wash those cut from the scraps, or Short Paste, and place those cut from the puff paste on them, wash with egg, and prick them in middle. Next cut a like number, same thickness, with same cutter, and from Puff Paste, cut the middle out of these with a plain round cutter, an inch and a half in diameter, place these rings on the other parts and bake them. Or to build in real pyramidal form, use a different-sized cutter for each layer, cutting each a quarter inch smaller than the one below, but using same cutter, an inch and a half in diameter, for cutting out centers of two upper layers. Then put together as above. While baking take the piece that comes from the middle of the ring piece and roll it out a little larger, then cut three other pieces with a scalloped round cutter, each a size smaller than the others; place them on baking pans, prick them, wash with egg, and bake, and when the shells are filled use these for covers. When the shells are all baked if the hole is not deep enough for the purpose, remove some of the pastry inside the ring with a knife. Pyramid shells are used for serving Oyster, Chicken or Lobster Friccassee, and instead of making the individual size, they are sometimes made large enough to serve the friccassee entire, rolling the paste about an inch thick. An ordinary size would be nine or ten inches in diameter, and may be made also as Cut or Layer Shells, laying a plate of the desired size on the paste and cutting out the shape with a wet knife, using a plate with diameter about two inches smaller for the inner round, and cutting about half through the paste. When baked, carefully remove this round without breaking it, or the under part, and lay it aside to be used as a cover for the fricassee when served. If the under paste does not seem thoroughly cooked when this is cut out, return to oven. The above shells, both large and small, are also styled *Vol-au-Vents*. To make *Folded Shells*, roll puff paste thin, cut into two and a half inch squares and brush each square over with white of beaten egg, then fold down the corners so that all meet in middle; slightly press together, brush with the egg, sift sugar over and bake in quick oven quarter of an hour; when done make a little hole in the middle and put in filling. In rolling puff paste for shells, some wet the top, before folding it the last time, with water or a little lemon juice.

Large Vol-au-Vent.

Apple Tarts.—Pare, quarter, core and boil in half cup water until very soft, ten large tart apples; beat till *very* smooth, and add yolks of six or three whole eggs, juice and grated rind of two lemons, half cup butter, one and a half cups sugar, or more if not sweet enough; beat all thoroughly, line patty-pans with Puff Paste, fill

with mixture and bake five minutes in hot oven. If wanted very nice, make a meringue of whites of six eggs, spread on top of tarts and brown slightly. For *Almond Tarts*, beat to a cream yolks of three eggs, and quarter of a pound sugar, add half pound shelled almonds pounded slightly, and bake as above. Or use the whites of three eggs, omitting the yolks. For *Cocoa-nut Tarts*, dissolve half pound sugar in quarter pint water, add half a grated cocoa-nut, boil slowly a few minutes, and when cold, add well-beaten yolks of three eggs and white of one; beat all well together and bake as above. Cover tarts with a meringue made of whites of two eggs.

Chocolate Tarts.—Dissolve three tablespoons grated chocolate in quarter pint milk; then add one pint scalded milk thickened slightly with one and a half tablespoons corn-starch; dissolve six tablespoons granulated sugar in four of hot water, add half teaspoon cinnamon and one teaspoon melted butter. When chocolate mixture is cold add this to it, with half teaspoon vanilla and yolks of four eggs well beaten. Line patty-pans with puff paste, fill, bake and cover with a meringue. Or they may be lined, filled, baked and kept in a cool dry place for a week or two, covering with a meringue, and browning in oven just before serving.

Coventry Tarts.—Take scraps of puff paste and roll out into sheet quarter inch thick. Cut number of pieces required with plain round cutter three inches in diameter. Roll out as for Preserve Tarts, add fancy preserves, then fold or lap paste over in three folds, forming a triangle. Turn folded part down on baking pans, wash with water, or egg and water, dust with powdered sugar, and bake. Do not cut these on top. Or for true *Triangle Tarts*, Roll the paste to a thin sheet and cut it in two and a half inch squares. Put a teaspoon jam in center and fold over so as to make a three-cornered tart. Run paste jagger along edges to close them by cutting off a shred, or pinch them together with fingers. Brush over the tops, after placing in baking pan, with egg and water and sprinkle granulated sugar upon them, and bake in slow oven.

Paste Jagger.

Cream Tarts.—Make a short paste with one white and three yolks of eggs, tablespoon butter and two of sugar, little salt, and flour to mix. Work it very lightly indeed, roll quarter inch thick, line patty-pans with it, filling them with rice to keep their shape. Bake carefully in moderate oven. Fill with jam, placing tablespoon whipped cream on top. A very pretty dish. They may be filled with a *Chocolate Ice*, made by cooking a syrup of quart water and pint sugar half an hour; then adding a chocolate paste made by pouring four tablespoons water over a scant half teaspoon powdered cinnamon, letting stand half an hour, then straining over four heaping tablespoons grated chocolate and mixing together. This spicing

of chocolate is nice in any recipes where chocolate is used. After adding to hot syrup, stir a moment, strain, and when cold, add half teaspoon vanilla extract and juice three lemons, (three-fourths gill). Freeze as directed in Ices, adding the Meringue For Ices, made of white of one egg, on page 407; and although only white of one egg is taken where *three pints of water* is used in making the syrup, it is not too much for a quart of water, as above. The syrup, when cooked, should be reduced to about two thirds of the water and sugar used, making in this recipe one quart syrup. This rule applies to all Ices made With Syrup which is by far the *better* way of making them, giving a firm, smooth, delicious ice, and to the syrup one can add juice of any fruit or any other flavoring used in Ice-creams, and the above way of serving is very nice.

Currant Tarts.—Take one cup cleanly-picked currants, and a cup each granulated sugar and finely chopped lemon peel; add flavoring of ground ginger and cinnamon and mix all well together. Take enough scraps of any paste and roll out quarter inch thick, then cut in pieces two inches square and put a teaspoon of the above preparation in center of each piece, pull over the edges, allowing them to lap a little in center, flatten with the hand and turn them over, folded part down. Then roll out with rolling pin until the currants, peel, etc., break through. Place on baking pans, make a few cuts across top with a knife, wash with milk, or milk and egg, dust with sugar and bake nice brown in hot oven. For the real *English Banbury Cake,* add to above ingredients fresh butter enough to form the whole into nice paste. Take the best Puff Paste, roll out and cut as above and place a piece of the mixture in center of each; take up two corners, diagonally opposite, press together, and then with palm of hand press them down flat. This makes the pieces oval in shape and leaves two ends which are folded together at liberty to rise; wash the part that is not folded with water and sprinkle with powdered sugar. Bake in slow oven.

Custard Tarts.—Prepare shells as in Fanchonettes; remove bread, and place in each a teaspoon red currant, or any jelly or jam; cover this with a custard made as follows: Beat four eggs, add three-fourths pint milk, two tablespoons butter, creamed, four tablespoons sugar and three dessertspoons flour, mixed smooth with water. Heat to boiling point, or until it thickens, and flavor as liked. Must be cooled before pouring over the jelly; cover the tarts with meringue, raised in cone-like form, sprinkling over a little pinch sugar. Or this custard may be simply stirred together, and poured into shells before baking them, and bake twenty minutes, thus cooking all together, omitting jelly at bottom, but covering with the meringue. For *Rice Tarts,* cook two bay leaves or rind of half a lemon in pint milk; strain, add three ounces ground rice, or rice flour, cook fifteen minutes, take off fire, and add a well-beaten mixture of

three tablespoons butter, half cup sugar and five or six eggs; when cold, fill some paste-lined patty-pans with it, strew over a few dried currants and bake twenty-five minutes in moderate oven. For *Macaroon Tarts*, line patty-pans with paste and make a custard of a quarter pint cream, four yolks of eggs, one tablespoon flour, four of sugar, three macaroons, crumbled, grated peel of one lemon, a little citron cut fine and little orange flower water. Heat the other ingredients, add the flour, mixed smoothly with a little water, boil sufficient to cook the flour, then take from fire a few minutes and stir in the beaten yolks of eggs, and set in pan of hot water till eggs seem done. After putting in patty-pans, bake until paste is done, then ornament tops with chopped almonds or cover with meringue, or not, as liked. For *Jelly Tarts*, fill Patty Shells with jelly and serve either with or without the meringue.

Gutter Tarts.—Line small patty-pans with rich paste and fill with red or black currants, raspberries or any fruit at hand, heaping high in center; add a little powdered sugar to each, wet edge of paste with water, and put on a top crust about an eighth of inch thick; after trimming the edges, with the thumb press the paste around the base of the fruit, about half an inch from edge of patty-pan, pressing hard enough to all but break the paste and so as to push the fruit up in a cone in center; wash them with water and bake. The object of pressing the paste so thin around base of fruit, is that the juice may break through the paste in baking and run around the groove or gutter formed by pressing the paste, which has a rich and pretty effect when baked, and gives the tarts their name.

Lemon Tarts.—Mix juice and grated rind of one lemon with cup sugar and beaten yolk of an egg. Add half cup cold water into which has been stirred a heaping teaspoon corn-starch. Set pan in boiling water and cook till it becomes a clear jelly. If wanted richer add to above, the juice and rind of another lemon, three more yolks of eggs, teaspoon butter and one more of corn-starch. Let cool and fill Patty Shells with the mixture covering with meringue. Or for *Lemon Butter*, put four rounded tablespoons soft butter, two cups sugar and six eggs well beaten together in a custard kettle, stir almost constantly, add juice of three lemons and grated rind of two, and cook to consistency of honey. Pack in jars to use as wanted, and it will keep two or three months. To use, fill in any baked tart-shells and put in oven till mixture is hot. Or line patty-pans with the Sweet Paste, fill two-thirds full with the mixture adding a few pounded almonds, candied orange or lemon peel or grated Macaroons if liked, and bake in moderate oven about fifteen minutes. In either case they may be covered with a meringue when baked, and returned to oven and delicately browned. For *Orange Tarts*, make as Lemon Butter using only third as much sugar and grated rind and juice of one large orange, instead of the lemons. Cook till like

melted cheese, then take off fire and beat a minute or two with an egg-beater; or a mixed preparation is as follows; cup and a half sugar, grated rind and juice of two large oranges, juice of two lemons, two tablespoons butter, three yolks and one whole egg added last. Use as in either way in Lemon Tarts, or spread cold between layers of cake. In baking the tarts, it is sometimes necessary to cover with paper or place a pan above them on upper grate.

Prune Tarts.—Scald prunes, remove stones, take out kernels and put latter into a little cranberry juice with the prunes and sugar; simmer till tender, and when cold fill any shells.

Raisin Tarts.—Heaping coffee-cup stoned and chopped raisins, two small cups powdered sugar, grated rind and juice of two lemons. Put all together in bowl and set in tea-kettle till sugar is dissolved; when cool fill Patty Shells.

Raspberry Tarts.—Prepare Cut Shells, and glaze with sugar boiled till it threads, sprinkling pounded loaf sugar over also. Boil more sugar, adding very little water, and the sugar left from glaze until it almost candies, and mash and stir in about a third of the raspberries to be used; skim, cook five or ten minutes, remove from fire and let syrup cool. Fill the shells with fresh raspberries, cover with the cool syrup and serve. *Strawberry* or *Currant Tarts* made same. Or when the shells are nearly or quite done take from oven and ice, returning to oven a moment or two to set the icing before filling. Whipped cream may be served over fruit instead of syrup.

Strawberry Vol-au-Vent.—Make a Vol-au-Vent case as illustrated in Tart Shells only not quite so large as one for Chicken or Oyster Fricassee. When nearly done, use Pastry Frosting as directed. When done, remove the interior, or soft crumb, and, at the moment of serving, fill it with strawberries, which should be nicely stemmed and sweetened. Place a few spoonfuls of whipped cream on the top and serve. Or the paste may be rolled to about one and a half inches thick, and cut out with a large fluted cutter; bake in quick oven, and brush as above, or with Pastry Glaze. Always detach the cover, made as directed in Tart Shells, as soon as baked, and when carefully removing the crumb, if the edges of Vol-au-Vent look thin in places, cover with small flakes from inside, put on with white of an egg. This precaution is necessary to prevent the fruit (or fricassee) from bursting the case. If stewed fruit is used, after cooking it, boil the syrup till quite thick and add to fruit; fill the Vol-au-Vent with this, sprinkle over a little powdered sugar and return to oven to glaze, or use the hot salamander. Any fruit may be used.

Cannelons.—Roll Puff Paste very thin, and cut into pieces of equal size, about two inches wide and eight long; place upon each piece a spoonful of jam, wet edges with white of egg, and fold paste

over *twice*; slightly press edges together, that jam may not escape in frying, and when all are prepared, fry in smoking lard until a nice brown, setting in oven a few minutes, that the paste may be thoroughly done. Dish on a napkin, sprinkle sifted sugar over and serve. Very delicious made with fresh instead of preserved fruit, such as strawberries, raspberries, or currants; they should be laid in the paste, plenty of granulated sugar sprinkled over, folded and fried as above. Or make a stiff paste with a quarter pound flour,

half as much white sugar, half cup melted butter and tablespoon grated lemon peel or essence lemon; roll rather thin; make little tubes of stiff paper, about three inches long by one in diameter, butter the outside well and wrap each in some of the paste, close neatly on one side, and bake a few minutes in a quick oven; when done and cooled a little, take out the card and fill with a jelly or marmalade, smoothing over open ends with knife dipped in water.

Cheese-cakes.—Cook a cup each sweet and sour milk in custard kettle until it curds; rub the curd through sieve and add to it a cup sugar beaten with yolks of four eggs, a pinch of salt and the juice and grated rind of a lemon, and a tablespoon melted butter is sometimes added. Line patty-pans with Puff Paste rolled very thin, put tablespoon of above mixture in each and bake fifteen or twenty minutes in moderate oven. Let cool in the pans before removing. Nice for dessert, luncheon or supper.

Plum Cobbler.—Take quart flour, four tablespoons melted lard, half teaspoon salt, two teaspoons baking powder; mix as for biscuit, with either sweet milk or water, roll thin, and line a pudding dish, about two inches deep, or dripping-pan, nine by eighteen inches; mix three tablespoons flour and two of sugar together, and sprinkle over crust; then pour in three pints canned damson plums, and sprinkle over them one coffee-cup sugar; wet edges with a little flour and water mixed, put on upper crust, press edges together, make two openings by cutting two incisions at right angles an inch in length, and bake in quick oven half an hour. Any kind of fresh or canned fruit, can be used same way, adding with fresh fruit, cold water to half fill the dish, after fruit is put in. A Quaker Paste may be used, rolling twice as thick as for ordinary pies, and some prefer to use only an upper crust, and for *Peach Cobbler* pare and halve freestones, but only pare and gash clings, leaving in the stones, and sweeten if necessary. For *Apple Cobbler*, pare and quarter moderately tart apples and finish as above. For *Berry Cobbler*, line the deep dish with a Graham Paste, rolled as above, fill with any berries, sweeten, cover with crust and bake. Some prick upper crust as well as cut the slits as in Plum Cobbler. Use no water in either berry cobbler or *Cherry Cobbler* which is made as the former.

Fanchonettes.—Line patty-pans with a paste, place a piece of bread in each and bake in a cool oven; when baked, remove bread and place an almond macaroon in each and cover the macaroon with half quince and half red currant jelly. Have paper cone, (same as used in Ornamental Icing) filled with meringue and drop a spoonful in center on jelly; then from the paper cone drop a small cone-shaped pile of meringue on the center of what is already on the jelly; then drop five or six around it. This will give a circle of cones with one in center; the cones will not look well if too small; they should be as large as a twenty-five cent piece and at least one inch in height; put them in oven just to color. When cold drop just a little red currant jelly on the point of each cone. This is one of the prettiest of fancy pastry dishes, and is an elegant ornament.

Almond Flowers.—Roll Puff Paste out quarter inch thick, and with a round fluted cutter, two and a half or three inches in diameter, cut out the number of pieces required. Work rest of paste up again, roll it out, and with a smaller cutter cut out pieces an inch in diameter. Brush larger pieces over with white of an egg, and place one of the smaller pieces on each. Blanch and cut almonds into strips lengthwise; press them slanting into paste closely around smaller circles, sift over powdered sugar and bake twenty minutes. Garnish between the almonds with strips of apple jelly, and place in center of top a little strawberry jam; pile high on dish and serve. To make *Almond Tablets*, roll Puff Paste very thin and cut with the pastry jagger into strips three inches and a half long, and an inch and a half wide. Spread half of them with a thin filmy layer of jam or marmalade, (not jelly) lay on each a strip without jam and bake in quick oven. When well risen and brown take out, brush with Pastry Frosting as directed, sprinkle chopped almonds over and return to oven till frosting is well set, and almonds just colored. Serve hot or cold on napkin, piled log-cabin fashion.

Rissolettes.—Roll out very thin, about as thick as a fifty-cent piece, any trimmings of Puff Paste; put about half tablespoon marmalade or jam on it, in places about an inch apart, wet lightly round each, and place a piece of paste over all; take a small round cutter an inch and a half in diameter and press round the part where the marmalade or jam is with the thick part of the cutter; cut them out with a cutter a size larger, lay on baking tin, brush over with white of egg; add the inch circles as in Almond Flowers and finish in same way, omitting the almonds. Serve in pyramidal form.

Preserve Sandwiches.—Roll Puff Paste out thin and place in a square baking pan, cut to fit, and spread with peach, green-gage or any preserve; place over this another thin layer of paste, press edges well together and lightly mark the top *crosswise* in lines one inch apart, and *lengthwise* two inches apart, to show where to cut when

done. Bake half an hour and just before done use Pastry Frosting as directed and brown in oven. When cold, cut off in the two-inch lengths, arrange in a circle overlapping each other, as illustrated and serve with whipped cream in center. For *Raspberry Sandwiches*, take a piece of Puff Paste, roll it out again a quarter inch thick and fold it over evenly like a sheet of paper. Roll this out an eighth of an inch in thickness and about twelve inches in width; then roll up in a roll, the same as a sheet of paper, two inches or two and a half inches, in diameter; when rolled up wet the edge so that it will not unfold; press it flat until reduced to about three-fourths of an inch in thickness; with a sharp knife cut off slices a quarter inch thick, lay these on the pan, cut part down, giving them room to rise, and bake them. When done frost as above, return to oven or hold hot salamander over them; then spread on raspberry jam or jelly, and stick two together, making a pretty and delicious dish.

Preserve Sandwiches.

Orange Short-cake.—One quart flour, two tablespoons butter, two teaspoons baking powder thoroughly mixed with the flour; mix with cold water, not very stiff, work as little as possible, bake, split open, and lay sliced oranges between; cut in squares and serve with pudding sauce. Berries may be used instead of oranges.

Peach Short-cake.—Bake three sheets of sponge-cake as for jelly cake; cut peaches in thin slices and sprinkle with sugar a few minutes before using, keeping closely covered; prepare cream by whipping, sweetening and adding flavor of vanilla if desired; put layers of peaches between the sheets of cake, and also on top, and pour the cream over each layer and over the top. *Strawberry* and *Raspberry Short-cake* made same way. Or, instead of the whipped cream, spread a meringue over each layer of fruit, allowing white of one egg for each layer.

Strawberry Short-cake.—Two heaping teaspoons baking powder sifted into one quart flour, scant half cup butter, two tablespoons sugar, salt, scant pint *cold* sweet milk, or water, to make a soft dough; roll out almost as thin as pie crust, place one layer in baking pan, and spread with very little butter, upon which sprinkle some flour, then add another layer of crust and spread as before, and so on until crust is all used. This makes four layers in pan fourteen inches by seven. Bake about fifteen minutes in quick oven, turn out upside down, take off top layer (the bottom when baking), place on a dish, spread plentifully with strawberries, not mashed, previously sweetened with pulverized sugar, place layer upon layer, treating each in same way, put cake in oven a few minutes, and serve warm with sugar and cream. The secret of having light dough is to handle it as little and mix it as quickly as possible. Short-cake

is delicious covered with whipped cream or a meringue. For *Saratoga Short-cake*, which is very elegant, bake sponge-cake in three or four layers, or cut the sheet obtained from baker to fit the platter, and build by placing on each layer or sheet, a layer of strawberries prepared as above, and covering with custard, previously made as follows: Heat pint milk with half cup sugar to almost boiling, then stir in well-beaten yolks of three eggs, and stir until it begins to thicken; let cool and flavor with vanilla or almond extract. May be handsomely finished by placing layer of berries on top, covered with a meringue of the whites of eggs; or leave off the berries and whip into the meringue enough bright jelly to color nicely and heap on top. Or, if wanted served individually, line paper cases with strips of sponge-cake cut to fit the sides, then fit in a bottom piece and fill with the following preparation. Mash quart strawberries with two cups sugar and rub through sieve; dissolve one and a half ounces gelatine in a cup milk, set where it will warm gradually; whip three pints thick sweet cream, to a froth, then whip in dissolved gelatine, add strawberry pulp, and when partially stiffened fill the prepared cases, cover each with a layer of strawberries, carefully setting each berry on end, and sprinkle powdered sugar over. Put away in cool place until ready to serve. The above quantity will fill fifty cases, and may be served in Patty Shells or Vol-au-vents instead of the cases, and with much less trouble. The flavor of strawberries is much improved by mixing with each quart berries before sprinkling with sugar, two or three oranges, cut into bits about the size of berries, or simply adding the orange juice.

Saratoga Short-cake.

Apple Short-Cake.—Make a baking-powder crust as in strawberry short-cake. Put one layer in pan, then cover with sliced tart apples, then another layer of crust, then apples, and so on covering with layer of crust; bake three-quarters of an hour and serve with cream and sugar.

PICKLES.

In making pickles use none but the best cider vinegar, and boil in porcelain kettle—never in metal. A lump of alum size of small nutmeg, to gallon of cucumbers, dissolved and added to the vinegar when scalding the pickles the first time, renders them crisp and tender, but too much is injurious. Keep in a dry, cool cellar, in glass or stone jars; if in latter look at them frequently and remove all soft ones; if white specks appear in vinegar, drain off and scald, adding a liberal handful sugar to each gallon, and pour again over pickles; bits of horse-radish and a few cloves assist in preserving the life of vinegar. If put away in large stone jars, invert a saucer over top of pickles, to keep them well under the vinegar. The nicest way to put up pickles of all kinds is in bottles or in self-sealing glass cans, sealing while hot, and keeping in a cool, dark place. When porcelain-lined tops are not used always grease inside of can lids, as it prevents the moisture from adhering to, and rusting them. For the bottles take old pickle bottles with corks, or wide-mouthed bottles without covers. Have ready cloth covers cut round to fit over mouth of bottle, sealing-wax and strips of muslin as wide as tape for tying. Many think that mustard seed improves pickles, especially Chopped, Florida and Mangoes, but use it, as well as horse-radish and cloves, sparingly. For *Pickles in Brine*, never put them in any thing that has held any kind of grease, but use an oaken tub or cask, keep them well under, and have more salt than will dissolve, so that there will always be plenty at bottom of cask, and never let them freeze. The brine should be strong enough to bear an egg; make it in proportion of a heaping pint of coarse salt to a gallon of

water. It is better to err in using too much salt, as this may be corrected by letting pickles soak longer in water when wanted, adding weak vinegar at first, then draining and adding strong vinegar; but if not sufficiently salted the pickles will be insipid. In making any pickles by first placing in salt overnight or longer, use coarse salt, and test by tasting pickles before putting on vinegar, as they should be of a pleasant saltness; if not salt enough, add more salt and allow them to stand until they have acquired the proper flavor; if too salt, cover with weak vinegar, and let stand for two or three days, drain, adding strong vinegar, either hot or cold according to recipes, and finish as directed. In scalding cucumber pickles, to green them, some use cabbage or grape leaves, covering bottom, sides and top of kettle. A medium spicing for a quart of pickles is a level teaspoon each pepper-corns, (whole black peppers), celery seed and allspice, tablespoon broken stick cinnamon, half teaspoon cloves, mustard seed, and grated horse-radish, and a piece of ginger root, an inch long. If cayenne pepper is used instead of whole peppers, an eighth of a teaspoon is enough. A better substitute for pepper-corns is garden-peppers cut in rings, in proportion of two rings of green and one of red without seeds, or a level teaspoon, when finely chopped, to a quart of pickles. These proportions may be increased or decreased to suit the taste, taking care not to put in so much of any one as to make its flavor predominate. Ginger is the most wholesome of the spices. Cloves are the strongest, mace next, then allspice and cinnamon, and, of course, less of the stronger should be used. Pickles are not famous for wholesome qualities, even when made with the greatest care, but if they must be eaten, it is best to make them at home. Those sold in market are often colored a beautiful green with sulphate of copper, which is a deadly poison, or are cooked in brass or copper vessels, which produces the same result in an indirect way. Scalding or parboiling articles to be pickled makes them absorb the vinegar more easily, but does not add to their crispness. Before putting them in vinegar, after parboiling, they should be cold and *perfectly dry*. Always use strong vinegar, or the pickles will be insipid, and it should be scalding hot when poured on, as raw vinegar becomes ropy and does not keep well. As heating weakens it, vinegar for pickles should be *very strong*, and should only be brought to *boiling point*, and *immediately* poured on pickles. Keep pickles from the air, and when put away in stone

jars, if hot vinegar is used, *cover, but do not tie down closely till cold;* a good covering is first a cloth, then an oil-cloth cover tied over jar; always see that the vinegar is at least two inches over top of the pickles. A *dry* wooden spoon or ladle should be used in handling pickles, and is the only kind that should touch pickles in jars. If the vinegar loses its strength it should be replaced by fresh, poured over scalding hot. Some keep pickles from molding by placing horse-radish or grape leaves over them; this also gives a nice flavor. *Clove of Garlic*, given in recipes, is a piece size of small bean.

Pickled Apples.—Procure green apples size of walnuts and cook till tender over slow fire in pan with thick layer of vine leaves on bottom. Pare with sharp knife, put in same water first cooked in, cover closely and leave till a nice green; drain in colander till cold, put in jars with some mace and a clove or two of garlic, according to quantity apples, cover with vinegar and tie down as directed.

Pickled Artichokes.—Rub off outer skin with a coarse towel, and lay in salt water for a day, drain and pour over them cold spiced vinegar, adding a teaspoon horse-radish to each jar. Or boil the artichokes in strong salt and water two or three minutes, drain on a hair sieve and when cold, place in jars. Boil as much vinegar as will cover them with a blade or two of mace, some root ginger, and a nutmeg grated fine. Pour it over hot, seal and put away for use.

Pickled Barberries.—Leave the berries on stems, lay in stone jar and fill with cold vinegar. Good pickles, and nice for garnishing.

Pickled Beans.—Pick green beans of best variety when young and tender, string, and place in kettle to boil, with salt to taste, until they can be pierced with a fork; drain through colander, put in stone jar, sprinkle with cayenne pepper, and cover with strong cider vinegar; sugar may be added if desired. Or gather young beans and put in strong brine of salt and water; when turning yellow, which will be in a day or two, take out and wipe dry. Boil vinegar, adding two ounces pepper and one ounce each ginger and mace to each quart, and pour over the beans. A small bit of alum, or teaspoon soda will bring back the color. Cover to keep in steam, reboil vinegar next day and pour over hot as before. Or string, wash and cook till tender, take off, cool, and salt as if to use fresh; pack away in a stone jar or nice tub, add a weight, then prepare a weak brine and pour over; cover, and in a few weeks they will be sour.

Pickled Beets.—Select fine red beets and be careful to clean without bruising the skin, or they will lose much of their color and

sweetness in cooking. Boil two hours and when cold rub off skin and place whole in jar, (some slice them but they are not as fresh when served); cover with vinegar, first boiled with spices in proportion of half an ounce each cloves, pepper-corns, mace and ginger to each pint, adding when cold another pint; cover closely and they will be ready for use next day, when they can be sliced as wanted. Or take a half cup sugar to each pint vinegar, flavoring to taste with cinnamon and cloves, boil and pour over beets and repeat this several days. Before serving cut the slices into stars, leaves or any shapes fancied, and a very ornamental dish results. If white beets are pickled separately, the slices in same shapes are a nice addition, alternated with the red.

Pickled Cabbage.—Shave firm white cabbage into wooden or earthen vessel, sprinkling in handful salt to each cabbage, and let stand overnight; then drain off brine, pressing cabbage well and pack in earthen jars in layers with half cup mustard seed to each head, sprinkled through; fill up with cold vinegar, cover closely and keep in cool dark place. Or quarter small solid heads, and boil in weak salt water until they can be pierced through with a straw; then lay on dishes and put in sun an hour or two to drain and bleach. Put in jar, pour over enough weak vinegar to cover with a teaspoon tumeric stirred in, and let stand one week. Pour off and fill jar with best cider vinegar, in which is mixed one cup ground mustard, half cup mustard seed, and a little sugar; put in also a few spices of different kinds in a little bag. Cover closely; ready for use in a few days and will come out a bright yellow. *Pickled Cauliflower* or *Onions* prepared same way. For *Pickled Red Cabbage*, procure nice heads of red or purple cabbage, pull off loose leaves, slice fine, pack in a stone jar, sprinkle through well with salt and let stand twenty-four hours. Prepare vinegar as follows: To a gallon, add an ounce each mace and pepper corns, and a little mustard seed. Drain cabbage, put back in jar, scald vinegar and spices, and pour over, repeating the scalding two or three times, and cover jar very tight. When done, the cabbage will be a handsome red color, very ornamental. It will be fit for use in a week or two, if kept very long the cabbage is liable to get soft and discolored. For this reason only a small quantity should be made at a time. White cabbage may be pickled same. Some spice the vinegar with three pieces root ginger, a pod red pepper, and quarter ounce cloves to each quart, adding also an onion if liked. A little grated horse-radish and celery seed may be mixed with the cabbage when put back in jar if desired. Or *With Peppers*, chop fine two-thirds firm red cabbage and one-third green peppers, removing seeds of latter. Pour a weak brine over one gallon of the mixture, let stand twenty-four hours, drain well and add tablespoon each whole cloves and ground cinnamon, half cup black mustard seed and a few pepper-corns. Mix well,

put in stone jar and pour over boiling vinegar to cover, to which a little sugar may have been added, if wished. Some do not soak in the brine, but add two tablespoons of salt with the spices. Keep in cool place; pieces of cauliflower added assume a fine color. For *Imitation Pickles*, chop fine white cabbage and cold boiled beets; to one quart each, take cup each sugar and grated horse-radish, tablespoon salt and teaspoon black pepper; cover with cold vinegar and tie up closely. Some add a pinch cayenne and any spices wished. For *Rhine Pickles*, take off the large outside leaves of a head of white cabbage; slice the inside very fine and wrap up in the large leaves, tying securely with twine. Boil till tender, remove leaves and drain cabbage very dry; boil quart vinegar with cup sugar, a few pepper-corns and allspice fifteen minutes; place cabbage in jar, pour hot vinegar over it, and put on a weight to keep it well under.

Pickled Carrots.—Scald small carrots, and rub and wash off the skin; parboil in salted water, drain, and put in jar. Boil vinegar enough to cover, and let stand twenty-four hours. Then drain off vinegar and boil it again. Put one bay leaf and three or four cloves with carrots, add a little salt to the boiling vinegar, pour over carrots again and cover as in general directions. These pickled carrots are as good as pickled beets, care being taken not to get them cooked soft when parboiling, and make a variety in color.

Pickled Cauliflower.—Choose fine ones and good size, cut away all leaves, and pull away the flowers by bunches; soak in brine that will float an egg, for two days, drain, put in bottles with whole black pepper, allspice, and stick cinnamon; boil vinegar, and with it mix mustard smoothly, a little at a time till just thick enough to run into the jars, pour over the cold cauliflower and seal while hot. An equal quantity or less of small white onions, prepared as directed in recipe for Pickled Onions, may be added before the vinegar is poured over. Or for twelve heads cauliflower take five quarts vinegar, five cups brown sugar, six eggs, one bottle French mustard, two tablespoons ginger, a little garlic, two green peppers, one-half teaspoon cayenne, butter size of an egg, one ounce pulverized turmeric. Beat well together the eggs, sugar, mustard, ginger, and turmeric, then boil in vinegar, with garlic and peppers, ten minutes. Boil cauliflower in salt water until tender, place carefully in jar and pour over boiling-hot mixture. Some add tablespoon celery seed.

Pickled Celery.—Save the solid white roots of celery, that are usually thrown away, trim, cut in thick slices, boil in salted water about ten minutes, drain, and put in jar. Boil vinegar enough to cover, with a tablespoon whole pepper-corns and pour over celery. After standing a day, drain off vinegar, mix a little mustard and cayenne with it and pour back into jar. This somewhat resembles chowchow, and other kinds of pickles can be added. Close the jar

tightly. For *Pickled Celery with Cabbage*, put together in porcelain-lined kettle two quarts finely chopped white cabbage, two quarts chopped celery three quarts vinegar, half ounce each crushed white ginger root and turmeric, fourth pound white mustard seed, two tablespoons salt, five of sugar; cook slowly several hours until cabbage and celery are tender, put in jar and cover closely.

Pickled Cherries.—Leave stems on fine red, not too ripe, cherries, and for each quart take a pint vinegar and cup sugar; boil these together ten minutes, skim, and when cold pour over the cherries, packed in jar. Cover closely. If the fruit is nice the pickles will be very handsome, and are nice for garnishing.

Pickled Eggs.—Boil the eggs ten or fifteen minutes, dip in cold water, take off shells and prepare the vinegar by boiling with each quart, a half ounce each black pepper, Jamaica pepper and ginger tied in a bag; put eggs in jar, pour boiling vinegar over, put in bag of spices, and when cold tie down to exclude the air. The above will pickle about sixteen eggs. Some spice with two teaspoons each allspice, cinnamon and mace to each quart vinegar, and dilute with pint water. Eggs are also nice pickled with beets, or in the vinegar from them, and are not only always relishable but ornamental as well, and nice for garnishing.

Pickled Gherkins.—Procure small cucumbers, from an inch and a half to two inches long and put them in salt and water for three or four days; then take them out, wipe perfectly dry, and put in stone jar. Boil sufficient vinegar to cover them, ten minutes, with spices and pepper in proportion of one ounce bruised ginger, one-half ounce pepper-corns, one-fourth ounce whole allspice, four cloves, and two blades of mace, to each quart vinegar, adding also a little horseradish; pour this boiling hot over the gherkins, cover with grape leaves, and put a plate over the jar, which set overnight near the fire. Next day drain off the vinegar, boil again and pour it hot over them. Cover with fresh leaves and when quite cold tie down with oil-cloth and in a month or two pickles will be ready for use.

Pickled Grapes.—Cut bunches when hardly ripe and put in jar with vine leaves between each layer of grapes until jar is filled; then take as much water as will cover grapes and leaves, and add salt till strong enough to bear an egg; when it boils, skim, strain through flannel bag and let stand to settle; strain a second time and pour upon the grapes, which must be well covered; fill jar with vine leaves, tie over a double cloth, set a plate upon it and stand two days; then take off the cloth, pour away the brine, take out leaves and grapes, and lay them between two cloths to dry; boil two quarts vinegar with one of water, and pound sugar, and skim very clean; let stand till cold. Wipe the jar very clean and dry, lay fresh vine leaves at the bottom, between every bunch grapes and on top;

strain the pickle on the grapes, filling the jar; tie a thin piece of board in flannel, lay it on the grapes to keep them under the pickle and tie down closely with cloth and paper.

Pickled Lemons.—Cut the lemons lengthwise, quartering them, but not through the rind at the ends nor quite through the pulp, and fill the slits with salt; put where they will dry, either in the hot sun or by the stove; when perfectly dried, spice vinegar, enough to cover them, with cloves, cinnamon, nutmeg, ginger root, and a little mustard seed, adding onion if liked; pour it boiling hot over the lemons; keep a year before using, when they will be found excellent; they require more vinegar than other pickles, as the lemons will swell natural size. Or peel the lemons, slit each down three times, but do not divide them, and rub salt well into the incisions; place them in a pan, where they must remain for a week; turn every other day, then put them near the fire until the salt has become perfectly dry; arrange them in a jar, pour over sufficient boiling vinegar to cover them, spiced as above or to taste; tie down closely and they will be ready for use in about nine months.

Pickled Limes.—Cut limes open, fill with salt and lay in the sun to dry. In two weeks wash off salt and put them in a jar in alternate layers, with the following spices: Allspice, cloves, white mustard seed and sliced horse-radish; fill up jar with hot vinegar, and let stand four weeks, when they will be ready for use.

Pickled Nasturtiums.—It is best to gather the green seeds on a dry day. This is also necessary in picking any vegetables for pickling. Some put seeds in vinegar for a day, then drain, boil the vinegar, adding a little salt, a few pepper-corns, a small bit of green ginger root, or mace and a pinch of sugar. Pour over the seeds boiling hot, and cork tightly. Or soak as gathered for twenty-four hours, drain, place in cold vinegar and when all wished are thus prepared, drain, and cover with boiling vinegar, not spiced. Or if putting up a quantity, let soak in brine three days, drain and finish as above. Nasturtium pickles are a delicious relish with cold meat or raw oysters, and are an excellent substitute for capers in sauces.

Pickled Onions.—Select small Silver-skin onions, remove with a knife all the outer-skins, so that each onion will be perfectly white and clean; put into brine that will float an egg, for three days, drain, or dry with a cloth, place in jar, first a layer of onions three inches deep, then a sprinkling of horse-radish, cinnamon bark, cloves, and a little cayenne pepper; repeat until jar is filled, in proportion of half teaspoon cayenne pepper, two teaspoons each grated horse-radish and cloves, and four tablespoons cinnamon bark, to a gallon pickles; bring vinegar to a boiling point, add brown sugar in proportion of a quart to a gallon of vinegar, and pour hot over onions. Some, after soaking, put in glass cans, adding spices, and small red

peppers, or rings of large ones, fill with cold vinegar and seal; putting tablespoon salad oil over top of each can will prevent onions turning yellow. Do not cut onions so much in peeling that they will fall apart. Some scald spices with the vinegar instead of putting in layers, while others like flavor of equal quantities white mustard, coriander and celery seed, allspice, and pepper-corns. If wanted very nice and white prepare as follows: Gather the onions, which should not be too small, when quite dry and ripe; wipe off dirt, but do not pare; make a strong brine of salt and water, put in the onions, change this, morning and night, for three days, and save the last brine. Take off the outside skin, and put onions in tin saucepan with equal quantities milk and the last brine; add two tablespoons salt, put over fire, and constantly turn the onions about with a wooden skimmer, letting milk and water run through holes of skimmer, but the onions must not boil, and in stirring be careful not to break them. Have ready a pan with a colander, into which turn the onions to drain, covering with a cloth to keep in steam. Place on a table an old cloth two or three times double; put the onions on this when quite hot, covering closely with an old piece of blanket to keep in the steam; let remain till next day, when they will be quite cold, and look yellow and shrivelled; take off the shrivelled skins, when they should be as white as snow, and put in jar. Make a pickle of vinegar and spices in proportion of an ounce each bruised ginger, allspice, whole black pepper, one grated nutmeg, quarter ounce mace, eight cloves and a teaspoon cayenne to two quarts vinegar; boil and pour hot over the onions. Cover very closely to keep in all steam, and let stand over night. Put them into jars or bottles, cover with the spiced vinegar, put a tablespoon best olive oil on the top of each jar, tie down closely and let stand in a cool place for a month or six weeks, when they will be fit for use. They should be beautifully white and crisp, without the least softness, and will keep good many months. *Pickled Spanish Onions* are prepared by cutting in thin slices; put a layer in bottom of jar, sprinkle with salt and cayenne, then add another layer of onions, season as before, and so on until jar is full; pour in sufficient vinegar to cover the whole, and the pickle will be fit for use in a month.

Pickled Peaches.—Take those of full growth, but perfectly green. To a gallon of vinegar add half ounce each cloves, pepper-corns, sliced ginger, mustard seed and a little salt, boil and pour over the peaches scalding hot. Drain off vinegar from them several mornings, heat scalding hot, and pour over them.

Pickled Plums.—Take plums before they are quite ripe, and put in saucepan with vinegar, salt water, fennel seed, and dill, as much of each as will impart a flavor to pickle; when it boils put in plums, let boil again, then take off, let stand till cold, and put in jars.

Pickled Radish Pods.—Pick off green seed-pods of radishes while tender and put in jars of salt and water. When enough have been gathered, drain off salt and water, boil it and pour hot upon the pods; cover, let remain till cold, boil and pour over the pods again, and after that twice more; then drain the pods dry and put back in jar. Boil enough good vinegar to cover them with a small piece of race ginger and some pepper-corns; pour it hot over the pods and let stand till cold. Boil and repeat twice more. Tie down when cold and keep in a cool place. If enough is gathered at once for pickles, place in salt water overnight, then proceed as above.

Pickled Tomatoes.—Wipe ripe, small, round plum tomatoes, very dry, taking care not to break skin, put in jar, or can, cover with cold vinegar adding small cheese-cloth bag filled with dozen or so each cloves and pepper-corns, cork tightly and cover with melted sealing wax, or screw on cover, and put in Fruit Closet.

Pickled Sweet-Corn.—Take the "nubbins" of early corn where there are too many forming on the stalk, while very small and tender. Trim neatly, and boil them five minutes in water slightly salted. Drain and put them in a jar. Boil good vinegar enough to cover and pour it boiling hot over the corn and let remain so until next day, drain and boil the vinegar again, adding a little salt. Place corn in jar and cover with vinegar when partially cold. Cork the jar and seal it. Any spices may be placed in jar, with a good sprinkling of mustard seed; and a bay leaf or two, and a few shallots may be boiled with vinegar.

Pickled Walnuts.—Gather walnuts (or butternuts) when soft enough to be pierced by a large needle (in July); prick each well through, holding a cloth to avoid staining hands, cover with strong salt water, (a pint and a half salt to a gallon of water), let stand two or three days, changing brine every day; then pour over them a brine made by dissolving salt in boiling water (let it get cold before using), let stand three days, renew brine and let stand three days more. Now drain and expose to sun for two or three days or until the nuts become black, or put in cold water for half a day, and pack in jars not quite full. The proportions are a hundred walnuts to each gallon vinegar. Boil vinegar eight minutes with cup sugar, three dozen each whole cloves and allspice, a dozen and a half pepper-corns and a ginger root if liked, some add a few shallots also and a dozen blades of mace. Pour the vinegar over walnuts scalding hot. In three days draw off vinegar, boil and pour over walnuts again while hot, and at end of three days repeat process. They will be fit to eat in a month, and will keep for years. Or gather and pierce the nuts as above, cover them with brine, allowing one and a half pounds salt to one gallon water, and let stand in cool place three weeks. Drain in colander, wash and wipe jars, return the walnuts,

cover with best cider vinegar, and let stand one month; take out, rinse and wipe jars, put in nuts and sprinkle with an ounce mustard seed. To as much fresh vinegar as will cover them, add one ounce each cloves, black pepper, and stick cinnamon, half an ounce each mace, and race ginger, and boil ten minutes. When cold pour over nuts, cover, seal and keep as above.

Chopped Pickles.—Take a peck green tomatoes, wash clean, cut away a small piece from each end, but do not pare them, slice and place in a large wooden bowl, chop fine, place in a crock and mix salt with them (half pint to a peck), let stand twenty-four hours, and drain thoroughly; take twice or three times as much cabbage as chopped tomatoes, chop fine, mix salt in same proportions, add enough water to make moist, and let stand same time as tomatoes; drain, place again in separate jars, cover each with cold weak vinegar; after twenty-four hours drain cabbage well, pressing hard to extract all juice; place tomatoes and the vinegar in a porcelain kettle and boil ten minutes, stirring all the time, pour out, and when cold, place in a towel and wring and press until perfectly dry; now mix tomatoes and cabbage together, take a double handful at a time, squeeze as tightly as possible, and place in a dry crock; take stone jar in which they are to be pickled, place in it a layer of tomatoes and cabbage, scatter over chopped peppers, whole mustard seed, and grated or chopped horse-radish, then another layer of tomatoes and cabbage, next spice, and so on until jar is almost full, occasionally sprinkling with cayenne pepper; cover with strong cider vinegar, let stand overnight, drain off vinegar, boil, adding a cup sugar to each gallon and pour over pickles. Place a saucer or piece of broken china on the pickles to keep them under vinegar. If a white scum rises, drain off vinegar, boil, skim, and pour hot over the pickles. Prepare mustard, peppers, and horse-radish, as follows and add to the pickles: Take three green or ripe garden peppers (four tablespoons when chopped), cut in two, place in salt water overnight, and next morning drain and chop quite fine: to two tablespoons mustard seed add saltspoon salt, pour on boiling water let stand fifteen minutes, drain; add also three or four tablespoons grated horse-radish. *Tomatoes with Onions* are excellent prepared same way. For *Sliced Pickles.* take cucumbers and onions, or tomatoes and onions, slice and prepare as above. Some add to the *Chopped Pickles* a dozen large green cucumbers, four large Silverskin onions, two red peppers, two ounces celery seed and more horse-radish. For a very nice pickle called *Ladies' Delight* put eight ounces each chopped onions and apples, and two of chopped chillies, (cayenne pepper pods), in a jar. Boil pint vinegar with a large tablespoon salt, and pour this over, mix well, and when quite cold put it into smaller jars if preferred. To be eaten with cold meat. In the first recipe, the vinegar may be drained off, reheated and poured over the pickles three or four times as in Variety Pickles.

Cucumber Pickles.—Take half bushel medium-sized, fresh cucumbers, picked and rinsed carefully as directed in Pickles in Brine; pack close in stone jar, sprinkle over top one pint salt, pour over sufficient quantity boiling water to cover them, place a cloth over jar, and let stand until cold or overnight; drain off water, and place pickles on stove in cold vinegar; let come to a boil, take out, place in stone jar, and cover with either hot or cold fresh vinegar. They will be ready for use in a few days, and are excellent. It is an improvement to add a few spices, and a small quantity of sugar with boiling-hot vinegar, first using lump of alum, as in following recipe. For *Florida Pickles*, select cucumbers about two inches long, prepare with salt and boiling water as above, when cold, drain, and place a gallon at a time on stove in enough cold weak vinegar to cover, to which a lump of alum, size of a small hickory nut (too much is injurious) has been added. Have on stove, in another kettle, a gallon very best cider vinegar, to which add half pint brown sugar or more if wished; have bottles cleansed and in pan of water as on page 146; also have tin cup or small pan sealing-wax heated; have spices prepared, on table, in separate dishes as follows: Green and red peppers soaked as in Chopped Pickles, then sliced in rings; horse-radish roots washed, scraped, and cut in small pieces; black and yellow mustard seed (or these may be left out), prepared by sprinkling with salt and pouring on some boiling water, which let stand fifteen minutes and then draw off; stick cinnamon washed free from dust, and broken in pieces, a few cloves, and tablespoon celery seed. When pickles come to boiling point, take out and pack in bottles, mixing with them the spices, using cloves, horse-radish and mustard seed sparingly; put in a layer of pickles, then a layer of spices, shaking the bottle occasionally so as to pack tightly; when full cover with the boiling-hot vinegar from the other kettle (using a bright funnel and handled coffee cup), filling up a second time in order to supply shrinkage, for pickles must be entirely covered with vinegar. Put in corks, which should fit very snugly, lift each bottle (wrap a towel around it to prevent burning the hands), and dip corked end into hot sealing-wax; proceed in this manner with each bottle, dipping each a second time into wax so that they may be perfectly secure. If corks seem too small, place them in boiling water before using; if too large, pound the sides with a hammer. The tighter they fit in bottles the better. Glass cans, the tops or covers of which have become defective, can be used by supplying them with corks, or using cloth covers, as directed in preface; tying on one, then dipping in melted sealing-wax and quickly tying on another, dipping as above. Some even in using corks put on a cloth cover first, then the cork, finishing as directed. New glass cans with porcelain tops may of course be used as in Canning Fruit. Pickles thus bottled are far more wholesome than, and are really superior to the best

brand of imported pickles, and by having materials in readiness, prepared as directed, the process is neither difficult nor tedious but it requires two persons to bottle them successfully. If the market is depended upon for the cucumbers, secure them as *freshly picked* as possible and always *with a short piece of stem attached*, as they will then keep more perfectly. For *Pickles in Brine*, cover a bottom of a cask with common salt; gather cucumbers every other day, early in morning or late in evening, as it does not injure the vines so much then as in the heat of the day, if of the Long Green variety, those five or six inches in length may be used; cut them with a little of the stem, carefully laying them in basket or pail so as not to bruise; pour cold water over them and rinse, not wash them, being careful not to rub off the little black briers or prickers, or bruise them in any way; this is important, as removing or bruising the briers causes the cucumbers to decay quickly, while if left on they may be kept perfectly sound and good any length of time. Lay them in prepared cask three or four inches deep, cover with salt, and repeat the alternate layers until all are in; pour in some water with first layer—after this the salt will make sufficient brine. Spread a cloth over them, then a board with a stone on it. When a new supply of cucumbers is to be added, remove stone, board and cloth, wash them very clean, and wipe every particle of scum from top of pickles and sides of cask; throw away any soft ones, as they will spoil the rest; put in fresh cucumbers, layer by layer, with salt to cover each layer in proportion of pint salt to each gallon cucumbers. When cask is nearly full, cover with salt, tuck cloth closely around the edges, placing board and weight on top; cover cask closely, and the pickles will be perfect for two or three years. The brine should be made strong enough so that there will always be salt in bottom of cask. Cucumbers must always be put in salt as soon as picked from vines, for if they lie a day or two they will not keep. Do not be alarmed at the heavy scum that rises on them, but be careful to wash all off the board and cloth. To prepare *Pickled Cucumbers*, take off weight and board, carefully lift cloth with scum on it, wash stone, board and cloth clean, and wipe all scum off the cucumbers and sides of cask, take out as many as are wanted, return the cloth, board and weight, and cover closely. Place the cucumbers in a vessel large enough to hold two or three times as much water as there are pickles, cover with cold water (some use hot), and change the water each day for three days; then place porcelain kettle on fire, half full of vinegar (if vinegar is very strong add half water), fill nearly full of cucumbers, the largest first and then the smaller ones, put in a lump of alum size of a nutmeg, and let come to a boil, stirring with wire or wooden spoon so as not to cut the cucumbers; after boiling one minute, skim out, place in stone jar, and continue until all are scalded, then pour cold vinegar over them. In two or three days, if the pickles are too salt, turn off vinegar and put on

fresh, add a pint brown sugar to each two gallons pickles, a pod or two of red pepper or pinch cayenne, a very few cloves, and some pieces of cinnamon and horse-radish. The horse-radish prevents a white scum from rising. For *Self-Made Pickles*, put one gallon sorghum molasses in jar or barrel with two of water and let stand until it begins to ferment; then rinse and drain cucumbers, put them in the barrel, cover with a cloth and board with a weight on top, rinse off the cloth every time cucumbers are added. If the vinegar turns white add more molasses. These pickles will keep a year. Some use three gallons water to one of molasses and stir the pickles every day until ready for use. For *Sliced Cucumber Pickles*, peel and slice large, green cucumbers that would be suitable for table, and if gathered from the garden, *leave a piece of the cucumber on vine*, as the latter will not be as much weakened and when the former are to be sliced for pickles, or used fresh, there is not the necessity for leaving on a portion of stem. Slice about one-fourth their bulk of onions; place in a jar or crock, large enough to hold pickles when finished, a layer of sliced cucumbers, then a thin layer of onions, and so alternating, fill jar within an inch of top. Put two or three handfuls of salt on top of pickles, which will make their own brine. Let stand twenty-four hours; then squeeze the pickles out of brine, pack in dry stone jar and just cover with vinegar. Make a paste of eight teaspoons fine olive oil, two dessert-spoons ground mustard and one teaspoon white pepper; mix well together and put over top of pickles. The pickles will be ready for use in two days and will keep as long as desired. Or omit the onions, and after standing twenty-four hours drain off the liquor, pack in jars, a thick layer of salt and cucumbers alternately, tie down closely and when wanted take out quantity required. Wash them well in fresh water and dress with vinegar, pepper and oil.

It often happens in putting up cucumber pickles that only a few can be gathered or bought at a time; these can be easily pickled as follows: Place in jar, sprinkle with salt, in proportion of pint salt to peck cucumbers, cover with boiling water, let stand twenty-four hours, drain, cover with fresh hot water; after another twenty-four hours, drain, place in jar, and cover with cold, not very strong vinegar; continue to treat each lot in this manner, using two jars, one for scalding and the other as a final receptacle for pickles, until there is enough for pickling, when drain and cover with boiling cider vinegar, add spices, and in a few days they will be ready for use. Sugar may be added if wished. Always use fresh vinegar, either hot or cold, to pour over salted pickles that have been cooked in plain vinegar, or vinegar with a lump of alum in it. All cucumbers and sour pickles kept in stone jars, can be made as good as new at any time, by draining off old vinegar, and pouring over fresh, boiling hot, adding a little sugar. It well repays one to do this late in the Winter. Cider vinegar is the only kind we have recommended,

as it is the *best* one can buy; but the Economical Vinegar given in Kitchen, which is really a home-made cider vinegar is *equally* good, and has been thoroughly tested and "not found wanting."

Ripe Cucumber Pickles.—Take twenty-four large cucumbers, ripe and sound, six white onions, four large red peppers; pare and remove seeds from cucumbers, chop well, not too fine; then chop onions and peppers fine, mix thoroughly with cup salt, and ounce white mustard and place in a muslin bag; drain twenty-four hours, remove to glass jars, cover with cold vinegar and seal. Will keep a long time and are excellent.

French Pickles.—Take one peck green tomatoes, six large onions sliced, mix through them one tea-cup salt, and let stand over night; next day drain thoroughly, boil in one quart vinegar mixed with two quarts of water, for fifteen or twenty minutes, then take four quarts vinegar, two pounds brown sugar, half pound white mustard seed, two tablespoons ground allspice, and the same of cinnamon, cloves, ginger, and ground mustard and boil altogether fifteen minutes, then put in jars and keep closely covered in dry, cool place. Or put the onions and tomatoes to drain after boiling while preparing the spiced vinegar, then put in jar and pour it over boiling hot. A teaspoon cayenne and six green peppers may be added if liked, and the onions may be chopped if preferred. Some prepare vinegar with one tablespoon turmeric, two of mustard and half ounce celery seed and one pound brown sugar.

Higdon Pickles.—One dozen ripe cucumbers and one quart onions chopped quite fine; put both in a cloth, squeeze all the water out, add four green peppers, and a little celery chopped; mix all well together and season with salt, ground cinnamon and mustard, little salad oil, black and white mustard seed and a little sugar; cover with cold vinegar.

Martynia Pickles.—Gather the pods when green and tender; wash, wipe dry and place in jar; take enough water to cover them, first boiling with it salt, in proportion of one pint to each half gallon; skim and pour over the pods; let stand two or three days, drain, place them in clean, dry jar and pour over boiling vinegar, spiced as liked, and a little sugar may also be added. These are a new and delicious pickle. See Marketing for illustration of martynia.

Mixed Pickles.—One-half peck green tomatoes, twenty-five medium-sized cucumbers, fifteen large white onions, one-half peck small onions, four heads cabbages, pint grated horseradish, half pound white mustard seed, a quarter pound ground mustard, half cup ground black pepper, half pint salad oil, ounce celery seed, half ounce ground cinnamon, two ounces turmeric. Slice tomatoes and large onions, cut cabbage as for slaw, quarter cucumbers lengthwise,

cut in pieces two inches long, leaving on the peel, and add small onions whole. Mix with salt thoroughly, let stand twenty-four hours; drain off juice, and pour some vinegar and water over pickles. Let stand a day or two, drain again as dry as possible; mix spices well except the ground mustard, then boil one and one-half gallons best vinegar and pour boiling hot over the pickles; do this three mornings in succession, using the same vinegar each time. The third time add one pound sugar to the vinegar and boil, pouring over as above; also mix the oil and ground mustard together with a small portion of the vinegar, and add when cold. Oil can be omitted if not relished. Or for *Hanover Pickles*, take one peck tomatoes, half head cabbage, cut with slaw cutter; two bunches of celery or a little celery seed, three or more small carrots, using only the red part, six onions, five bell peppers; chop and mix together, sprinkle in seeds, and pour on a pint molasses; heat three pints vinegar, two tablespoons each ground cloves, cinnamon, and yellow mustard and pour over scalding hot. Excellent and improves with age.

Pepper Pickles.—Procure the smallest peppers to be had when half ripe before they turn red; make a small hole at top and bottom of each and with a pen-knife extract core and seed. Simmer peppers a whole day in salt and water over moderate fire, stirring occasionally to prevent burning. Leave overnight to cool, and next morning place gently in jar, sprinkle small quantity of mustard over and fill up with cold vinegar. Or slit them down the side with a knife, and remove seeds, put them in a strong brine for three days, changing it every morning; then take them out, lay on a cloth, with another over them, until perfectly free from moisture. Boil sufficient vinegar to cover them, with one-fourth ounce mace and nutmeg to each quart vinegar, put the pods in jar, pour over the vinegar when cold, and tie down closely. For *Chopped Pepper Pickles*, take twenty-five green peppers, more than double their bulk in cabbage, half pint salt, one tablespoon each mustard seed, ground cloves, and allspice. Take the seeds from the peppers, and chop them fine; chop the cabbage, and all the other ingredients, cover with cold vinegar, mix thoroughly, and put in closely covered jars.

Pyfer Pickles.—Salt pickles down dry for ten days, soak in fresh water one day; pour off water, place in porcelain kettle, cover with water and vinegar, and add teaspoon pulverized alum to each gallon; set overnight on stove which had fire in during day; wash and put in jar with cloves, allspice, pepper, horse-radish and onions or garlic; boil fresh vinegar and pour over all; will be ready for use in two weeks. These pickles are always fresh and crisp, and are made with less trouble than the old-fashioned way in brine.

Spanish Pickles.—One dozen large cucumbers, four heads cabbage, one peck green tomatoes, one dozen onions, three ounces

white mustard seed, one ounce celery seed, one ounce turmeric, small box mustard, two and a half pounds brown sugar. Let the cucumbers stand in brine that will float an egg, three days; slice onions, chop cabbage and tomatoes the day before making, and sprinkle with salt in proportion of half pint to a peck. When ready to make, squeeze brine out of cucumbers, wipe off, peel and cut in slices. Drain other vegetables and put all in kettle in layers with seasoning between, just cover with vinegar, simmer all slowly half an hour, and then bottle. The cabbage, cucumbers or tomatoes, or any two of them may be omitted, if the mixture is not liked. Another way is to take one peck cucumbers, cut in pieces about an inch square, two dozen each onions and green peppers, sliced; sprinkle with salt and let stand a day and night, then drain overnight; have ready ounce turmeric and horse-radish, two each celery seed, white mustard, white ginger and cinnamon bark; put in a layer of pickles, then seasoning, then pickles, and so on until all are used; pour one gallon cider vinegar over, heated with one pint brown sugar, and cover closely twenty-four hours, when it will be ready for use.

Green Tomato Pickles.—Two gallons green tomatoes, sliced without peeling and twelve good sized onions, also sliced. Stew until quite tender, then add two quarts vinegar, one of sugar, two small tablespoons salt, two tablespoons each ground mustard and black pepper, tablespoon each allspice and cloves. Put up in small jars.

Ripe Tomato Pickles.—Pare, but not scald, ripe, sound tomatoes and put in jar; scald in vinegar any spices wished, tied in a bag, and pour while hot over them. This recipe is much liked by those who prefer raw tomatoes.

Universal Pickles.—To six quarts vinegar allow one pound salt, one-fourth pound ginger, one ounce mace, half pound shalots, tablespoon cayenne, two ounces mustard seed, one and a half of turmeric. Boil all together twenty minutes; when cold, put into a jar with whatever vegetables liked, such as radish pods, French beans, cauliflower, gherkins, etc., as these come into season; put them in fresh as gathered, wiping them perfectly free from moisture and grit. This pickle will be fit for use in about eight or nine months. As this pickle takes two or three months to make, nearly that time will elapse before all the different vegetables are added; care must be taken to keep the jar well covered, either with a closely fitting lid, or a piece of oil-cloth or buttered paper so as *perfectly to exclude the air.* This is an English recipe and a decided innovation in pickling.

Variety Pickle.—One peck green tomatoes, two or three of cucumbers, and two quarts large onions; pare, slice and salt in separate jars (using a rounded pint salt for all), let them stand in this twenty-four hours, and drain well, wringing and press in a cloth;

sprinkle fresh green radish pods and nasturtium seeds with salt, and let stand for same length of time; boil in water, salted to taste, two quarts half-grown, very tender bean pods, until they can be pierced with a silver fork, take out and drain. Now place all in six separate jars, cover with cold, weak vinegar for twenty-four hours, drain well, pressing hard to get out all the juice; cook tomatoes as in Chopped Pickles, and then mix all well together. In a stone jar place first a layer of mixture, sprinkle with mustard seed (prepared as directed in recipe for Chopped Pickles), grated horse-radish, cinnamon bark, rings of garden peppers, and a few cloves, then another layer of the mixture, then the spice with a light sprinkling of cayenne pepper. The spices used for this amount are nine tablespoons stick cinnamon, five teaspoons each mustard seed, cloves and horse-radish, and twenty-seven rings of garden peppers. Cover with good cider vinegar, let stand overnight, drain off vinegar and boil in a porcelain kettle, adding brown sugar in proportion of one pint to gallon vinegar; skim well, pour hot over pickles, continue to drain off and reheat for several days. If not sweet enough, add more sugar, although these are not intended for sweet pickles. Some think it much nicer, after draining off and reheating vinegar two or three times, to put in the pickles and let come to a boil, then put away as directed in preface.

West India Pickle.—Take one white crisp cabbage, two heads cauliflower, three heads celery, one quart each small green plums, peaches, grapes, radish pods, nasturtium seeds artichokes, tomatoes and string beans, the green rind of a water-melon after paring, one quart small onions parboiled in milk, one hundred small cucumbers about an inch long, a few green peppers, and three limes or green lemons; cut fine the cabbage, cauliflower, celery, pepper, limes, and green ginger; mix well with the rest, then pour a strong hot brine over, and let stand three hours; take out and drain overnight. Mix one ounce turmeric powder, with a little cold vinegar, add one bottle French mustard, ground cinnamon, allspice, two nutmegs, black pepper, four pounds white sugar and one gallon vinegar, and pour boiling hot over the pickle; if not sufficient liquid to moisten nicely, add more vinegar.

Chowchow.—Let two hundred small cucumbers stand in salt and water closely covered three days. Boil fifteem ninutes in half gallon best cider vinegar, one ounce white mustard seed, black mustard seed, juniper berries and celery seed (tying each ounce separately in swiss bags), handful small green peppers, two pounds sugar, few small onions, and piece of alum half size of a nutmeg; pour vinegar while hot over cucumbers, let stand a day, pouring off and reheating the vinegar and repeat the operation three or four mornings. Mix one-fourth pound mustard with vinegar before pouring over the last time and seal up in bottles. For *Gopher Chowchow* take

fifty medium-sized cucumbers, pared and sliced for table, two quarts each small, green tomatoes, cut in pieces, small white onions, whole, and nasturtiums (if liked), three large cauliflowers, tablespoon bird pepper, pint shredded horse-radish, three ounces whole black pepper. Cut the cauliflower in pieces suitable for pickling, boil in salted water till easily pierced with a broom splint; boil the onion and tomatoes separately in weak vinegar till tender; mix one pint ground mustard, six tablespoons flour, three of turmeric, three of brown sugar, wet with a little vinegar and stir till smooth, after which add vinegar till a gallon has been used. Let this boil till the flour thickens, then add all ingredients and when thoroughly heated through, can while hot. Stir constantly while heating, as it burns easily If not liked so strong, use only three-fourths or half pint mustard and only one tablespoon turmeric. Some take equal parts cucumbers, cauliflower and onions, omiting the tomatoes, and cup sugar to gallon vinegar. If cauliflower cannot be obtained the hearts of cabbage may be used with some chopped cabbage in the dressing. If dressing is left it will be found excellent for salad, sandwiches, cold meats and baked beans. Or soak in weak brine overnight three quarts small cucumbers, six cauliflowers, three quarts small white onions, one quart nasturtiums, six heads sliced celery. Any small pickles may be added, or small green tomatoes halved or quartered, red or green peppers, string beans, radish pods, etc. Steam the beans, tomatoes and onions. Put in preserving kettle two gallons vinegar, two cups fine mustard, two tablespoons each sweet oil, salt, and turmeric powder with two cups sugar and half cup corn-starch, mixed with a little cold vinegar. Let boil a few minutes, stirring constantly, pour over the pickle and seal as hot as possible. For *Buckeye Chowchow*, take six heads cabbage, half bushel green tomatoes, twenty onions, and eighteen large cucumbers, peeled; chop each separately, drain overnight, first sprinkling with salt. In morning take two pounds brown sugar, two gallons best cider vinegar, four ounces mixed spices, one-half dozen small red peppers, chopped, four ounces ground mustard, two each of white mustard seed and celery seed. Put vinegar on stove with spices and sugar, and let come to a boil, add the pickles, well drained, and heat all to boiling point; can and seal. Some cook an hour or two. In draining vegetables put in cloth sacks, hanging where they can drip. Or take in all a gallon of pickles, green shelled beans, corn, small pickles, small cantelopes, green tomatoes, and squashes; cut in small pieces, sprinkle with two tea-cups salt, just cover with water, and let stand overnight, then rinse well in cold water. Put two quarts vinegar in porcelain kettle with cup sugar, five tablespoons whole white mustard seed, and three tablespoons celery seed; boil five minutes, put in the pickles, and boil half an hour; mix one-fourth pound ground mustard in a little vinegar and stir in just as it is taken from fire. Instead of chopping the vegetables, etc., they

may be put through the sausage grinder, if wanted cut fine, and some add a pint grated horse-radish.

Chutney.—Take six pounds good sound apples not quite ripe, two pounds brown sugar, three-fourths pound onions, five and half ounces salt, one and half ounce ground ginger, one ounce chillies, one quart squash pepper, one ounce whole mustard seed, six ounces good fresh raisins, three pints good vinegar; chop fine apples, onions, raisins, and chillies; add salt, sugar, spices and vinegar; boil a few minutes and bottle. Keep a few months before using.

Melon Mangoes.—Select green or half grown musk-melons; remove a piece the length of melon, and inch and a half wide in the middle and tapering to a point at each end; take out seeds with a teaspoon, secure one end of each piece to its own melon by a stitch made with a needle and white thread. Make a brine of salt and cold water strong enough to float an egg, pour it over them, and after twenty-four hours take them out. For filling, use tomatoes and cabbage prepared as in Chopped Pickles, small cucumbers, small white onions, and nasturtium pods, each prepared by remaining in salt and water in separate jars twenty-four hours; add also green beans boiled in salt and water until tender. For spice, use cinnamon bark, whole cloves, grated horse-radish, cayenne pepper, mustard seed, the latter prepared as directed in Chopped Pickles. Prepare three or four times as much cabbage and tomatoes as of other articles, and any part left over may be placed in jar with vinegar poured over, and is ready for table. Use one, or, if small, two cucumbers, two or three onions, and same quantity of bean and nasturtium pods, placing them in mango first, with two or three cloves, three or four sticks cinnamon an inch long, and half teaspoon horse-radish, and filling up afterwards with the chopped cabbage or tomatoes (mixing, or using them separately in alternate melons) pressing down very firmly, so that mango is filled tight, sprinkling on cayenne pepper last. Sew in piece all around in its proper place with strong white thread; when all are thus prepared, place in a stone jar, cover with weak cider vinegar and let remain overnight; in the morning place the mangoes, and vinegar in which they were soaked, in porcelain kettle, boil half an hour, place in jar, cover with good, fresh, cider vinegar and let stand all night; in the morning drain off vinegar and boil it, adding one pint sugar to each gallon, or more if wished, and pour boiling hot over mangoes; drain off vinegar next day, boil, pour hot over them; repeat three or four times, and then put away. For *Yellow Mangoes,* scrape off the outside rind of green cantelopes (from four to six inches in length), and cut a piece two inches square from the side, keeping this to be sewed in again when pickled; remove all seeds and soft substance through this opening. Scald in salt and water, using a half pound salt to four quarts water; then rub them well with salt, lay on a

white cloth, and let bleach in the sun a few days, turning frequently. When bleached wipe off salt, and put them in a two-gallon jar with one gallon weak cider vinegar, add about two tablespoons turmeric; let remain forty-eight hours. Take two ounces white ginger, shredded and soaked forty-eight hours in salt and water, and two ounces each long pepper, white pepper, coriander and carraway seed, cardamon, garlic, horseradish, turmeric and ground mustard, and half pint sweet oil; mix all together, adding small head cabbage and two or three dozen green tomatoes, finely chopped. Stuff the cantelopes and sew in the covers; put in jar and cover with gallon vinegar and half pint brown sugar. The long pepper spoken of above is the produce of a different plant from that which produces the black, consisting of the half-ripe flower-heads of what naturalists call *Piper longum.* Onions, cauliflowers, etc., may be bleached and pickled as above, omitting the stuffing. For *Hawkeye Mangoes*, take the melons, prepared and soaked in brine as in first recipe, and scald them in vinegar spiced with cinnamon and cloves. For filling, chop fine two medium-sized heads of cabbage, sprinkle with salt and let stand overnight; add one pound each chopped raisins, white mustard and celery seed, three pints grated horse-radish, one of nasturtium seed, a little ground mustard, ounce turmeric, pint olive oil, cup sugar, one nutmeg, grated, and a few small pickles added as in first recipe. When melons are filled, sew in piece, place in jar and cover with vinegar, either hot or cold, adding a little sugar, if wished. For a *Horse-radish Filling*, take in proportion of one-third grated horse-radish to two-thirds mustard seed, and to a quart of this, use teaspoon each mace, ground mustard, sugar and celery seed, two of grated onion, dozen pepper-corns, a little ginger and half teaspoon salad oil.

Peach Mangoes.—Take unpared, fine, large freestone peaches; with a knife extract the stone from the side, place in jar, pour over them boiling water salted to taste, let stand twenty-four hours; drop into fresh cold water and leave ten or fifteen minutes; wipe very dry, fill each cavity with grated horse-radish and white mustard seed, prepared as directed in recipe for Chopped Pickles, a small piece of ginger root, and one or two cloves; sew up, and place in stone jar as close together as possible. Make a syrup in proportion of one pint sugar to three pints vinegar and pour boiling hot over them. They will be ready for use in a week, and are very fine.

Pepper Mangoes.—Procure fifty "bull nose" or large sweet peppers and lay in strong salt water two weeks; then simmer half an hour in weak vinegar, protecting with cabbage or grape leaves, though the use of leaves is not necessary to success. Cut off top of pepper or small piece from side, and remove seeds. Then fill pepper with nice firm cabbage, chopped as for slaw; to one large head take half pint grated horse-radish, pint mixed white and black mustard seed, half pint best olive oil and three cloves of garlic, if

liked. Put the top or piece cut off, in place, tie it on with nice clean twine, and put the mangoes in a jar. Add, to enough vinegar to cover them, two pounds brown sugar, cloves, mace, and allspice to taste, boil and pour hot over the mangoes. If liked, have three quarts small onions, prepared by scalding, peeling and soaking three days in brine; drain, add to mango jar, cover, and when cold tie down with oil-cloth as directed in preface. Or, *With Tongue*, cut a slit in the side of each pepper and take out all seeds; soak them two days in brine, strong enough to float an egg, wash with cold water, put in a jar and cover with vinegar boiled with cinnamon, mace and nutmeg to taste. To serve, stuff each with cold boiled tongue, cut into dice, and mixed with mayonaise dressing. Or make little mangoes of small peppers, stuffing each with pickled nasturtiums, grapes, minced onions, red cabbage or cucumbers, seasoned with mustard seed, root ginger, and mace.

Tomato Mangoes.—Cut off top and thoroughly scrape out inside of green tomatoes, leaving the shell; make a strong brine to cover them and let stand one day; take out and wash well in cold water; chop fine one cabbage and very fine, a dozen onions; add grated horse-radish, salt, pepper, and white mustard seed; mix all well together, and fill tomatoes nice and even; place on top and tie as in Pepper Mangoes; place in jar, and cover with cold vinegar.

Picnic Relish.—Take large cucumbers that have begun to turn white before ripening; pare, split, scrape out seeds, grate and put in sieve or colander to drain. To one quart pulp add teaspoon salt, half teaspoon cayenne pepper, two tablespoons grated horse-radish, one of grated onion, and as much cold vinegar as juice drained off; throw juice away. Can without heating. Will retain flavor nicely. The onion may be omitted. Or grate and drain four dozen cucumbers, add fourteen onions and six or seven green peppers, chopped very fine; six teaspoons pepper, four of salt and one quart vinegar. Can as above.

Picallilli.—Chop fine one large white cabbage, fifty small cucumbers, five quarts small string beans, eight small carrots, one dozen stalks celery, five red and three green peppers, and two heads cauliflower; soak overnight in salt and water, wash well, drain thoroughly, and pour hot vinegar over, spiced with mace, cinnamon and allspice; turn off vinegar and pour hot over mixture again; repeat this five times, or cook mixture and can. Or, take half bushel green tomatoes, an equal quantity of cabbage, and one dozen each onions and green peppers, or cayenne if green peppers cannot be had; chop all fine, mix, sprinkle one pint salt over and through them, and let stand overnight. In the morning drain off brine, cover with good vinegar and boil slowly one hour. Then drain and put in a jar. Take two pounds brown sugar, two tablespoons each celery seed

and cinnamon, one each allspice and cloves, two grated nutmegs, one half cup ground pepper and one pint horse-radish with vinegar to mix. Boil all together and pour over contents of jar. Cover tight or bottle and seal while hot. Or the ingredients, proportions or spices may be varied to suit the taste. An excellent pickle is made by chopping together gherkins, small onions, red peppers, nasturtiums, cauliflower, and the small heart of a cabbage—four quarts in all; put in brine for thirty-six hours, then drain well and put in jars. Rub two ounces each curry and dry mustard with half pint salad or sweet oil, add an ounce and a half ginger, an ounce turmeric, half pound sugar, and boil with two quarts vinegar until thickened; then pour over the pickles and cover.

Olives.—Serve in pickle dishes with broken ice strewn upon them. When the flavor of olives is not at first appreciated, it is best to soak overnight in fresh water, and then place in vinegar. A capital pickle is thus made, and those eating them this way soon learn to like them without this preparation. Stuffed Olives make a delicious dish. Olives are also used in sauces for entrees, and for garnishing salads, meats, etc.

Sweet Pickles.

Sweet pickles may be made of any fruit that can be preserved, including rinds of ripe melons and cucumbers. The fruit must be ripe, but not soft; peaches, plums, and cherries should be pickled whole; pears also may be whole, or nicely halved, cored, and pared; quinces, after being parboiled, must be pared, quartered, and cored; if large, cut in eighths. Plums and other smooth-skinned fruits should be well pricked before cooking. The usual proportion of sugar to vinegar for syrup is three pints to a quart, making what is called a *Single Syrup*. A richer proportion known as *Double Syrup* is four pints sugar to a pint vinegar. When making it, this will seem too rich, but the pickles canned with it will be perfectly delicious, and can scarcely be told from brandied fruit. Sweet pickles may be made of any preserve by boiling over the syrup, adding spices and vinegar and pouring hot over the fruit. Examine frequently and re-scald the syrup if there are signs of fermentation. The principal spices used are stick cinnamon and whole cloves; and either granulated, "coffee C," or good stirred maple sugar. All that is necessary to keep sweet pickles when not canned, but kept in stone jars is to have syrup enough to cover, and keep the fruit

well under. Drain each morning, boil the syrup and pour hot over the fruit until the latter is of same color throughout, and syrup like molasses; one can hasten the process, by cooking the syrup quite awhile each morning, instead of simply bringing to a boil. Watch every week, particularly if weather is warm, and if scum rises and syrup assumes a whitish appearance, boil, skim, and pour over the fruit. If at any time syrup is lacking, prepare more as at first. Put spices in jar when pickles are almost done, as directed in Peach Pickles; and when putting in hot fruit or syrup, set jar near stove, put in only a little fruit at a time, and when all is in, pour syrup over slowly. This care will prevent a cracked jar.

Canning is much the nicest way of putting up sweet pickles, and some can Chowchow and other sour pickles. Make the syrup in proportions given in the recipe used, putting in the spices loose, or tied loosely in piece of cheese-cloth; or cloves, two or three may be stuck in the fruit, if latter is whole, as peaches, pears, etc., and the cinnamon cooked in the syrup. Cook the fruit in the syrup until tender, and prepare cans and fruit as directed in Canning Fruit. When pickling the light-fleshed fruits, only a small quantity should be pared at a time, as they darken very quickly, and two kettles should be used, one for cooking the fruit and the other for making extra syrup to be added when needed. When canning either pickles or fruit, after filling cans take out a sufficient quantity of the hot syrup to fill up the cans as directed, after the fruit has settled; and keep it *hot* for this purpose by setting in a pan of boiling water until wanted. This enables one to work more expeditiously, for fresh fruit can then be placed in kettle, adding syrup from that made ready in second kettle; or making more syrup in same kettle, then adding fruit and letting it cook while finishing cans first filled. A dozen whole pears or twenty whole peaches will fill a quart can. Some sprinkle the sugar over fruit, let stand overnight, then boil juice with the vinegar and spices fifteen minutes; put in fruit, boil ten minutes, and can as directed; or put in stone jar, reheating syrup as above, allowing to every seven pounds fruit, three pounds sugar and pint cider vinegar, two ounces each whole cloves and stick cinnamon. Always use a silver fork to test pickles, and keep the latter in a cool, dry place; if canned, place in Fruit Closet, page 147. In ventilating this closet it is well to place the opening or holes, in one side as well as door, or if closet is not placed in corner

of room, put them in the two sides opposite each other. While endorsing strongly the cider vinegar, the Economical Vinegar, recipe for which is given in Kitchen, is equally good and has been thoroughly tested. When wishing to renew sweet pickles, drain, add to, and heat with the old syrup, more vinegar and sugar, in proportions first used. One must not use all fresh vinegar, nor throw away the old syrup as is the case in sour pickles (see Cucumbers Pickles), nor is there the same need to do so, for sweet pickles are more like preserves, the syrup being really used as a part of the pickles as well as acting as a preservative.

Pickled Apples.—For one peck sweet apples take three pounds sugar, two quarts vinegar, half ounce each cinnamon and cloves; pare apples, leaving them whole; boil in part of vinegar and sugar until they can be pierced with fork; take them out, heat remainder of vinegar and sugar and pour over them. Be careful not to boil them long or they will break. Or, take three pounds sugar, seven pounds apples, quartered and cored and one pint vinegar. Steam apples till a fork will pierce them. Then make a syrup of sugar and vinegar and pour over them while hot. Stick a clove or two into each quarter. For *Pickled Crab-Apples*, steam as above, watching closely, as they cook very quickly. When the skin is just ready to break, take out, and place in the hot Single or Double Syrup, already prepared in kettle; cook only a moment or two, and then can as directed. Some prick the apples just like plums.

Pickled Barberries.—For each quart fruit allow a pint each vinegar and sugar, boil together and pour over berries in jar.

Pickled Beets.—Boil them in a porcelain kettle till they can be pierced with a silver fork; when cool cut lengthwise to size of medium cucumber; boil equal parts vinegar and sugar with a half tablespoon ground cloves tied in a cloth to each gallon; pour boiling hot over the beets.

Pickled Blackberries.—Three quarts blackberries, one quart vinegar, one quart sugar; put all together and boil ten or fifteen minutes. Put up and seal in glass cans. Cinnamon or any spices to taste may be added, but very nice without.

Pickled Grapes.—Fill a jar with alternate layers of sugar and bunches of nice grapes, just ripe and freshly gathered; fill one-third full of good cold vinegar and cover tightly. Or clip the grapes from main stem with scissors and pack snugly in stone jar; make a Single Syrup and add tablespoon whole cloves and two of cinnamon bark, and pour over grapes in jar; set away three or four days; then drain off vinegar, boil and pour over again; repeat for a third

time, and any time afterwards should the grapes be inclined to sour. They may be pickled in bunches if preferred, taking care to remove all imperfect fruit. *Pears*, *Peaches* and *Figs* are nice pickled same. Or for five pounds grapes, take two pounds sugar, a quart vinegar and one tablespoon whole mixed spices—cloves, allspice and mace. Boil vinegar and sugar together gently ten minutes; put in grapes, and let simmer half an hour. Pour all in colander set in pan, drain a few moments and put grapes in jar, and syrup back on fire, with the spices tied in a piece of muslin; boil ten minutes and pour over grapes in jar. After standing a day or two drain syrup off, boil and pour back hot. When cool, tie down and keep in cold place. The solid white California grapes can be pickled any time, but juicier varieties must be put up before too ripe.

Pickled Huckleberries.—Take seven pounds berries, three and half pounds brown sugar, cinnamon, mace, and cloves to taste; boil all together, then add one pint strong vinegar, boil up and can while hot. *Blue-berries* prepared in same way, or as Peach Pickles.

Pickled Raisins.—Leave two pound raisins on stem, add one pint vinegar and half pound sugar; simmer half an hour, then can.

Ripe Cucumber Pickles.—Cut large, ripe, solid cucumbers in rings, pare, divide into smaller pieces and remove seeds, cook pieces very slightly in weak vinegar, with salt enough to season well, drain, and put in stone jar in layers with a few slices of onions, some cayenne pepper, whole allspice, whole cloves, bits of cinnamon bark, and celery seed (according to taste) between each layer of cucumber. Then cover with syrup made of one pound sugar to one quart cider vinegar, boiled for about five minutes. Put in stone jars and cover closely or can as directed. Sprinkling the onion slices with a little salt and sugar, covering with vinegar and letting stand two or three hours greatly improves the pickles, which are made very nice as follows: After cooking in the weak vinegar, make the syrup and pour it hot over them, repeat this four or five mornings, cooking both syrup and cucumbers the last time; then place the latter in cans with alternate layers of onions and spices, covering with the syrup and canning as above. Some first soak cucumber pieces overnight in weak vinegar and water, then parboil in same.

Peach Pickles.—Pare freestone peaches, place in stone jar, and pour over them boiling-hot syrup made in proportion of one quart best cider vinegar to three pints "Coffee C" sugar; boil and skim and pour over the fruit boiling hot, repeating each day for five days until the fruit is the same color to the center, and the syrup like molasses. Place the fruit, after draining on fifth day, in the jar to the depth of three or four inches, then sprinkle over bits of cinnamon bark and a few cloves, and another layer of fruit, then spice,

and so on until the jar is full; scald the syrup each morning for four more days and pour boiling hot over fruit; if it is not sufficiently cooked, scald fruit with the syrup the last time. The proportion of spices to a gallon of fruit is, two teaspoons whole cloves and four tablespoons stick cinnamon. For *Clingstone Pickles*, prepare syrup as for freestones; pare fruit, put in the syrup, boil until they can be pierced through with a silver fork; skim out, place in jar, pour the boiling syrup over them, and proceed and finish as above. As clings are apt to become hard when stewed in sweet syrup, it may often be necessary to use a pint of water the first time they are cooked, watching carefully until they are tender, or to use only part of the sugar at first, adding the rest in a day or two. Use the large White Heath clingstones. Watch pickles as directed in preface.

Pear Pickles.—Prepare syrup as for peaches, pare and cut fruit in halves, or quarters if very large, and if small leave whole, put syrup in porcelain kettle, and when it boils put in fruit, cook until a silver fork will easily pierce them; skim out fruit first and place in jar, and then pour over syrup boiling hot; spice like Peach Pickles, draining them each day, boiling and skimming syrup, and pouring it boiling hot over fruit until fully done. By cooking pears at first the syrup does not need to be boiled so many times and the fruit does not need to be again cooked in syrup, but they must be watched carefully until finished, and if perfectly done, will keep two or more years. *Apple Pickles* may be made in the same way, taking care to select such as will not lose shape in boiling. Or, for *Gopher Pear Pickles*, make a syrup of one pint vinegar and four pints sugar; cook five or ten minutes, skimming if necessary; add ten or twelve Bartlett pears, according to size, and three or four pieces cinnamon and a dozen cloves tied loosely in a square of cheese-cloth. Cook fruit as above; then place in a glass quart can, prepared as in Canning Fruit; fill with syrup, seal and finish as directed. Add more fruit to kettle, and as needed, more syrup prepared as above. It is better to can only one or two quarts at a time, as fruit darkens so easily. The putting of enough hot syrup in a bowl, as directed in preface, with which to fill up cans, expedites matters greatly. *Peaches* and any fruit except water-melon may be pickled thus and will greatly resemble brandied fruit.

Strawberry Pickles.—Ten pounds strawberries, five and a half pounds brown sugar, one quart cider vinegar, half ounce cloves, and one stick of cinnamon. Place the strawberries and spices in alternate layers in deep dish. Boil sugar and vinegar three minutes, and pour it over them, letting them remain until next day. The second day pour liquor off and boil again three minutes, returning as before to the berries. Let them remain until the third day, when boil all together over a slow fire for half an hour. Can as directed in Canning Fruits. *Pine-Apple Pickles* can be made same way.

Chopped Tomato Pickles.—Take eight pounds green tomatoes and chop fine, add four pounds brown sugar and boil three hours; add a quart vinegar, teaspoon each mace, cinnamon and cloves, and boil about fifteen minutes; let cool and put into jars or other vessels. Try this recipe once and it will be tried again. For *Sliced Tomato Pickles,* wash and cut off ends of peck green tomatoes, slice, sprinkle with salt as in Chopped Pickles and let stand overnight; drain, and cover with cold weak vinegar for twenty-four hours, then pour all in kettle, boil ten minutes and drain. Make a Single Syrup, as directed, when hot add tomatoes, boil three minutes and pack in jar in layers with spices, as in Peach Pickles.

Ripe Tomato Pickles.—Pare and weigh ripe tomatoes, put into jars and just cover with vinegar; after standing three days pour off vinegar and add five pounds coffee sugar to every seven of fruit; spice to taste, using cinnamon, mace and a little cloves, if preferred; when hot, add tomatoes and cook slowly all day on back of stove.

Water-melon Pickles.—Pare off very carefully the green part of the rind of a good, firm, ripe water-melon, trim off red core, cut in pieces one or two inches in length, or in fancy shape of about same size, place in porcelain-lined kettle, in proportion of one gallon rinds to two heaping teaspoons common salt, and water to nearly cover, boil until tender enough to pierce with silver fork, pour in colander to drain, and dry by taking a few pieces at a time in the hand, and pressing gently with a crash towel. Make syrup, and treat rinds exactly as directed for Peach Pickles. Continue adding rinds, as melons are used at table, preparing them first by cooking in salt water as above, and putting them in jar each morning before heating and returning the syrup. Those added must be put in *bottom* of jar and some hot syrup poured immediately over them; then put back those first pickled and pour remainder of hot syrup over all; when as many are prepared as are wanted, and they are nearly pickled, drain, spice, and finish as directed in Peach Pickles, except when the syrup is boiled the last time, put in melons and boil fifteen minutes. A rind nearly an inch thick, crisp and tender, is best.

Spiced Blackberries.—Take five pounds berries, two of sugar, pint vinegar, two tablespoons each cinnamon, cloves, and allspice; heat all well together, skim out fruit and boil syrup one hour; return fruit and boil fifteen minutes; put in jars and cover tight. *Spiced Currants* may be prepared same, adding another pound sugar.

Spiced Cherries.—Boil a quart vinegar with three and a half pounds sugar, and teaspoon each cinnamon and cloves, and pour over three and a half quarts nice, firm cherries. Next day drain off vinegar, boil five minutes, return to cherries and repeat three days.

Spiced Currants.—Put an ounce cinnamon, half ounce cloves and tablespoon each ground mace and allspice in a bag and boil

with four pounds currants and two of sugar to a thick syrup. When nearly done add a pint vinegar and put away in jelly tumblers or glass cans. Some add three pounds raisins, and one pint more vinegar. Or for *Currant Pickles* omit the spices.

Spiced Elderberries.—Take four pounds sugar, one pint vinegar, six pounds berries; boil one tablespoon ground cinnamon, teaspoon each ground cloves and allspice, in the vinegar; strain, add sugar, boil up, then add berries and boil two hours.

Spiced Gooseberries.—Leave stems and blossoms on ripe gooseberries and wash clean; make a syrup of three pints sugar to one of vinegar, skim, if necessary, add berries and boil till thick, adding more sugar if needed; when almost done, spice with cinnamon and cloves to taste and boil as thick as apple butter.

Spiced Grapes.—Six pounds grapes, three of sugar, two teaspoons each cinnamon and allspice, half teaspoon cloves; pulp grapes, boil skins until tender, cook pulps and strain through a sieve, add to skins, put in sugar and spices with vinegar to taste; boil thoroughly, put in glasses and when cool cover tightly.

Spiced Nutmeg Melon.—Select melons not quite ripe; open, scrape out the pulp, peel, and slice; put in a stone jar, and for five pounds fruit scald a quart vinegar, and two and a half pounds sugar together, and pour over the fruit; pour off and scald the syrup and pour over the fruit each day for eight successive days. On the ninth, add one ounce each stick cinnamon, whole cloves and allspice. Scald fruit, vinegar and spices together, and seal up in jars. This pickle should stand two or three months before using. *Blue Plums* are delicious prepared in this way.

Spiced Peaches.—Boil three pounds sugar and a pint and a half vinegar with ounce whole cloves and two of stick cinnamon; two or three of the former, with their heads off, may be stuck in each peach; then put in seven pounds peeled peaches and let them heat through thoroughly. Skim out fruit and put in stone jars, boil syrup until thick and pour over peaches. *Pears*, *Plums*, and *Cherries* may be prepared same way.

Spiced Plums.—Boil two quarts vinegar with six pounds sugar and an ounce cinnamon, with half ounce whole cloves, if liked, and pour over nine pounds blue plums; next morning drain off vinegar, boil and pour back on plums; repeat this five mornings, boiling the fruit in the vinegar the last morning about twenty minutes.

Spiced Tomatoes.—Peel and slice seven pounds ripe tomatoes, put in preserving kettle, with half their weight in sugar, a pint vinegar, and tablespoon each whole cloves, allspice, pepper-corns, salt,

and teaspoon mace; boil slowly two hours, stirring often enough to prevent burning; then cool in kettle, and put in self-sealing cans.

Cayenne Vinegar.—Put a pint vinegar in bottle with a half ounce cayenne pepper and let stand a month; then strain and bottle for use. An excellent seasoning for soups and sauces, but must be used sparingly.

Celery Vinegar.—Crush one-fourth ounce celery seed by pounding in a mortar; boil a pint vinegar, and when cold, pour on the seed; let stand two weeks, then strain and bottle for use. A good substitute for celery in salads, etc. If wanted strong use double the quantity of seed.

Chilli Vinegar.—Put fifty chopped or bruised chillies, cayenne pepper pods, into a pint best vinegar, let stand a month, then strain and bottle. This makes a much stronger vinegar than the cayenne.

Cider Vinegar.—To make a small quantity put a pound white sugar in a gallon cider, shake well together and leave to ferment four months, when a strong well-flavored vinegar will result. For directions for making vinegar in large quantities, see Kitchen.

Clover Vinegar.—Put a quart molasses in a crock, and pour over it nine quarts boiling rain water; let stand until milk-warm, put in two quarts clover blossoms, and two cups baker's yeast; let stand two weeks, and strain through a towel. Nothing will mold in it.

Cucumber Vinegar.—Pare and slice fifteen large cucumbers, and four large onions and put in stone jar with two or three shallots, a little garlic, two tablespoons salt, three teaspoons pepper, and half teaspoon cayenne. Leave for four days then boil up and when cold, strain till clear and bottle for use.

Elder-flower Vinegar.—Gather the buds of elder-flowers, and to every half peck add one gallon vinegar, leaving it a fortnight in jug to ferment. Then strain through a flannel bag, put into it a small bit of dissolved gellatine, and bottle. The flavor of the herbs may also be extracted by boiling the herbs or leaves in vinegar, without fermentation; a mixture of tarragon leaves and elder-flowers is very agreeable.

Horse-radish Vinegar.—Take six tablespoons grated horse-radish, one of white sugar, and a quart vinegar; scald the vinegar and pour boiling hot over the horse-radish and sugar. Let stand a week, strain and bottle. Or, take three ounces grated horse-radish, a drachm cayenne pepper, an ounce of shallots, chopped or minced very fine, and pour over them a quart good vinegar; let stand a fortnight, strain and bottle.

Garlic Vinegar.—Pour a quart best vinegar over two ounces peeled and bruised garlic. Bottle and cork tightly and in two or

three weeks it may be strained off for use. A few drops will flavor a sauce or tureen of gravy. More or less garlic may be used as liked. *Shallot Vinegar* made same way.

Mint Vinegar.—Put into a wide-mouthed bottle enough fresh, clean peppermint, spearmint, or garden parsley leaves to fill it loosely; fill up with good vinegar, cork closely, leave two or three weeks, pour off into another bottle, and keep well corked for use. This is excellent for cold meats, soups and bread-dressings for roasts.

Nasturtium Vinegar.—Pick full-blown nasturtium flowers and fill a wide-mouthed bottle, add a half clove of garlic and a moderate sized shallot chopped, fill up with vinegar; let stand two months; then strain and add a little cayenne pepper and salt.

Oyster Vinegar.—Boil oysters in strong vinegar, until the vinegar is highly flavored; add clove, mace, and pepper, to suit the taste, strain and bottle.

Peach Vinegar.—Crack one pint peach stones and blanch the kernels by throwing them into boiling water, then in cold; pull off skin and cover with best cold vinegar, and cork tightly.

Red Vinegar.—Slice a head of garlic and put in bottle with half ounce cayenne, two teaspoons each soy and walnut catsup, a pint vinegar and cochineal to color. Let stand a month, then strain and keep in small bottles.

Spiced Vinegar.—Put three pounds sugar in three-gallon jar with small mouth; mix two ounces each mace, cloves, pepper, allspice, turmeric, celery seed, white ginger in small bits, and ground mustard; put in six small bags made of thin but strong muslin, lay in a jar, fill with best cider vinegar, and use it in making pickles and sauces. Or if wanted to use at once, for every quart vinegar take two rounded teaspoons each cinnamon and cloves, one each of celery salt or seed, saltspoon black pepper and pinch of cayenne.

Tarragon Vinegar.—Gather tarragon leaves just before the plant blossoms, strip from the larger stalks and put into small stone jars or wide-necked bottle; in doing this twist the branches, bruising the leaves. Pour over vinegar enough to cover, allowing six or eight handfuls to a gallon vinegar; let stand two months or longer, pour off, strain, and put into small dry bottles, cork well and use as sauce for meats. This is very nice to use in Salad Dressings.

Walnut Vinegar.—Put green walnut shells in brine of salt and water, strong enough to float an egg, and leave covered ten days; take out and lay in sun a week, then put in jar and pour boiling vinegar over; in a week or ten days drain off and reheat the vinegar, pouring it over the shells again. Will be ready for use in a month. Excellent with cold meat and nice for making sauces.

POTATOES.

As there is not any other vegetable so much used as the potato, especially in winter and early spring, the housekeeper should have a variety of recipes from which to select the daily bill of fare; and should also be wise in the art of cooking "only a potato;" this little saying conveying the abuse to which this vegetable is subjected. Potatoes are composed largely of starch, and cooking bursts the cells and sets the starch free, and at this stage a boiled or baked potato should be served, as it will then be dry and mealy; but if allowed to cook longer, the starch absorbs the moisture and a soggy, flavorless potato results; another secret of having potatoes mealy and palatable is to cook them rapidly, and it is important to begin to cook them at the right time and have them as near the same size as possible in order to serve when just done. In latter part of winter potatoes are so watery that it is much better to *steam* them, and always, when to be mashed or used for made-dishes, peeling and steaming is preferable, using great care in the paring, as the *best part* of the potato lies next to the skin and for this reason in boiling potatoes, it is better to wash with a little brush, or a swab made by wrapping a cloth around a stick, as great care must be taken to have them perfectly clean, then cook, peel and serve; or serve in their jackets, which is preferred by many. The only exception to thus cooking, is in the late spring, for the skin of an old potato contains a narcotic property which gives a disagreeable flavor if not peeled before cooking. But however cooked, potatoes must be served hot. When intended to be mashed or used in made-dishes, if boiled, pare and cook *without salt* as it greatly impairs their flavor; the seasoning being added afterwards. Always pare

potatoes left from a meal *at once*, as they pare so much easier when warm, causing no waste; except baked ones, which do not pare till cold; but do not slice for use until wanted. One must exercise care in not cooking too many potatoes *every* day, thus requiring the same time in preparing the residue in some edible form, as would be consumed in preparing some more desirable dish from fresh ones, the cost also of preparing them being more than of the latter, owing to the additions required to make them palatable. When recipes call for cream, milk slightly thickened, and a little butter can be used; and in cooking with either, a custard kettle avoids all danger of scorching. Old potatoes, may be greatly improved by being soaked in cold water several hours after peeling, putting in immediately as exposure to air darkens, being particular to change the water once or twice, and wipe dry with a towel before putting on to boil. This freshens them and makes them crisper, although some claim they really become more tasteless. New ripe potatoes are best baked; full grown, ripe ones may be either boiled or baked; medium-sized smooth ones are best to use, the kind varying with the season. When cooking in water, use soft water, filtered, or if hard add small pinch soda and have it either cold or boiling, never tepid; for fuller directions see Boiled Potatoes. Although some prefer a "bone" in potatoes, to be wholesome they should be thoroughly cooked whether baked, boiled, fried or steamed. Never waste cold cooked potatoes, as in winter they can be kept till sufficient for a dish of themselves, or at any time may be made in croquettes, hash, etc., with meat or other vegetables, or sliced and added to a soup or stew. Potatoes being of a farinaceous nature absorb fat, and so prove to be a good ingredient in Meat Pies. Potato Flour is dry starch powder, procured from the potato and is much used in French cookery; it can be bought in this country, and in fact is often sold for arrowroot, to which it is inferior. More so than any other vegetable do potatoes differ in quality, according to variety and manner of culture. However the main crop may be raised, every farmer's wife should secure for late spring use a supply of a choice variety cultivated entirely in rotten-wood soil or in soil where wood ashes and gypsum are used as fertilizers. As potatoes enter so largely into the daily breakfast, dinner and supper of Americans, care should be exercised in their seasoning; not using too much pepper and salt. There are many who do not use either, but each must be a law unto

himself, only we would advise white pepper, if pepper must be used, as it is more mild and looks better. The first new potatoes received in the markets in the spring are the *Bermudas*, arriving in April. About the first of June come the *Charlestons*; about the 20th, the *Norfolks*, and late in June those from New Jersey and Long Island. The old potatoes are at this time scarce, poor, and not much used. Always drop potatoes in cold water when paring as they darken quickly.

The sweet potato is of quite a different species from the common and is a lighter food, but is sweet, wholesome and more nutritious. Two varieties are mostly used, the red or purple, and the white or yellow and are in season from August till December; after which they begin to loose their flavor, and in the spring become spongy, and almost uneatable. Freezing does not injure them for though frozen hard as stones, their flavor and firmness are preserved, if baked at once without being thawed. Clean them with a brush or dry towel, put them in the heated oven and bake. If thawed, even in cold water, they are soft and worthless. This is also true of Irish potatoes.

Baked Potatoes.—Select the largest and as near the same size as possible. Wash, brush and place in oven so that they do not touch each other, turn as needed and do not let them scorch; bake till tender in a hot oven, testing by taking up between a cloth, and if they yield to pressure, they are done. Press each one thus as it makes them mealier, and serve at once covered with a napkin, for baked potatoes to be in their prime must be served when done, although if they must be kept, roll in a clean cloth and put in a warm place. A large potato will bake in an hour. For *Quick-Baked Potatoes*, prepare as above, cook in boiling water fifteen or twenty minutes, drain and place in a hot oven till skins are well browned—about eight or ten minutes, press and serve as above. Potatoes baked in ashes, known best as *Roasted Potatoes* are very delicious, and are considered the most wholesome and delicate way of preparing them. Scrape away ashes, put in potatoes, cover with pure ashes first, and then hot coals. Or, if *With Meat*, peel and place in pan, around the meat, not touching each other, generally about three quarters of an hour before meat is done. See that the pan contains plenty of drippings, baste the potatoes often and with proper heat they will be brown and crisp without, and white and mealy within. Some boil half done, peel, roll in flour, place in pan and finish as above. It is better to halve very old and large potatoes when baking with meat, and some always

let them stand in cold water an hour or so before baking. Or, *With Sauce*, peel and bake in a moderate oven till tender; make the sauce by stirring into a pint boiling milk tablespoon cornstarch, beaten smooth in a little cold milk, cook five minutes; take from fire and add a half cup sweet cream, piece of butter and the well-beaten whites of two eggs, a little pepper and salt. Serve on platter with potatoes in center, or separately in sauce-boat. For *Larded Potatoes*, peel, and with an apple corer take out a piece lengthwise through the center, insert bits of salt pork, ham or bacon and bake till tender, in a two-quart baking dish and serve in same. The cores can be used in soup or in mashed potatoes. Or for *Glazed Potatoes*, wash medium-sized potatoes, peel out any defective places, put in dripping pan in a moderately hot oven and bake till tender, brush with melted butter or Pastry Glaze, let remain a moment to brown, then serve. Using the Glaze as given in Gravies makes them delicious.

Boiled Pototoes With Jackets.—Wash, brush (keep a small flat brush just for this purpose), cut off ends and any bad specks and if quite old, let stand in cold water an hour or two. Cook in soft filtered water if possible, but if hard water is used, put in a small pinch of soda. The water should be freshly drawn if used cold, and should only be put over fire in time to reach the boiling point before the hour for putting in potatoes, as standing and long boiling frees the gases and renders the water insipid. As regards the temperature in which to cook them, have water either *cold* or *boiling* never lukewarm and the kind of potato will govern that; those potatoes that crack very soon in boiling water, presenting a mealy appearance on the outside while the heart is uncooked, should be put on in *cold* water, and for those that do not cook very quickly use *boiling*. Do not drown them in water, using only enough to *just cover* and some use even less. Do not let the water stop boiling as they will then be watery, but it must not boil too hard as that breaks them. Some place napkin under the lid to keep in all the steam. As regards salting the water or potatoes, there is a great difference of opinion, but the best housekeepers do not use any salt till *after potatoes are done*, or some add it ten minutes before. Test with a fork and when tender, not longer, drain off *all the water*; if left on after they are done they become watery and waxy, sprinkle with salt, shake saucepan lightly, leave uncovered a few minutes, that all steam may evaporate; then place on back of range or stove, leaving cover only partly on, or better, covering with a clean folded towel, as the moisture condenses on the inside of lid when they are tightly covered and falls upon potatoes, spoiling them. Potatoes thus prepared will keep good, quite awhile; but are better served at once in an *open dish with a napkin over them*, for the same reason as given above, the moisture making them soft and watery. This is

the great secret of having nice mealy potatoes. A pretty way is to have a *Potato Doily* made as the Fritter Doily, page 291; lay in dish, put in potatoes then bring the ends up over them; of course two ordinary napkins may be used instead. Potatoes can be peeled before serving if wished. Always select same size, if possible, that they may be done at same time, as too much cooking spoils a potato. If using different sizes, put in largest first, then in a little while the rest, and one can plan to use the smaller potatoes for mashing or in any of the dishes where small potatoes are used. Some claim that after draining off water, taking them to the open air and shaking them makes them more mealy. Never place them on a hot fire after draining, but on bricks on stove, or on back of range. The best potato for boiling is a medium-sized one and not too old or sunburnt. Medium-sized potatoes, when young, will cook in from twenty to thirty minutes; when old, it requires double the time. When peeled, they boil fifteen minutes quicker. If potatoes are very watery and they *must* be used for food, a small lump of lime added to the water while boiling will improve them. *Dashed Potatoes*, are boiled as above, in boiling unsalted water; when tender, dash some cold water into pot; let potatoes remain two minutes, and then drain off water; half remove the pot lid, and let the potatoes remain on back of stove till steam is evaporated; peel and serve in an *open* dish. Another way of boiling is to pare a strip about quarter of an inch wide, lengthwise, around each potato; place in fresh cold water, not too much, let boil fifteen minutes, then add a quart of cold water; when the edges of the peel curl up, salt and remove potatoes to baking pan; place in oven with a towel over them, and let remain fifteen minutes with oven door open, then serve as above. But however boiled, if they cannot be served at once, wrap closely in a towel and put in a warm place and they will keep quite nicely. For *Waterless Potatoes*, select same size, not too old or sun-burnt, wash, brush, but do not pare or cut; put in flat-bottomed saucepan, filling three-fourths full, cover tightly, this is very necessary, and place on stove with a moderately hot fire, or in oven. Shake saucepan occasionally but do not lift cover before forty minutes. As soon as tender peel, or leave in jackets, and serve. They take longer time for cooking but are said to be of delicious flavor.

Boiled Potatoes Without Jackets.—Pare and put in fresh boiling water. Keep closely covered and at a steady boil for at least twenty minutes, five or ten minutes more may be requisite, according to the quality of potato. Watch carefully, and the very instant they present a mealy and broken surface remove from stove, raise cover just enough to admit the draining off of water. This may be accomplished successfully and quickly, after a little practice, and is far better than turning them into a colander, thus suddenly chilling them and arresting further development of the starch, which, after

all, is the main point to be accomplished. Drain water off thoroughly and quickly, sprinkle in sufficient salt for seasoning, partly cover saucepan, give it a shake and set on back of stove, being careful not to have it too hot. In a minute or so give it another shake to stir up potatoes, throw in a little hot cream or rich milk with a lump of butter and a sprinkle of pepper, cover immediately and leave on stove for another minute. This last process adds greatly in making a mealy potato. They are ready now to be dished whole or mashed. It is always best to pare old potatoes. Or for *Hoosier Potatoes*, pare small old potatoes, or cut large ones to size of new; place in cold water, let boil ten minutes, drain, cover with cold water, boil and drain as before; repeat this once more, then after draining, dress with milk, butter, pepper and salt as New Potatoes.

Boiled New Potatoes.—Wash, scrape, or only rub with a cloth, boil ten minutes, turn off water, and add enough more boiling hot, to cover, also add a little salt; cook a few moments, test by pressing one of the potatoes with a fork against the side of the saucepan, if done it will yield to a gentle pressure, drain, and set again on stove, add butter, salt, a pint cream or milk, thickened with two tablespoons flour, put on cover, and when milk has boiled, serve. Do not use too much water as they will boil more quickly, and are more savory if cooked in just enough water to keep from burning. Boiling water is generally considered best for new potatoes, always cooking in two waters as above; some use a wire basket, placing it in a kettle of boiling water, then have ready another saucepan of boiling water, and when the potatoes are half cooked lift them from the first and put them in the second. (This is considered equally nice for old potatoes). Serve with a dressing of melted butter; taking for each quart potatoes, two tablespoons butter, teaspoon salt and saltspoon white pepper; and after placing potatoes in hot dish, pour it over them. Or make a dressing of cream and butter *hot*, but not boiling, a little green parsley, pepper and salt; place potatoes in pan, add this, let stand a minute or two over hot water, and serve in a hot dish. If potatoes are too old to have skins rubbed off, boil them in their jackets, paring off a ring half inch wide around them; drain, peel, and serve as above. Or for *Browned New Potatoes* when cooked and drained, put in a skillet with hot drippings, cover, and shake till a nice brown, and add, when ready to dish, a tablespoon baking molasses, dropping it on the potatoes and stirring constantly a moment or two, as it causes them to burn easily, then serving at once. The molasses browns them beautifully and makes them delicious. This is a nice way to brown any potatoes. Using Parsley Butter in the melted butter dressing, makes a savory dish.

Frying Basket.

Breakfast Potatoes.—Peel, cut in very thin slices and place in a *very little* boiling water, so little that it will all be evaporated

when they are cooked; when done add salt to taste, some cream, or a *very little* milk and a bit of butter. Or cook in water as above, then prepare a dressing as follows: Put a tablespoon butter in a saucepan, with one of flour, flavor with pepper and salt, chopped parsley and onions; mix well and add a cup of cream, stir till it boils; put in potatoes, boil up once and serve hot. They must be stirred occasionally while cooking. Or omit all dressing, drain, place in a hot dish, add a little salt, a few bits of butter, and serve at once. The slices may be steamed, it will take twice as long, but they are much better. Or for *Marinated Potatoes*, cut in half inch slices and cook in highly seasoned and flavored soup or gravy stock; when just tender dip in beaten egg, or single-bread them if wished, and fry, drain and serve like Fritters. Squeezing over a little lemon juice is an addition.

Broiled Potatoes.—Boil a quart of even-sized potatoes until tender, but do not let them grow mealy; drain off water, peel, cut in half inch slices, dip in melted butter, and broil on both sides over a moderate fire; serve hot, seasoning with salt and pepper and bits of butter. Some dip in sifted bread-crumbs after dipping in butter. Or slice cold boiled potatoes lengthwise and broil as above, omitting the dipping if wished. The double broiler is nice for broiled potatoes when sliced. Or parboil, do not peel, but place them whole on the gridiron over a very slow fire, when thoroughly done serve in their jackets. For *Breaded Potatoes*, slice as in first two recipes, single-bread (page 299) and fry in butter or drippings.

Browned Potatoes.—Steam or boil small-sized potatoes, till tender, not mealy, peel and place in saucepan with melted butter, shake occasionally and when all are well browned serve upon thin slices of toast which have been dipped in Chilli Sauce that has been thinned with a little weak vinegar. Or the toast may be omitted. This is a nice way to use the small potatoes, and is especially nice for old ones. They may also be fried in smoking-hot fat as doughnuts. Or single-bread them and fry in either of above ways.

Creamed Potatoes.—Slice raw potatoes thin as for frying, let stand in salted water for an hour or so to crisp them; drain, and place a layer in bottom of a buttered, earthen baking dish, dredge with flour and cover with bits of butter and a light seasoning of salt, then more potatoes, flour, butter and salt till all are used; to a quart dish add about a half pint cream or rich milk and bake in oven till tender, about forty minutes. Or the sliced potatoes can all be put in dish at once, seasoned and the cream or milk poured over, adding bits of butter; or some prefer to cook first, then place butter as above, over the top, returning to oven a moment and serving when nicely browned. The exact quantity of liquid can be learned by experience; there must be just a little rich gravy left,

moistening all the slices. This is an especially nice way to cook old or small potatoes. For *Fricasseed Potatoes* slice cold boiled potatoes, put into a dripping-pan, add milk, salt, pepper and small piece of butter, allowing half pint milk to a dozen potatoes; place in oven for about fifteen minutes, stir occasionally with a knife to keep from burning, and brown slightly on top.

Curried Potatoes.—Slice either raw or cold boiled potatoes, fry, then add a gravy made of soup stock, seasoned with curry-powder, and boil a few moments. Or boil or steam potatoes, mash and add a little cream or milk, seasoned as above; serve, first ornamenting the top of dish with little slips of cold boiled ham.

Diced Potatoes.—Cut cold boiled or steamed potatoes crosswise in inch slices; then cut in dice. Season with salt and pepper, dip in melted butter, then dust lightly with flour. Arrange on baking pans, bake in a quick oven and serve hot. Or make half-inch slices, cut in dice and fry in a little butter, cream and flour seasoned with pepper and salt, till hot and nicely coated with the sauce. Or, *In a Cake*, chop in small, even dice; season palatably with salt and pepper, moisten slightly with cream, cold gravy, or white sauce, and form in a large cake, which must be pressed together so that it can be browned uniformly on the side next the pan; heat a frying-pan, put into it enough sweet drippings or butter to cover bottom, when fat is hot put in the potatoes, press them well together, and brown the under side; when the potatoes are brown, turn them out of the pan on a hot dish, without breaking them, and serve them hot. This requires a very moderate fire as they are apt to burn.

Fried Potatoes.—To be successful in thus cooking potatoes, the frying-pan should be well heated before butter, lard or drippings is put in, and then made quite hot over not too brisk a fire; for *Fried Raw Potatoes*, wash, peel, and slice rather thin in cold water, drain in a colander, some also wipe dry with a towel, and drop in frying-pan prepared with two tablespoons melted butter or beef drippings, or one-half of each; keep closely covered for ten minutes, only removing to stir with a knife from the bottom to prevent burning; cook another ten minutes stirring frequently until done and lightly browned. Serve at once, sprinkled with salt, as nothing spoils more quickly by standing than fried potatoes. For *French Fried Potatoes*, prepare as above, slicing as thin as an egg-shell, always cutting crosswise; when butter is very hot in frying-pan, add potatoes and fry as above, shaking them so as to cook them equally; drain on a sheet of kitchen paper placed in dripping pan in oven, a few minutes, sprinkle with salt and serve hot. Or, cut in fancy shapes with a vegetable cutter and fry in smoking-hot fat. To make them swell; when fried take

from the fat, put in colander, leave there only half a minute, then drop again in fat, fry one minute, drain, salt and serve hot. For *Potatoes a la Pancake*, peel, cut in quarter-inch slices, lengthwise, and fry in butter or drippings, putting in only one layer at a time and turning as pancakes. Or, cut lengthwise the size and shape of the divisions of an orange, trim them neatly and fry; they are an excellent garnish for meat. Or *With Onions*, slice both fine, and place in a skillet with one spoonful of hot butter or lard, season with pepper and salt, and fry till done. Or if wanted more delicate, first parboil onions, then fry as above. Or *With Bacon*, first fry thin slices or dice of bacon, take out and keep hot, frying the potatoes in the bacon fat; serve with potatoes in center of platter and bacon around them.

Cold cooked potatoes can be prepared in any of above ways, slicing when cold, never when hot, in quarter or half inch slices, and when fried as in first recipe, using only enough fat to prevent sticking, sprinkling with salt and covering with tin lid so they may both fry and steam; and in last recipe, fry the diced bacon till almost done, then add chopped, cold cooked potatoes and stir together till nicely browned. For *Fried Grated Potatoes*, grate cold boiled potatoes, mix them with a little flour, melted butter, and salt until they form a stiff paste. Form a roll and slice this, as thick as two pieces of potato for frying. Single-bread and fry.

Mashed Potatoes.—Pare, if large cut in two, and boil till done; drain and mash in kettle till *perfectly smooth*; add cream or milk, butter and salt; beat like cake with a large spoon or fork, the latter is preferable, till light and foamy, they cannot be thus beaten too much; dip out lightly into a hot dish and literally coax into a delicate mealy heap, instead of packing and smoothing into a shapely mass. Allow about a teacup cream or milk and piece of butter size of an egg to a dozen medium-sized potatoes. Some have the cream *hot*, thinking it makes them much nicer; others boil potatoes in jackets, then peel and prepare as above, using only the large fork without the masher, and when ingredients are added, potatoes very hot, dish lightly and draw the fork backward over the potatoes to make a rough surface, browning with a hot salmander, if liked. Some rub through a sieve with the potato masher, then dress and beat with the fork. But however prepared it is very essential to beat till *very light* and serve *very hot*, and of course there must not be any lumps. To keep hot for any length of time, place saucepan, or pan in which they were mashed, in a pan of hot water, and leave on back of stove. When potatoes are dished, those who prefer a smooth surface can smooth over top, making several holes in it with bowl of spoon, filling with pieces of butter and also dotting with a little black pepper; although if any pepper is used in seasoning, especially if mixed through the mashed potato, the

white is preferable. Mashed potatoes may be made into any form of apples, pears, etc., by being molded with the hand; a clove inserted for the eye of the fruit, and a piece of parsley stem for the stalk, then placed in oven till hot, or in a pan set in another of hot water on stove. For *Browned Mashed Potatoes*, after mashed as above, heap on a small, oval platter, shape like a pyramid and perfectly smooth, then cover with a well-beaten egg and set in the oven to brown. Or add one or two well-beaten eggs, mix thoroughly, put in baking dish, dip a knife in sweet milk, smooth over, wetting every part with milk, and place in a hot oven twenty minutes. Or for *Fried Mashed Potatoes*, add a little cream or milk to cold mashed potatoes, press evenly in pan and in morning slice and fry. For *Panned Potatoes*, take cold mashed potatoes, season with salt butter, and a little cream or milk, and one or two eggs; place in a buttered pie pan, smooth and shape the top handsomely, make in squares with a knife and brown in oven, placing on top grate if too hot; place pan on plate and serve. Whole cooked potatoes can be "panned" thus, by placing in pan on stove and adding little boiling water, then mashing and finishing as above. For a *Puree of Potatoes*, pare and boil six potatoes, drain them well, mash smoothly or beat them up with a fork; add third of a pint stock or broth, and rub potatoes through a sieve. Put the puree into a very clean saucepan with two tablespoons butter; stir well over fire until thoroughly hot, and it will then be ready to serve. A puree should be rather thinner than mashed potatoes, and is a delicious accompaniment to delicately broiled mutton cutlets. Cream or milk may be substituted for the broth when the latter is not at hand. A *Casserole of Potatoes*, which is often used for ragouts instead of rice is made by having the above puree a little thicker, placing on platter and making an opening in center. Brown in oven, wipe off platter, pour in the ragout or fricassee and serve. For *Swedish Potatoes*, take a small piece of ham bone, or end of piece of dried beef, and cook. When a well-flavored broth is made, add peeled potatoes and cook till tender; skim out meat and if too much broth, pour off some, then mash and serve. Be careful not to put too much water over meat, for if needed when potatoes are put in, more can be added. Broth from boiled corned beef can be used instead of cooking any meat, adding part water if too salt. *With Turnips*, prepare as above adding peeled and sliced white turnips about half an hour before the potatoes; when they are done skim out meat and finish as above.

Molded Potatoes.—After mashing potatoes, shape in mold; cut a flat piece of sheet iron, about an inch larger than the top of mold, with a wire handle at each end; lay it upside down on the mold, invert, remove mold, cover potato with beaten yolk of an egg, then cover with sifted bread-crumbs; wipe the edge of the sheet-iron, then plunge it instantly in a kettle of smoking-hot lard. The

potato must be hot when put in mold, so it will require nothing more than browning; and when this is perfect, lift the sheet from the lard, pass a knife between it and potato, and slide latter carefully into the center of a platter, and garnish with curled parsley. Or take any cold potatoes; mash with a fork until perfectly free from lumps; stir in tablespoon each flour and butter, two of minced onion, and add sufficient milk to moisten well; press potatoes in a mold, or baking dish and bake in a moderate oven until nicely brown, which will be in twenty minutes; turn out and serve.

Ringed Potatoes.—Peel large potatoes, cut them round and round in shavings, as if paring an apple. Fry with clean, sweet lard in a frying-pan till brown, stirring so as to brown all alike, drain on a sieve, sprinkle fine salt over them and serve; or place in wire basket and fry as fritters. These are used very often as a garnish and are then known as *Potato Roses.* Some after paring, let stand an hour or so in ice-cold water, draining and wiping with a towel before frying; when nearly done take out into colander for a few minutes, then put back in the kettle of fat and fry till done. This causes them to swell and they make a nice appearing dish when served.

Saratoga Potatoes.—Pare and shave the potatoes in *very thin* slices, like wafers, on the vegetable plane; let stand from fifteen minutes to an hour in ice-cold water, some adding salt or a piece of alum, size of a pea, to a quart of water, to chill and crisp the slices; drain and dry in a napkin. Separate the slices and drop in kettle of smoking-hot fat, tested as directed in Fritters, as many as will float on top without touching each other, care being taken not to fry too many at once; some only put in eight or ten slices. Keep them separated by means of a fork, turning when the edges begin to color; and before this when slices commence to cook one must watch very closely, as although they cook slowly at first, they finish very quickly, and after turning will soon be a golden brown; when skim out with a wire spoon and put either in a paper-lined colander or dripping-pan, set in oven or back of range; sprinkle with salt, and continue to thus fry and drain till all are prepared. Three medium-sized potatoes will be sufficient for four persons. Serve, either hot or cold, on a platter and they are also pretty used as a garnish. They can be kept nice and crisp in a dry warm place, and may be prepared quite awhile before serving, if necessary. When they are bought, always reheat in oven before using. The length of time of standing in water is immaterial, being governed by the wants of the cook. Use kitchen, or any brown paper for placing in colander or pan. *Castle Potatoes* are sliced lengthwise, half inch thick and fried as above. *Potatoes a la Macaroni* are made by cutting with a special machine in inch strips resembling macaroni, only square instead of round and fried as

Vegetable Plane.

Saratogas. For a breakfast dish *Triangle Potatoes* are much prized; pare small potatoes, divide in halves then in three pieces; place ten or twelve triangles in frying basket and immerse in the hot fat eight or ten minutes. Drain as above and serve. Very small ones can be fried whole. Cold cooked potatoes may be prepared in same way and also as Castle Potatoes. Some fry Saratoga potatoes, a half pint or so at a time, in the frying basket; and there is also a regular Saratoga Potato Kettle. In frying potatoes in basket as soon as fat is smoking hot again after putting them in, set back where potatoes will not cook too fast. If the cooking is too rapid they will be brown before they are crisp, especially if fried in a quantity in the basket, which is a quicker way but potatoes are not so nice.

Saratoga Potato Kettle.

Scalloped Potatoes.—Season, add cream to mashed potato and lay in scallop shells, smooth the surface with blade of knife, and then score them across; lay thin slices of butter upon them, and bake until well browned, serve hot in the shells. Or cut one quart cold boiled potatoes in *very thin* slices, and season well with salt and pepper. Butter an earthen baking dish. Cover bottom with layer of White Sauce, add layer of potatoes, sprinkle with chopped parsley, then another layer of sauce, then potatoes, and so on till all are used. Have sauce for last layer and cover with fine bread-crumbs, put a spoonful butter in little bits on top, and cook twenty minutes. A cup of chopped ham or any kind of meats may be used with potatoes. Or cut in rather thick slices, with some bread in same-sized pieces (without any crust), and place bread and potatoes in the dish, alternating the layers. Cover with White Sauce in which a bay leaf has been cooked. Strew sugar upon the top and slightly brown in oven. Or for *Sauced Potatoes*, prepare as in second recipe, placing all the potatoes in dish, then covering with the sauce and bread-crumbs; or the potatoes may be sliced raw, cooked in a little water till tender, then placed in dish and finished as above. Use cream, milk, or water in making the sauce as directed on page 178.

Scallop Shell.

Steamed Potatoes.—Prepare as for boiled potatoes or draw the edge of a sharp knife half way around them, cutting third of an inch deep; place in patent steamer, or steam over a kettle of water and cook till skin cracks and a fork easily penetrates the center, sprinkle with salt and serve at once, or if to be kept, leave in steamer, *over the fire.* Some peel before serving, then salt, and it is nice to place them in oven for a few minutes and dish very hot. For *Bukeye Potatoes*, pare and steam as above; if large cut in two pieces, cutting out any defective parts. Steaming is a much better way of cooking old potatoes and also when to be served as *Mashed*

Potatoes; pare and steam as above and have ready in crock or tin pan a cup of hot cream or milk, with a lump of butter and a seasoning of salt and white pepper, if wished; place the above in a pan of hot water and when potatoes are done add them, mash and *beat* till almost a white foam; then pile lightly in a hot dish and serve at once or brown slightly in oven. Having all ingredients hot makes a more delicious dish. Steamed potatoes will cook in about forty minutes and it is better not to lift cover till done.

Stewed Potatoes.—Put in saucepan a tablespoon butter, when melted add a level tablespoon flour, cook a few minutes and add a scant pint milk or cream, season with salt and pepper; when it boils add a pint sliced, cold, boiled potatoes, cover and cook till potatoes are thoroughly heated, about ten minutes; stir once or twice, or if cooked in custard kettle will not need it. Some add tablespoon finely-chopped parsley, and just before serving, place on back of stove and when boiling has ceased, stir in yolk of an egg beaten with a teaspoon water and for *Walnut House Potatoes* use soup or gravy stock instead of milk, adding with the egg, or two if liked, a teaspoon lemon juice and another tablespoon butter. Potatoes may be cut in dice or quarter-inch slices. For *Potatoes a la Maitre d' Hotel*, cook as in first recipe, omitting the milk and adding the parsley with juice of half a lemon; stir well in this sauce and serve very hot. Some add three or four tablepoons gravy from roast meat or good gravy stock. Parsley Butter may be used instead of the plain butter in any of the recipes, omitting the parsley, and makes a delicious seasoning. For *Lactiola Potatoes*, cut cold potatoes quite small or in dice and put them in saucepan with milk enough to almost cover them. When the milk becomes hot, stir and mash potatoes with a large spoon until there are no lumps. Add salt, and a small bit of butter, stir often, until quite dry. They are nicer when cooked with plenty of milk, necessitating a great deal of stirring to prepare for serving. Or *With Onions*, make a sauce of melted butter and thinly sliced onions, fry brown, thicken with flour, thin with soup stock, add chopped parsley, salt and a little fresh cream, stir well, let boil and, when thick, put in the cold sliced potatoes and when they are hot, serve. Some use sour cream for this thinking it nicer, and a *Gopher Dressing* for Boiled or Baked Potatoes, to be used at table in place of butter or gravy, is simply sour cream. A nice Southern dish *With Bacon* is to brown in frying-pan a dozen thinly-sliced pieces of the latter, add a tablespoon flour and when well mixed, half pint boiling water; then put in a scant pint of sliced potatoes and when hot serve. Or *With Vinegar*, cook as above using gravy stock, or broth from boiling either fresh or corned beef, instead of the water, and add with it two tablespoons vinegar. The pieces of bacon may be taken out, or butter used instead, if preferred. These last two recipes are nice made with raw potatoes, sliced as above, or whole if very small, using

twice as much liquid and cooking till potatoes are tender. A bunch of sweet herbs added gives a delicious flavor, removing when served.

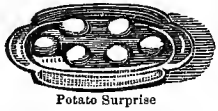
Stuffed Potatoes.—Wash ten large potatoes with a brush; bake only until tender not mealy, not more than half an hour; cut off one end, scoop out inside with teaspoon, rub through a sieve or mash thoroughly, put in saucepan containing two tablespoons butter, three of grated Parmesan cheese, saltspoon white pepper and teaspoon salt, adding a little boiling milk, stir all over fire until scalding hot; then fill potato shells with mixture, put on ends, press potato gently in shape, heat them in the oven, and serve in a napkin placed in a hot dish. Or do not put on tops but sprinkle over a mixture of bread-crumbs and grated cheese. Or omit all the cheese and bread-crumbs, fill the shells heaping full, brown delicately in oven or with a hot salamander and serve as illustrated. Or take rather large cold steamed (pared) potatoes, cut off tops, and with round-topped knife carefully remove most of inside, leaving simply a protecting wall; fill with chopped raw oysters slightly seasoned with pepper and salt and mixed with an egg; cover with tops, moistening edges with white of egg to make them adhere, and place in warm, not hot, oven for a few minutes. then single-bread and fry in hot lard. Or wash and pare eight large potatoes, cut off about an inch of smallest end, and with a knife or strong spoon scrape out center, leaving a shell about a third of an inch in thickness; throw them with the tops cut off in cold water to keep them white. Then chop fine a pound of beefsteak, season with salt, pepper, pinch cayenne and desertspoon mushroom catsup, and pack mixture firmly in potatoes, first wiping them dry with a towel; pin tops on with wooden toothpicks, brush all over with beaten egg, stand in saucepan with two tablespoons butter, made hot, cover and cook slowly one hour, turning occasionally to brown all sides evenly. Or fill with sausage, minced fish, or any forcemeat, brush over with melted butter and bake in oven about forty minutes. The potato may be cut in halves, then scooped out, filled and a bit of butter placed on top the filling and baked in oven. It will be necessary to cut a little piece off bottom of potato so they will stand firmly.

Stuffed Potatoes.

Potato Balls.—Stir into nicely seasoned mashed potatoes, beaten yolks of one or two eggs; make in small balls, single-bread and brown in oven; or fry in frying-pan or as fritters. A little parsley or chopped onion may be added. Or *With Meat*, mix with one pint mashed potato, a tablespoon butter, two of cream and season with salt and white pepper, add beaten yolks of two eggs and scant half pint grated cold ham, and lastly the well-frothed whites. Make

in balls, flouring the hands slightly, roll the former in flour and fry as above. Nice served in center of platter, surrounded by Brown Sauce or any good gravy. Or for *Potato a la Parisienne*, cut balls with a vegetable cutter from either cooked or raw potatoes and fry as above. If from the latter boil in water eight minutes then fry. Season with a little pepper, salt and chopped parsley.

Potato Biscuits.—To a pint mashed potatoes, add one beaten egg, when perfectly smooth add sufficient sugar to make quite sweet; add well-frothed whites of four eggs, a pinch salt and a desertspoon of orange-flower water, or any flavoring wished, and place in either round or oblong biscuits, upon a paper-lined pan as Lady Fingers. Bake slowly until nicely browned and remove paper when biscuits are cold. For *Potato Sandwiches*, take mashed potato, add pinch salt, a little milk and sufficient flour to make a light dough; roll out rather thin, cut into squares and toast in folding wire toaster, or broil on a gridiron; place two together with a little butter between, and serve hot. One of the nicest surprises is a *Potato Surprise*, grate cold boiled or steamed potatoes, or use mashed ones, one quart when prepared, add a little salt, flour enough to make a firm dough, about a heaping pint, roll out half inch thick on floured board, and cut in cakes with a large biscuit-cutter; or instead of rolling out take a piece of the dough in the hands (flouring them) and mold to same shape. Have small dice of fresh ham, slightly fried, and place a few in the center of each cake, bring the dough up over them, pinch together and roll in the hands; or place the meat on half the circle, fold over like a turn-over, and pinch edges well together; place in boiling water, cover and cook till done, being careful not to boil very hard; or place on buttered pie pan and bake in oven; or fry as fritters, or in frying-pan. Serve with any nice gravy. Any fresh or chopped cold meat may be used.


Potato Surprise

Potato Cakes.—Mix thoroughly with cold, mashed potatoes, the well-beaten yolk of an egg; make into small cakes, with floured hands, place in hot skillet with a tablespoon butter or ham or beef-drippings, cover tightly, and, in five minutes, when lower side is browned, remove cover, turn, fry until the other side is a nice brown; serve hot. Some add a little flour to the mixture, and they may be brushed with Pastry Glaze and baked in oven, when they are known as *Duchesse Potatoes*; a more elaborate recipe is, to one pint hot mashed potatoes, rubbed through the colander, add tablespoon butter, well-beaten yolks of two eggs, with a seasoning of salt, pepper and grated nutmeg; form into cakes, place on a buttered pie pan, brush over as above and brown in oven. Or for a *Potato Cake*, take a pint mashed potatoes; mix with them five tablespoons flour, two of butter, salt and pepper, and as much lukewarm milk as will make

a smooth, firm dough; add one egg and half teaspoon baking powder. Roll paste out with a rolling-pin till it is nearly two inches thick; dredge a little flour over and cut it out the exact size of the frying-pan. Rub pan over with butter, lay cake carefully into it, cover and shake every now and then to prevent burning; when brown on one side turn it over carefully on the other. Serve on a hot dish with plenty of good fresh butter. *Sweet Potatoes* may be prepared in same way. Or for *Potato Pudding*, wash, peel, and grate six or eight potatoes; add four tablespoons each sugar and melted butter or dripping, one teaspoon salt and quarter teaspoon pepper, mix well together, place in buttered baking dish, and put it into a brisk oven until it is done, and nicely browned. Some add grated rind and juice of half a lemon and yolks of two or three eggs.

Potato Croquettes.—Pare six potatoes; cut in small pieces, put in boiling water and cook till soft; drain, and put through a colander, mix three eggs (one at a time) with the potatoes; add two tablespoons bread-crumbs and a little salt. Cook, stirring constantly; when thoroughly heated take off, let cool, roll into balls and fry in hot lard as directed in Fritters and Croquettes. Sweet Potatoes prepared in same way. Or cook as above one pint mashed potato, gill milk, three tablespoons each butter and sugar, a little nutmeg and teaspoon salt. Take off and add two well-beaten yolks, stir until very smooth and light, spread, about half an inch deep, on a buttered dish and set away to cool. When cold, cut in squares, single-bread, using the whites, and fry as above. Serve immediately. Or roast a dozen fine potatoes: When done, scrape out the interior, which form into a ball. When cold put into a mortar and mix with six tablespoons butter, season with a little salt, pepper, chopped parsley and shallots and grated nutmeg. Add beaten yolks of four and two whole eggs, form into croquettes the size of a small pear, or in a small roll; double-egg-bread, page 299, and fry in a kettle of hot fat or in a little butter or drippings in frying-pan. Garnish with sprigs of fresh green parsley, and serve very hot. Or *With Gravy*, cook them in boiling gravy or milk. When done serve them in the sauce. If preferred, a little anchovy, shrimp, parsley, or lobster butter may be used in place of the herbs, etc.

Potato Croquettes.

Potato Flour.—Peel, and grate potatoes into an earthen pan, filled with pure, soft cold water; when the water begins to clear by the settling of pulp to bottom, pour it off gently and add more, stir pulp with hand, rub through a hair sieve, pour on more water, let stand until clear, pour off and renew again, repeating several times until the farina is perfectly white and water clear. The air darkens it and it must be kept in the water as much as possible during the process. Spread the prepared farina before fire, covering with paper to keep it from dust; when dry, pulverize it, sift, bottle, and cork

tightly. *Potato Jelly* is made by rubbing to a smooth powder, with the back of a spoon, equal quantities potato flour and sugar and pouring over them boiling water, till proper consistency; flavor as preferred. This is quite as nourishing as arrowroot, and possesses the great advantage of not turning watery when it grows cold. Two heaping teaspoons each of flour and sugar will be found to be sufficient for half a pint. For *Potato Blanc-mange* make a stiff jelly and while hot, stir into it almonds, blanched and pounded.

Potato Fritters.—Put five tablespoons flour into a bowl, mix with it teaspoon salt and half of white pepper, pour tablespoon salad oil into center and over this a gill tepid water, beating all well together; add well-beaten white of egg, stirring very carefully in order not to break the froth. Quarter five boiled potatoes, and dip each piece separately in batter. Drop in hot clarified fat, fry three minutes, drain, and serve hot.

Potato Omelet.—Take three or four steamed potatoes, mash, season, and add a little cream; then stir this with the yolks of six eggs and the whites of two. Fry till browned on one side, fold and serve at once. Or quarter four cold boiled potatoes, cut in thin slices or dice, season and add beaten yolks of four eggs, and lastly the well-frothed whites and fry as any omelet.

Potato Pancakes.—To two grated large raw potatoes add two beaten eggs, a tablespoon thick cream, salt and pepper, a little spice, and if wished, a little grated lemon peel. Drop a spoonful at a time into a skillet in which is some melted butter or beef drippings; spread out rather thin; when brown on both sides sprinkle a little sugar on them and serve.

Potato Pickles.—Wash and peel some very early potatoes, cut in long thin slips, and pass through two or three waters; drain, place in a cloth, and sprinkle with fine salt; let remain for half an hour, rub dry in the cloth, and put them into a cold pickle of spiced vinegar to which a clove of garlic (bruised) or sliced shallot has been added. This pickle should be very crisp and is nice when made with Tarragon or any flavored vinegar, spiced. A few slices of boiled beets will give a fine color. Some cook slightly at first.

Potato Pie.—Make a crust as for chicken or beefsteak pie, line a deep pie pan and fill with freshly cooked potatoes mashed and seasoned to taste with salt, pepper, butter, and cream; over this sprinkle a little summer savory, if liked, or sprinkle with a little catsup, chowchow or any fine pickle, cover with crust, and bake in quick oven until crusts are done; serve with fried chicken, veal cutlets, or any other meats with which a brown gravy is served. Or for a *Deep Potato Pie*, take a small quantity of meat of any kind—half pound is sufficient, and bacon, ham, potted fish with hard-boiled eggs,

odds and ends of beef, or poultry, will answer the purpose; cut any of these into pieces, lay in bottom of baking dish, season; pare and slice a quart of raw potatoes, place over meat, strew over bits of butter, cover with a crust if liked or sprinkle with bread-crumbs, or omit either, and bake in rather a slow oven. Sliced cooked potatoes can be used, making an economical and palatable way of serving up odd scraps; if any sauce, such as bread, parsley, white, etc., is left, it may also be added to the pie, and if wished the meat can be omited if sauce is used; or mashed potatoes may be taken, putting in layers with chopped pickles over each layer of meat; or other cooked vegetables, such as spinach, tomatoes, asparagus, etc., may be used in place of meat. There should be about three times as much potato as meat, fish or vegetables. When cooked, fresh fish is used, mix a raw egg with it instead of slices of hard-boiled eggs, as above.

Potato Puffs.—Beat three cups mashed potatoes to a cream with quarter cup butter, add three well-beaten yolks, half cup sweet cream, or part milk, tablespoon sugar and pinch of salt with the well-frothed whites. Bake in spoonfuls on a well-buttered pan in a quick oven; when done, slip a knife under, slide upon a hot platter and serve at once, garnished with parsley.

Potato Rolls.—Wash medium-sized potatoes, pare and cut in the form of small rolls of about three inches in length and an inch and a half across; dip into beaten egg, wrap each in a thin slice of fat bacon large enough to envelop it, and pin together with wooden toothpicks; arrange in a small baking-dish, put into a moderately hot oven, and bake until the potatoes are done; grate a little toast upon them and serve at once. Or take equal quantities of cooked fresh meat of any kind, or game or poultry, and fresh butter, and twice the quantity of mashed potatoes; pound all together in a mortar, season with pepper, salt, and nutmeg; add some raw egg to make it of the proper consistency; roll portions of it in a little flour, giving them the form of rolls; poach them in boiling water; drain them; let them become cold; dip them into beaten egg, then into melted butter, and fry until nicely browned on all sides; serve with a rich gravy sauce. A small portion of sausage meat, mixed with some mashed potatoes and treated same makes a delicious dish.

Potato Salad.—Cut pieces of streaky bacon, or ham, into small neat dice, fry slowly in frying-pan for a minute or so, then add two medium-sized finely-chopped onions, stir well with meat, dredge with flour and cook till onions are a light brown, add salt, four tablespoons vinegar, a little pepper and half pint water, or if vinegar not very strong use more of it and less water, stir well and pour over sliced boiled potatoes.

Potato Slaw.—Slice six or eight cold boiled potatoes into a crock, with one large or two or three small onions, season with salt

and pepper and pour cup vinegar over. Heat two tablespoons drippings and pour over very hot, stir all well together with a fork, taking care not to break potatoes; let stand four or five hours, stir again, put in dish and serve. More onions may be added if liked. Make from cold potatoes left at dinner and will be ready for tea.

Potato Souffle.—Boil five good-sized mealy potatoes, pass through a sieve; scald in a clean saucepan half cup sweet milk and tablespoon butter, add to potato with a little salt and pepper, and beat to a cream; add one at a time, yolks of four eggs, beating thoroughly, drop a small pinch salt into whites and beat to a stiff froth, add, mixing as lightly as possible; have ready a well-buttered souffle or baking dish, large enough to permit the souffle to rise without running over; bake twenty minutes in a brisk oven, serve at once in the same dish in which it was baked, placing in the ornamental receptacle as described on page 125; or tying on the *Knitted Cover*, crocheted of white tidy yarn, with cord and tassels at top so it can be drawn tightly around the top edge of the baking dish, thus making a pretty bottom cover for anything served in dish in which it was baked. The souffle should be eaten with meats that have gravies.

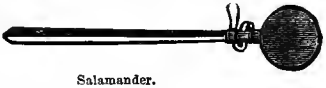
Potato Soup.—Pare and slice four large potatoes, cover with water, cook till tender and rub all through colander; add to this a quart of rich milk, two tablespoons butter and season with salt and pepper; boil up once and serve. Some add a tablespoon each chopped onion, celery and parsley, speck of cayenne and half tablespoon flour made smooth in a little milk. Strain into tureen and serve with croutons of toasted bread. If wished richer, use only a pint of milk, and put two well-beaten eggs in tureen, stirring rapidly while pouring in the soup. Some do not strain the soup.

Potato Stew.—Boil one pound salt pork in two quarts water; when done, take out, add twelve raw potatoes and two onions sliced, or if very small leave potatoes whole; cook three-quarters of an hour, and add tablespoon butter and cup milk mixed with a beaten egg; boil a moment or two and serve; or if not wished with as much liquid, prepare the dressing of butter, milk and egg in saucepan, skim out potatoes and onions, add, and boil up once in it. Score the meat and brown in oven and serve. If quite salt, soak a little while before cooking. Or *Without Meat*, place three tablespoons lard, drippings or butter in saucepan, when hot, mix in two of flour, and add about three pints water; when boiling, add twelve sliced raw potatoes with salt and pepper. Stir occasionally and when done, serve hot.

Potato Snow.—Boil fine, white, mealy potatoes, drain off, and set on back of stove with a cloth over them till they are quite dry and fall apart; then, using a potato masher, rub through a hot colander, or coarse wire sieve upon the hot dish in which to be served,

taking care not to crush the snow as it falls, *never touching it.* It will drop in long coils, which heap themselves up invitingly, or by shaking the colander lightly, every other minute, it will fall off in short grains and is known as *Potato Rice.* In either case only rub a small quantity through at a time, and do not let the colander touch the potato. Some boil in their jackets, and others first mash them, then finish as above. Sprinkle with salt, and a very little sugar, if wished, and serve very hot. For *Granite Potatoes*, boil and mash, adding hot cream or milk, butter and salt as in Mashed Potatoes, only making more moist, then rub through a colander as above. It is well to have the dish in a pan of hot water on the stove, when preparing snow, place in hot oven a moment, then serve.

Potato Whip.—Take a pint of steamed potatoes and whip them *very light* with a silver fork, adding half cup cream or milk, two tablespoons butter, yolks of two eggs and seasoning to taste. When as light as a feather add the well-frothed whites, and heap lightly, without smoothing, in a quart souffle or baking dish, slightly buttered, and brown quickly in oven, or use a hot salamander. If wanted extra nice, use whites of two more eggs. Or, *With Meat* add tablespoon each, grated onion and minced parsley with a gill or more of grated, cold cooked ham. Pile in dish and sprinkle with sifted bread-crumbs or grated cheese, if liked; brown and serve as above.



Salamander.

Potatoes With Ham.—Grate four or five cooked, mealy potatoes, beat to a cream three or four tablespoons butter, add gradually two whole eggs and two yolks; beat well and add half pint finely-grated, cooked ham. Put in a buttered baking dish and steam or bake; when done, sprinkle with grated cheese and brown lightly. Or *With Fish*, place the roe of a fish in baking dish, chop two cold potatoes, put upon fish, strew bits of butter over and place for twenty minutes in a moderately hot oven.

Potatoes With Kidney.—Take a sheep's kidney, or a piece of calf's liver of an equivalent size, chop finely and season with salt, spices, and a few herbs finely chopped; add to it a tablespoon butter cut in bits; chop up four medium-sized raw potatoes, well washed and peeled, mix thoroughly with meat, place in buttered baking dish, sift over bread-crumbs, and bake for three-quarters of an hour in a slow oven; serve in dish in which it was baked. A little shalot or onion may be added if wished. Or *With Cabbage*, either mash some hot, or finely chop some cold potatoes, season with pepper and salt, and add to them just enough boiled young cabbage to give nice green color to potatoes; add butter, and either fry quickly, or bake as above. It may be fried after pieces of bacon, and both be arranged together in dish.

Potatoes With Onions.—Boil potatoes in skins, peel while hot and slice; let sliced onions stand in salt and water an hour, then put them in frying-pan with a little ham gravy or butter and a little water, cook slightly, skim out and put in vegetable dish first a layer of onions, then potatoes, then onions, etc., with potatoes last; add a cup of vinegar to frying-pan in which the onions were cooked; let boil and pour over the vegetables. The proportions of onions and potatoes can be half and half or as wished. For *Galveston Potatoes*, boil potatoes; when done, mash, season with salt, pepper and butter; mince a large onion very fine, mix well through the potatoes, put in baking dish and brown in oven; or for *Potato Loaves*, place spoonfuls of above under and around meat, when roasting, about fifteen minutes before latter is done; baste the little loaves, so they will brown nicely. For the well-known *Lyonaise Potatoes*, put two tablespoons butter or drippings in a frying-pan and add two sliced onions; when they begin to color add cold potatoes, sliced in quarter-inch slices or cut in dice, using about eight potatoes; shake or stir them gently till a golden brown, add a tablespoon of finely chopped parsley, mix through slightly and serve very hot. Some add juice of a lemon just before serving, and others drain dry by shaking in a heated colander.

Potatoes for Garnishing.—Take potatoes sufficient in number to decorate a dish; wash, peel, and cut in any form fancied—whether balls, pine-apples, stars, diamonds, etc.; let stand in salted water a little while, dry upon a towel, and place at bottom of saucepan, cover with clarified butter, bring quickly to a boil, and then cook slowly till of a fine golden brown; drain, and fry lightly in frying-pan with butter, adding a little veal glaze. Let them be ready just in time for the dish they are to garnish. Or mash and fry in spoonfuls in a frying-pan with drippings or a little butter and place upon small collops of calf's liver or meat of any kind, or arrange them in a rim round a dish of fried sausages. Or, for a *Potato Border* pare and boil fine medium-sized potatoes, mash and beat with a large fork till light as a feather; add tablespoon butter, teaspoon salt, yolks of two eggs, (the whites make it more difficult to form in shape) and three-quarters of a gill of hot cream; mix well, press the potato tightly in the crown mold and let stand fifteen minutes in a warm place; then turn out carefully on platter, brush with Pastry Glaze, brown in oven and fill center with a ragout, fricassee or whatever wished.

Crown Mold.

Baked Sweet-potatoes.—Wash, and bake in oven in their jackets one hour, and serve without peeling; or *With Meat*, steam or boil them, remove skins, place in pan around the meat and baste often, browning nicely; or they may be put around the meat without first cooking, but are not as nice and will not brown well. If

large cut in two lengthwise or even quarter them, and turn as needed. Sweet-potatoes are delicious with Roast Pork. For *Carolina Sweet-potatoes*, slice raw potatoes, put in baking dish, sprinkle with sugar and more than cover with water; cover the dish and bake about two hours. The syrup-gravy is much prized. Or for *Texas Sweet-potatoes*, peel, place in pan, pouring a little hot water over them, set in oven and bake, turning them so as to brown evenly; pour in more water as needed; let the pan be about dry when they are done. Serve on hot dish. Or boil or steam till nearly done, peel and cut in lengthwise slices; put a layer of potatoes with bits of butter dotted over them, and sprinkle well with sugar; add another layer of potatoes, butter, and sugar, until dish is full. Add very little water, and bake. For *Perfection Sweet-potatoes*, slice cold boiled potatoes crosswise, in half-inch slices; dip in egg then in farina, and sprinkle over with sugar. Place in a hot dripping-pan and dot each piece with a bit of butter and brown in oven about ten minutes. Serve on a hot dish. For *Roasted Sweet-potatoes*, roast in ashes, as Irish potatoes, remove skin and serve. They have a delicious and peculiar flavor so cooked. Sweet-potatoes prepared in any way are especially nice served with chicken. Always cut off ends, when preparing for baking, the same as Irish potatoes.

Boiled Sweet-potatoes.—Wash and boil as Irish potatoes, without any salt; when tender, peel and place in oven to dry and brown delicately, if wished. Serve like Irish potatoes, a dressing of melted butter being nice. The best way to cook them is as *Steamed Sweet-potatoes*, finishing as above. For *Mashed Potatoes*, boil or steam and prepare as Irish potatoes. However cooked, they require more time than the Irish.

Browned Sweet-potatoes.—Put in a frying-pan half cup each butter and lard, cup sugar, and pint water; pare potatoes, slice lengthwise if large, add and keep closely covered, boil until water boils away, then brown nicely but do not let burn. After removing potatoes, pour in cup cream, let boil and pour over potatoes. Serve hot. Or cut cold boiled potatoes in thick slices and season. Have butter or drippings in frying-pan and add slices to cover the bottom; brown and turn as pancakes. Sliced raw ones may be prepared same, being careful not to cook too long as they will become hard. *Parsnips* may be browned as above.

Fried Sweet-potatoes.—Peel, slice, and drop in smoking-hot fat, turning to nicely brown both sides, or fry sliced cooked ones same; or single-bread, some using flour instead of crumbs and fry.

Glazed Sweet-potatoes.—Boil till tender, peel carefully, and lay in buttered dripping-pan, in a good oven; as they begin to crust over, baste with a little butter, repeating this several times as they brown; when glossy and a golden color, dish and serve while hot.

Stewed Sweet-potato.—Peel and slice a quart of sweet potatoes, put them over the fire in boiling water to cover, and boil till tender; drain, and add to them a heaping tablespoon butter, saltspoon salt, and enough milk to cover; let boil and serve at once, if allowed to cook after tender they will soon break.

Sweet-potato Cakes.—Boil, remove skins, and rub potatoes through a coarse colander; make into flat cakes, dip in flour and fry in hot butter. For *Biscuits*, mash well four medium-sized cold boiled sweet-potatoes, add four tablespoons flour, piece of butter and a little milk to make a dough as for biscuit dough. Roll on pastry board, cut with biscuit-cutter, and place in a floured baking pan. If oven is very hot, put upper grate under pan and a piece of paper over cakes to render them more moist.

Sweet-potato Cheesecakes.—Beat quarter of a pint butter with three or four potatoes (quarter of a pound), well mashed; add yolks of two or three eggs, gill sugar, quarter pound dried currants, prepared as for cake; beat well, then add lightly the well-frothed whites, and rind and juice of a lemon, which causes it to curd. Line patty-pans with a rich Puff Paste, place a heaping teaspoon of mixture in each and bake in a quick oven. These are very delicious and equally nice made with Irish potatoes.

POULTRY.

What can be more tempting to the epicure than a handsomely browned and crusted fowl? And although poultry is not considered equal to fish as a food for brain-workers, it contains more of the muscle-making and heat-producing elements than beef or veal. This is especially the case with the thighs and legs of chickens and turkeys, which are far superior to the breast as real food. The latter is dry and somewhat tasteless while the former is juicy and of rich flavor. While this is true of poultry and the larger game; with birds which live "on the wing" it is just the opposite; their breasts are juicy and more nutritious while the meat on the thighs is poor and dry. There are many ways of preparing poultry besides the tempting roast, which make delicious and dainty dishes; but the first secret of success lies in the care of, killing, picking, singeing, plumping, cutting up and dressing of chickens and turkeys. Very full and complete directions for which are given, in Cutting and Curing Meats in the back part of book. After a fowl is nicely dressed, if to be served whole, it can still be made to look more plump by flattening the breast bone; place several thicknesses of cloth over the latter and pound it, being careful not to break the skin; then rub inside well with salt and pepper. Make any stuffing or force-meat wished and stuff the breast first, but not too full or it will burst in cooking; stuff the body rather fuller than the breast, sew up both openings with strong darning cotton, and sew the skin of the neck over upon the back or down upon the breast, remembering that these threads must be carefully removed before sending to the table. Lay the points of the wings under the back, and fasten in that posi-

tion with a skewer run through both wings and held in place with clean twine; press the legs as closely towards the breast and side-bones as possible, giving an upward and pushing motion, and fasten with a skewer run through the body and both thighs, push a short skewer through above the tail, and tie ends of legs down, with a twine, close to the skewer; then place the fowl on its breast and take the strings which tie the legs and bring them around the skewer in the wings; pass them back and forth, across the back, to the skewer in tail two or three times and tie very tightly. Trussing thus, a handsome shape will be given, and all the strings will be on the back, so that the crust with which the breast of a perfectly roasted fowl is covered need not be broken. If one has not skewers, proceed as above, tying in shape as nicely as possible. It is now ready for roasting or boiling. If to be roasted rub over lightly with salt, or some do not use any until half done. Never use pepper, on the outside until fowl is done; as the scorching which it undergoes when on the surface, entirely changes the flavor. Always use white pepper, if any. A handsome appearance may be gained for the roast by larding the breast and where the fowls are rather dry it is a nicer way. Proceed as directed on page 459, using a smaller needle than for meats. The heating, for a moment, of the flesh renders it firmer, enabling one to lard more easily. The illustration shows a separate needle and lardoon and one ready for use. When one can not lard, the "barding", as described, is very nice, especially for small game, such as quails, etc. Both chickens and turkeys, if roasted, are thought to be better steamed, especially if chickens are over a year old, and old chickens can be deliciously fried if, after cutting, the pieces are first steamed till tender. Stewing and boiling are well approved ways of cooking chickens of a questionable age. Always put on in boiling water, unless soup is wanted, when use cold; skim when it boils up first, and place where it will only *simmer*; which, although defined as "gentle boiling" is by competent authorities on cookery, considered *not boiling*, but just the next step; a degree of heat hot enough to coagulate the albumen, and soften the fibrin, being of the temperature of 180° when tested by a thermometer. When cooked in water kept at boiling point, which is much less effective than simmering, the flesh becomes tough rather than tender, and there is

Needle and Lardoon.

both a waste of fuel and a poorly-served fowl. Putting in boiling water at first is very important in order that the surface may be quickly sealed, thus retaining all the juices; then simmering as directed, the fowl, or any meat, will be tender, jucier and finer flavored in much less time than if water is always kept at boiling point; thus proving a much more economical as well as satisfactory method of stewing and boiling. A little vinegar added to the water makes fowls more tender, and pinch of sugar adds to flavor; if very old, some sprinkle a spoonful soda over, letting stand a day or two, washing off and cooking. The same result would be secured without the soda, we think; as "hanging" for a few days, or even longer, is considered the only approved way of preparing poultry by many, especially among the English. In roasting as in boiling, have a high degree of heat at first, for the same purpose of searing the surface, then graduate to a moderate heat until done; to test which insert a fork between the thigh and body, if the juice is watery and not bloody it is done. If not served at once, the fowl may be kept hot without drying up, by placing it over a pan of boiling water, set on top of stove or range, and inverting a dripping-pan over it. The wire rack or trivet placed inside the dripping-pan is quite essential in roasting, or patty-pans or muffin rings may be used. The pan for turkey should be three or even four inches deep, and measure at the bottom about sixteen by twenty inches, with sides somewhat flaring. Some roast without water, thinking the larding or butter makes sufficient drippings for basting; others add a very little hot water. When fowls are frozen, they must be entirely thawed in cold water, before being cooked. Chickens are seasonable at all times, but "spring chickens" should be three or four months old to be a wholesome diet, as the flesh is too immature before that time. Turkeys are decidedly a fall and winter delicacy. Poultry whether roasted or boiled may be served with a Giblet Gravy made as directed in Gravies. Some of the garnishes are parsley, fried oysters, thin-sliced ham, slices of lemon, fried sausages or force-meat balls.

Baked Chicken.—Dress and split young chickens open by cutting with a sharp knife down the side of the back-bone; then press apart and clean as directed, wipe perfectly dry and put in dripping-pan, bone side, or inside down, without any water or butter; have the oven hot and they will be done in a half to three-quarters of an

hour. Take out, and season with butter, salt and pepper; pack one above another as closely as possible, and place in pan over boiling water, covering closely to keep hot and moist while making Giblet Gravy—see Gravies. Or, when *tender*, spread over paste of butter and flour as in Roast Chicken. These are very nice, without gravy, for picnic or traveling lunch, when the seasoning of butter should be omitted. Or for *Buckeye Baked Chicken*, cut each chicken into seven or nine pieces, wash carefully and quickly, and put in colander to drain; put a half tablespoon each lard and butter in dripping-pan, lay in the pieces, and add half pint hot water; place in oven and bake half an hour; turn, taking care that they get only to a light brown, and just before taking up, add salt and pepper to taste; when done take out in a dish and keep hot. To make the gravy, add a half pint or more of water, set the dripping-pan on the stove, and add tablespoon flour mixed with half cup cream or milk, stirring slowly, adding a little of the mixture at a time. Let cook thoroughly, stirring constantly to prevent burning, and to make the gravy nice and smooth; season more if necessary. Some do not put water in pan, but use plenty of butter, or drippings and butter. For *Baked Chicken with Parsnips*, wash, scrape, and quarter parsnips, and parboil for twenty minutes; prepare a young chicken by splitting open at back, place in dripping-pan, skin side up, lay parsnips around it, sprinkle with salt and pepper, and add lump of butter size of an egg, or two or three slices good pickled pork; put enough water in pan to prevent burning, place in oven and bake until chicken and parsnips are done a delicate brown; serve chicken separately on platter, pouring the gravy in pan over the parsnips. For *Breaded Chicken*, cut a tender chicken into seven pieces, roll in beaten yolks of two eggs, then in finely grated bread-crumbs, seasoned with chopped parsley, pepper and salt; place in dripping-pan, dot the pieces with tablespoon butter in bits, add a little water and bake slowly, basting often. When done, take out chicken and make gravy in pan by adding mixture of flour and butter, made smooth by stirring. Add either cream or milk to make sufficient gravy, and season to taste.

Boiled Chicken.— Stuff or not, as wished, and then truss as directed. Put in kettle in about a pint boiling water, adding more if necessary, but if only simmered as directed in preface, more will not be needed, unless a quantity of gravy is wished. After skimming, cover and cook till tender. It will be finer flavored if cooked in as little water as possible. Take out chicken, add butter if needed, and a slight thickening of browned flour; this may be poured over the chicken; or any piquant sauce may be thus used, and a sauce-boat of Giblet Gravy made, as directed in Gravies, adding the water and chopped giblets to the kettle. They can be cooked with the chicken, but it

Boiled Chicken with Rice.

would necessitate more water in order to have plenty of gravy, and the chicken would not be as nice; if fresh water is added just at last, to make gravy, the latter will not be as nicely flavored, as if it were the water in which the giblets had been cooked an hour or two. The chicken may also be served on a bed of Swedish Rice, see Vegetables, and makes a handsome dish.

Broiled Chicken.—Cut the chicken open on the back and pound on meat board until it will be flat; it can then be put on the gridiron in neat, compact form, and flattening also prevents one part from burning while another is underdone. Put on gridiron, inside or bone side down, as the chicken cooks more thoroughly in this way, the inner surface being quickly seared and the juices retained. Turn, to brown both sides nicely, and often enough to prevent burning. It will take twenty or thirty minutes to cook thoroughly and will cook much better to cover with a pie pan held down with a weight so that all parts of chicken may lay close to gridiron. Some dip in melted butter or rub over well with butter before broiling. Serve very hot simply seasoned with salt, pepper and butter; or while chicken is broiling, put liver, gizzard and heart in saucepan and boil in pint water until tender, take out and add flour, butter, pepper, salt, and cup sweet cream to the water; when chicken is done, dip it in this gravy while hot, lay it back on the gridiron a minute, then add the chopped giblets to the gravy, put in the chicken, let boil for a half minute, and send to table hot. *Broiled Quail*, prepared and served in same way, is very nice. Unless the chicken is very young it should be steamed before broiling until almost tender, or put in a hot oven ten minutes. Some broil a few thin slices of salt pork with the chickens and serve them garnished with the pork, slices of lemon and parsley.

Fried Chicken.—Put frying-pan on stove with a half tablespoon each lard and butter; when hot lay in the pieces of chicken, sprinkle with flour, salt and pepper, place on lid, and cook over moderate fire; when a light brown, turn the chicken and sprinkle flour, salt and pepper over top as at first; if necessary add more lard and butter, and cook slowly until done, keeping closely covered; make gravy same as for baked chicken. As a general rule three-quarters of an hour is long enough to fry spring chicken. To make rich and nice gravy without cream, beat yolk of an egg light, strain and stir slowly into gravy after flour and milk have been stirred in and thoroughly cooked; as soon as it boils up the gravy is done, and should be removed from stove. Or put in a tablespoon each butter and chopped parsley, pint of cream and seasoning of salt and pepper; stir over the fire, loosening all browned particles from pan and adding tablespoon flour if necessary. Boil up and serve, poured over or around the chicken, or send on in sauce-boat. Some dip pieces in hot water and roll in flour instead of sprinkling with it, and they

may also be single-breaded. Always steam or parboil before frying, unless chickens are very young. For *Creoled Chicken*, cut a three pound chicken as directed and fry the back, thighs, legs and wings in a little hot fat until half done; then put in the breast in two pieces with tablespoon chopped onion, clove of garlic, chopped, and bunch herbs and fry five or ten minutes; add an ordinary slice of raw ham, diced, four or five large tomatoes, cut in very small pieces, seasoning well with salt and pepper, and when all are cooked, serve together on platter. For *Fried Gumbo*, cut up two young chickens, and fry in skillet; when brown, put in pot with quart finely chopped okra, four large tomatoes, and two onions chopped fine; cover with boiling water, boil very slowly, and keep kettle tightly closed; add boiling water as it wastes, and simmer slowly three hours; season with salt, pepper, and a little butter and flour rubbed together; serve with boiled rice. A nice addition is a dozen or so oysters fried in a little butter and added just before serving. *Fried Whole Chicken* is a nice dish when the fowls are young and tender. Truss as for roasting, but do not stuff, then fry by immersing in hot fat until a nice brown or first single-bread them. The chickens may be steamed until tender, then fried as above. Chickens fried after any method given may be garnished with fried oysters, hominy or rice.

Jellied Chicken.—Cook two chickens in small quantity of water, until meat will part from the bone easily; season to taste with salt and pepper; just as soon as cold enough to handle, remove bones and skin; place meat in deep pan or mold, just as it comes from the bone, using gizzard, liver and heart, until the mold is nearly full, and put bones and skin back in the water chicken was cooked in. Boil this till a little less than a quart and add half box or an ounce of gelatine dissolved in a little warm water, and juice of lemon if wished, strain and pour over chicken in mold; leave to cool, cut with a very sharp knife and serve. The slices will not easily break up if directions are followed.

Jellied Chicken with Eggs.

Some add to the broth an onion, stalk celery, twelve pepper-corns, piece of mace, four cloves, white and shell of one egg and salt and pepper to taste. Three tablespoons corn-starch may be used instead of the gelatine. Sliced hard-boiled eggs, and thin slices of lemon, if liked, neatly arranged around bottom and sides of mold or bowl add greatly to the appearance of the dish. Or put in layers of eggs and chopped chicken alternately. Stuffed Eggs in halves are also molded with chicken with pleasing effect. Some put in pudding dish and bake, turning out when cold. When making chicken salad if all bits of the meat rejected for the salad are put back into the quart of liquor, thickened with gelatine or corn-starch as above and turned into a mold lined with sliced eggs, a very good *Plain Jellied Chicken* will result. For *Chicken in Jelly*, soak an ounce gelatine in cup cold water twenty minutes; squeeze it quite

dry and melt it in pint clear stock in which a large tablespoon marjoram and half the rind of a lemon have been simmered ten minutes. Season to taste with salt and pepper and strain. Cover bottom of a mold half an inch thick with the gravy and when nicely set in jelly, place upon it slices of hard-boiled eggs, slices of beet and gherkins cut in fancy shapes. Mince together the meat from two boiled chickens and a half pound each cooked ham and tongue; season and press this into compact shape and put in center of mold, leaving an inch of space around every side; fill this space with the jelly which should not be poured in until quite cool so that it may harden quickly and preserve the shape of the meat. This dish may be made very handsome and in cold weather will keep a week. For a more elaborate dish, cover bottom of mold with a clear gelatine or aspic jelly about an inch in depth; when it stiffens, put a sprig of parsley in center, spreading the leaves, leaving the stem up and hold it thus while pouring in a little more half-thickened jelly; when this hardens cut a hard-boiled egg in two lengthwise, and lay the halves obliquely across it; cover these with jelly, and when hard lay in long, delicate strips of breast of chicken, seasoned with pepper and salt; cover with jelly to within an inch and a half of top; when hard, put a lining of very thin lemon slices around mold, lay in more bits of chicken, fill mold with jelly, and place on ice. While filling mold, keep the jelly standing in hot water as it must not harden, and the mold in a pan of ice, unless it is *very* cold weather, when mold may stand outside a window. Always wet mold with water before using.

Masked Chicken.—Dissolve half ounce gelatine in four tablespoons cold water; put a quart stock in saucepan with tablespoon vinegar, sprig of parsley, half teaspoon black pepper and half saltspoon salt, and when hot add the dissolved gelatine. Beat whites of three eggs, adding four tablespoons cold water, and stir into mixture in saucepan with fork or egg whip. The moment it boils draw to back of range and simmer slowly twenty minutes, then strain through clean towel and let stand overnight. Next day cut wings and legs from cold boiled fowl, trim neatly, cut two fillets from the breast, taking care not to break the grain of the meat, and remove skin; melt two tablespoons butter in saucepan, stir in four tablespoons flour, add gradually half pint milk and when boiling add a gill cream, seasoning of white pepper and salt, and stir while it boils two minutes. Take off fire and add tablespoon of the cold jelly prepared as above. Then dip the pieces of chicken into this sauce and place on a sieve to drain and cool half an hour. When quite cold arrange the pieces of masked chicken neatly in bottom of dish, chop the cold jelly coarsely and scatter over them and garnish with fresh sprigs of parsley. Or the hot sauce may be poured over the pieces of chicken, set away to cool, and at serving time dish them, with the sauce that will adhere, on large slices of cold sweet-pota-

toes, fried a golden brown in butter, putting a lump of the jelly on each piece of chicken. Garnish with parsley.

Pickled Chicken.—Boil four chickens till tender enough for meat to fall from bones; put meat in stone jar, and pour over it three pints cold vinegar, and a pint and half of water in which chickens were boiled; add spices if preferred, and it will be ready for use in two days. A very delicious relish.

Potted Chicken.—Pick meat from the bones of cold roast fowl, free from gristle and skin, weigh, and to every pound meat allow four tablespoons fresh butter, teaspoon pounded mace, half a nutmeg, grated, pepper and salt to taste. Cut meat in small pieces, pound it well with the fresh butter, sprinkle in the spices gradually, and keep pounding until reduced to a perfectly smooth paste. Put into potting-pots and cover with clarified butter, about one-fourth inch in thickness; and if to be kept for some time, tie over a buttered paper, or cloth cover and then one of oil-cloth. Two or three slices of ham, minced and pounded with the above ingredients, will be found an improvement. Keep in a dry place.

Pressed Chicken.—Take one or two chickens, boil in small quantity of water with a little salt, and when thoroughly done, take all meat from bones, removing skin, and keeping the light meat separate from the dark; chop and season to taste with salt and pepper. If a meat presser is at hand take it, or any other mold or a crock or pan will do; put in a layer of light and a layer of dark meat till all is used, add the liquor it was boiled in, which should be about one cup, and put on a heavy weight until cold; when cold cut in slices. Prepare the day before it is wanted and keep in cool place. Many chop all the meat together, add one pounded cracker to the liquor it was boiled in, and mix all thoroughly before putting in mold; either way is nice. Some add half as much chopped ham as chicken and hard-boiled eggs may be molded with it as in Jellied Chicken. Celery tops are a nice garnish or sprigs of parsley. *Pressed Turkey* is prepared same way, slicing instead of chopping. Either of the above makes very fine sandwiches.

Roast Chicken.—After cleaning, stuff and truss a six pound chicken as directed in preface, using for the filling, pint and a half dry bread-crumbs, four tablespoons warm milk, half cup butter, level tablespoon salt, teaspoon each chopped parsley, white pepper, and summer savory, half teaspoon each powdered sage and marjoram and yolk of an egg, mixed well together. Or omit egg and milk and use half pint butter, melted. Place chicken on its side on trivet, in pan in hot oven and baste every ten or fifteen minutes with a little water and butter. When half done, season with salt and continue to dredge, baste and froth as in Larded Turkey. When done, dish and make a Giblet Gravy as directed. Some add a little

hot water at first, others when half done. Or for a *French Roast*, dredge with salt, rub over thickly with soft butter, then dredge very thoroughly with flour; place on the trivet and in ten minutes add a little hot water to pan; baste and finish as above. Serve when nicely browned and frothed, with Giblet Gravy. It is claimed that the rich paste of butter and flour keeps in the juices, giving a fine flavored roast, and that it is really more economical, less butter being required than when simply basted with melted butter. Or roast and baste as in first recipe, and when tender, season and spread over a smooth paste of two tablespoons butter and four of flour and serve when nicely browned without more basting. Or for a more elaborate dish stuff and truss, then lard as directed in preface and roast as above, basting with the drippings, using butter and flour with which to froth it nicely at the last. Or bone the chicken as directed in Cutting and Curing Meats, leaving in the leg and wing bones, and stuff with bread-dressing or any force-meat, then sew in shape trussing the wings and legs close to the back; lard and roast as above. This makes a nice dish to serve, as being boneless, is easily carved across in handsome slices. Veal Force-meat is delicious with this.

Larded Chicken.

Smothered Chicken.—Cut up chicken in seven or nine pieces and put in dripping-pan in pint boiling water, sprinkle with salt, pepper, flour, and dot with bits of butter; cover closely with another pan and bake two hours in moderate oven. If the chicken is very tender, less time will do; if tough more is necessary. When tender, take the fowl from the pan and keep hot till ready to serve. Make a gravy from what is left in the pan; if there is much fat, pour it off and add enough flour rubbed smooth in a little water to thicken. Or, split the chicken down the back as for broiling, lay inside down in baking pan, add water and cover as above; then bake forty minutes, when baste freely with butter and a little of the gravy or drippings from fowls. In ten minutes baste again with gravy from the pan, and in five more, with melted butter, dipping it plentifully all over the fowls, which should now begin to brown. Season with salt and increase heat, still keeping chickens covered. A few minutes before dishing test with a fork. When tender serve with Giblet Gravy. Some prepare thus and let cook without basting till tender and beginning to brown. Then spread over with a paste made of two tablespoons butter and four of flour and baste every ten minutes with drippings in pan until a rich brown. Serve with a gravy poured over chicken, made by adding milk and thickening to drippings in pan. Or *With Oysters*, stuff and truss as directed, fill the breast with chopped oysters, parsley and bread-crumbs, and stuff the body with oysters alone, put in a clean tin pail with closely fitting cover, and set in kettle of cold water. Cook slowly for more than an hour after water in outer vessel begins to

boil. If the fowl is not young, it may require cooking two hours. *Do not open the tin pail in less than an hour.* When chicken is tender, take out on hot dish, covering immediately. Turn the gravy into a saucepan, thicken with tablespoon corn-starch, and three tablespoons cream, chopped parsley, seasoning to taste, and yolks of three hard-boiled eggs, chopped fine. Boil up once, pour a little over the chicken, and serve the rest in gravy-boat.

Steamed Chicken.—Rub chicken on the inside with pepper and half teaspoon salt, place in patent steamer or over a kettle that will keep it as near the water as possible, cover, and steam an hour and a half; when done keep hot while dressing is prepared, then cut them up, arrange on platter, and serve with the dressing over them. The dressing is made as follows: Boil pint gravy from kettle without fat, add cayenne pepper and half teaspoon salt; stir six tablespoons flour into quarter pint cream until smooth, and add to gravy. Corn-starch may be used instead of flour, and some add nutmeg or celery salt. Or stuff, truss, steam and brown as Steamed Turkey.

Stewed Chicken.—Cut up chickens as for frying, place in boiling water to cover and stew as directed in preface until tender, adding more hot water occasionally as needed. When done, add tablespoon butter mixed with tablespoon flour, stirring it in a little at a time, and season with pepper and salt. Or put the butter in the stew and mix the flour smooth in a little water before adding. A pinch of sugar is an addition to all stews. For a *Creoled Stew*, cut up a chicken and fry slightly; then take out pieces of chicken and dredge a little flour into the fat they were fried in; add sufficient water to make the gravy, and one pound of skinned and cut-up tomatoes, with a medium-sized onion also cut up, and a little chopped parsley, cayenne, and black pepper; season to taste with salt, and stew until thoroughly incorporated; put in the chicken with three tablespoons butter, and stew two hours longer; then put in a pint of well-washed rice and stew another hour. Serve with the gravy poured over. Instead of frying, some stew the chickens until tender with the onion and a slice of broiled ham; then take out and prepare other ingredients as above, omitting the rice, and serving with a pint of pease, cooked separately, strewn over the dish. For a *Brunswick Stew*, cut up a chicken and boil four onions in a quart water with two or three slices fat bacon cut in small pieces; then add half pint each ripe tomatoes, peeled and cut fine, butter or lima beans, parboiled, and sweet-corn, teaspoon each pepper and sugar, butter size of hen's egg and salt to taste. Stew all together gently for an hour, take out all bones and serve hot, adding a little thickening if necessary. Squirrels are nice stewed same way. The bacon may be omitted if not liked. Serve chicken in center of dish and vegetables around. For a *German Stew*, clean, stuff and truss a pair of chickens, as for roasting and dredge well with salt,

pepper and flour. Cut a quarter pound pork in slices, and put part on bottom of a deep stewpan with two slices of carrot and an onion, cut fine. Stir over fire until slightly browned, put in the chickens, lay remainder of pork over them, and place in hot oven for twenty minutes; then add white stock to half cover the chicken (about two quarts), and a bunch sweet herbs. Dredge well with flour, cover pan and return to oven. Baste every fifteen minutes, and after cooking an hour, turn the chicken,and cook two hours in all. Serve with the gravy in which chickens were cooked, strained over them. Prepare *Curried Chicken* by cutting up as above and put in stew-pan with little boiling water, put on tight cover and simmer twenty miuutes. Take out chicken and put in some thin pieces of salt pork and two sliced onions. In a few minutes remove pork, replace the chicken, mix a teaspoon of curry-powder, gently through the gravy, add cup each rice, and fresh grated cocoanut and boil all together until tender. Or truss whole, put slices of pork in kettle, then the chicken, cover, and cook till beginning to be tender; then add cup of well-washed rice, cook till tender adding hot water as needed. Dish chicken, keep hot and add heaping teaspoon curry-powder to rice, stir gently and place on platter with chicken in center.

Truffled Chicken.—Bone one chicken, cut off the fillets or white meat of two more and lay them all side by side on the table. Cut a half pound fat salt pork in thin strips, score gashes in thick parts of the chicken and lay in the strips, cut up a large can of truffles and arrange the pieces evenly where they will show the black spots in the white meat when chicken is sliced. Dredge well with salt and white pepper, a little nutmeg and powdered thyme. Then lay the chicken breasts in the thin places of the boned fowl, bring the two sides together and sew up the fowl into nearly its original shape. Roll in a floured cloth, tie and pin it, and boil two hours in salted broth. Press it while cooling. Take off cloth when cold, draw out thread from fowl and serve either incased in Aspic Jelly, or coated with glaze, or slice and arrange nicely on a dish.

Chicken Croquettes.—Boil two fowls weighing five pounds each till very tender, mince fine, add pint cream, half pint butter, salt and pepper to taste; make in oval shapes and fry like fritters.

Chicken Cutlets.—Cut off legs of a chicken with all the meat that can be obtained by cutting close to the body, and also the breast meat attached. This will give four pieces of chicken with a bone in each one which must be scraped up like cutlet bone with plenty of meat at the end of it, the same as a lamb chop. The leg cutlets consist of drumstick and second joint; the others have the fillet or breast and the wing bone. Chop off the knob ends. The bone of second joint should be loosened from meat, all meat pushed to one side of it, and the bone pushed through a hole made in edge

of meat—to make it look like a lamb chop—and the ends of bones should be scraped clean for about an inch. When all are prepared, parboil by dropping the cutlets in boiling water or broth well seasoned, or they lose their shape. When they have boiled five minutes lay them flat on dish or pan, put other dish and a heavy weight on top and let them get quite cold. After that trim and shape them neatly. Single-bread each cutlet, using cracker-dust, and fry in lard or butter in frying-pan. Or they may be *Larded* as directed, and cooked as above without breading. Or for *French Cutlets*, cut cold boiled fowl into as many nice cutlets as possible; take corresponding number of croutons of bread, about same size, all cut one shape; fry a pale brown and put them in oven to keep hot; then dip cutlets into clarified butter mixed with yolk of an egg, cover with bread-crumbs, seasoned with finely minced lemon peel, mace, salt and cayenne; fry about five minutes, put each piece on one of the croutons, pile them high in dish, and serve with the following sauce, which should be made ready for the cutlets. Put two tablespoons butter into a stewpan, add two minced shalots, a few slices of carrot, bunch sweet herbs, blade pounded mace, and six pepper-corns; fry ten minutes or more; pour in half pint good gravy, made of the chicken bones, stew gently for twenty minutes, strain and serve. Two tablespoons mushroom catsup and a beaten egg may be added to the gravy. Cutlets of any fowl are prepared same way.

Chicken Essence.—Take the legs and wings of six chickens and break the bones; put in pan with two pounds fillet of veal cut in four or five pieces. Add three quarts chicken broth, and medium-sized carrot well cleansed and scraped, two onions (one of them stuck with two cloves), and bunch sweet herbs. Boil up, skim, and then simmer till meat is perfectly done. Strain through a cloth, remove all fat, and put it aside for use.

Chicken Fillets.—The fillets are the pieces on each side of the breast bone. For cutting see Cutting and Curing Meats. They are nice larded with fine strips of fat salt pork, then single-breaded and fried and served on hot dish with spoonful Tartare Sauce on each. These are called *Breaded Fillets.* Or they may be pounded lightly with the potato masher to flatten them, seasoned with pepper and salt, dredged well with flour and fried in two tablespoons butter about twenty minutes, or until a nice brown on both sides. Make a gravy by adding a cup and half milk to fat in pan, with tablespoon flour and seasoning to taste. Serve the *Fried Fillets* resting against a mound of mashed potatoes or green pease with the gravy poured round, and all very hot. For *Braised Fillets*, lard as above, put in pan with thin slice of pork and an onion and cook slowly half an hour. Then add pint stock or water and bones of chicken, cover and cook in moderate oven basting frequently with the gravy. Take up and drain the fillets, dip in melted butter, dredge lightly with

flour and broil till light brown. Serve on a hot dish with the gravy from pan thickened and poured around, or on a mound of mashed potato with garnish of parsley. Fillets of any fowl cooked same.

Chicken Fricassee.—Cut up and put on to boil, skin side down, in small quantity of boiling water, season with salt, pepper, and slices of onion if liked; stew gently until tender, remove chicken, add half pint cream or milk to gravy, and thicken with butter and flour rubbed smoothly together (adding a little of the gravy to soften and help mix them), let boil two or three minutes, add a little chopped parsley and a beaten egg or two, if wanted very rich and serve. Or first fry the chicken brown in a little hot lard, take out chicken, add a tablespoon flour, and let cook a minute, stirring constantly; add a pint water (or stock if at hand), a little vinegar or Worcestershire sauce, season with salt and pepper; when it has boiled, remove from fire, strain, add the beaten yolk of an egg, pour over the chicken and serve. Or, put chicken in saucepan with barely enough water to cover, stew gently until tender; have a frying-pan prepared with a few slices of salt pork, drain chicken and fry with pork until it is a fine, rich brown; take chicken and bits of pork from the pan, pour in the broth, thicken with browned flour, mixed smooth with a little water, and season with pepper, and a little nutmeg if flavor is liked; now put chicken and pork back into gravy, let simmer a few minutes, and serve very hot on slices of buttered toast, or hot baking-powder biscuit, split in two. Or add enough hot water to pan chicken was cooked in to boil dumplings, and serve them around platter. Some like the flavor of part of a head of celery boiled with the chicken, or parsley and a blade of mace, and oysters are sometimes added, boiling up once before dishing. Or cook the chicken until tender with a small carrot, pared and left whole, and one dozen small onions, peeled; then take up and keep hot while gravy is made; strain out vegetables, and let broth boil; mix tablespoon butter and two of flour together over the fire until a smooth paste; then gradually add a pint and a half of the broth, stirring the gravy with an egg whip until quite smooth; season to taste with salt and pepper, and dish on hot platter; a half can mushrooms greatly improves the flavor. In serving any of above ways, arrange pieces as nearly as possible to simulate a whole chicken, and garnish with tufts of parsley or tender inside heads of lettuce.

Chicken Fricassee.

Chicken Patties.—Pick meat from one or two boiled chickens, cut into long strips and then across into small dice. Put in saucepan, season with white pepper or cayenne, a grating of nutmeg, the juice of half a lemon, salt and tablespoon butter. Pour over it a pint white sauce to each pint chicken, gently simmer at back of range or on a brick on top of range till time to serve; then fill heated

Patty Shells with it. Or add to the diced meat from one chicken a cup each cream and the broth it was cooked in, butter size of egg mixed with tablespoon flour and simmer gently until it begins to thicken; add beaten yolks of two eggs, pepper, salt, little grated nutmeg and lemon peel, and just before serving the juice of a lemon. Fill shells.

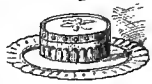
Chicken Gems.—Pound or chop fine any cold chicken, add same amount of bread-crumbs soaked soft in milk, two eggs, salt and pepper, chopped parsley, and a spoonful of butter; mix, put in buttered gem pans, bake twenty minutes. Eat with Caper Sauce or green salad. *Fish Gems* are nice made same way.

Chicken Pie.—Cut up two young chickens in nine pieces, place in boiling water enough to cover, and as it boils away add more so as to have enough for the pie and for gravy to serve with it, boil until tender, skimming well; line sides of a four or six-quart pan with a rich baking-powder or soda-biscuit dough, or Quaker Paste, quarter of an inch thick, put in part of chicken, after removing breast-bone, pointing each piece toward the center, so as to interfere as little as possible in the serving; season with salt, pepper, and butter, lay in a few thin strips or squares of dough, add the rest of chicken and season as before; some add layers of five or six sliced, hard-boiled eggs; season liquor in which the chickens were boiled, with butter, salt and pepper, add a part of it to the pie, cover with crust a quarter of an inch thick, pinch edges well together and cut a hole in center size of a tea-cup. Keep adding chicken liquor as needed, since the fault of most chicken pies is that they are too dry. There can scarcely be too much gravy. Bake an hour in a moderate oven, and just before it is done, brush the top with *Pastry Glaze*. To make gravy, add to liquor left in pot, if not enough add hot water or milk, a tablespoon or two of butter mixed to a paste with flour, and seasoned with pepper and salt. This should be stirred, a little at a time, into the liquor; let boil up once and serve, straining if at all lumpy. Some boil with the chicken a half pound lean salt pork cut in strips and add it to the pie. Or *With Potatoes*, four or five potatoes may be put in with the chicken when stewing, before it is quite done, with a seasoning of salt; then put alternate layers of chicken and sliced potatoes, in the pan or dish, with the bits of dough, and finish as above. If new potatoes are used they do not need to be first cooked. A little chopped parsley or celery improves the pie, and always add a pinch of sugar. Some put in a pint of sweet cream just before the pie is done, let cook a minute and serve. Or *With Oysters*, boil chicken until tender, drain off liquor from a quart of oysters, boil, skim, line the sides of a dish with a rich crust, put in a layer of chicken, then a layer of raw oysters, and

Closed Mold.

repeat until dish is filled, seasoning each layer with pepper, salt, and bits of butter, and adding the oyster liquor and a part of the chicken liquor until the liquid is even with top layer; cover loosely with a crust, and finish as above. If liquor cooks away, add chicken gravy or hot water. Some line bottom of dish with crust, put in oven till partially baked, then line the sides, fill, cover, and bake; it is always difficult to bake the crust on the bottom of dish unless this plan is adopted. A better plan is without bottom crust as above. Elaborate molds are made for pies, such as the closed mold given; the crust being placed in it after it is buttered, and then pressed well into the indentations; fill and cover as above. When done, take out the wires fastening the sides together, and remove pie to a hot platter, and serve at once. *Meat* or *Game Pies* can be made as any of above. For *Giblet Pie*, clean and put a set duck or goose giblets into stewpan with an onion, half teaspoon whole pepper, and a bunch of sweet herbs; add rather more than a pint water, and simmer gently for about one and a half hours. Take out, let cool, and cut into pieces; line bottom of a pie pan with a few pieces of rump steak, add a layer of giblets and a few more pieces of steak; season with pepper and salt, and pour in strained gravy from the giblets; cover with a Short Paste (see Pastry), and bake for rather more than one and a half hours in a brisk oven. Cover a piece of paper over pie, to prevent too much browning of crust. For another *Panned Pie*, chop pieces of roast, or any cold chicken in about half-inch dice, add any bits of dressing and moisten with gravy, if any, adding hot water as needed; stew till well heated, season, and place in pie pan lined with a plain paste, cover with a Puff Paste and bake. A little Chilli Sauce or any chopped pickle may be added.

When Opened.



Chicken Pie.

Chicken Pot-pie.—Cut up chicken, put in enough boiling water to cover, and take care that it does not cook dry; while cooking, cut off a slice from bread dough, add a small piece lard or butter and mix up like light biscuit, roll, cut with biscuit-cutter and set by stove to rise; wash and pare potatoes of moderate size, and add them when chicken is almost done; when potatoes begin to boil, season with salt and pepper, put in dumplings, first adding a cup of cold water or milk, to lessen the temperature of water, that the dumplings may rise lighter, and season again, adding a pinch sugar. See that there is water enough to keep from burning, cover very tightly, and do not take cover off until dumplings are done. They will cook in half an hour, and may be tested by lifting one edge of the lid, taking out a dumpling and breaking it open. Or, the dumplings may be placed in steamer over cold water, and if not in a patent steamer, be careful to leave some of the holes in steamer open, as if all are covered by the dumplings, the steam will not be admitted, and they will not cook well. If there are too many dumplings

to lie on bottom without covering all holes, attach them to side and upper edge of steamer by wetting dough and pressing to the edge. When done remove to platter around the chicken and pour hot gravy over them. Dish potatoes by themselves. Make gravy as for Chicken Pie, adding more boiling water if needed. Or, make dumplings with one pint sour milk, two well-beaten eggs, half teaspoon soda (mixed in part of the flour), and flour enough to make as stiff as can be stirred with a spoon; or baking powder and sweet milk may be used. Drop in by spoonfuls, cover tightly, and boil as above, or pinch off balls from baking-powder dough and add. A pot-pie may be made from a good boiling piece of beef; if too much grease arises skim off. Cut out diamond-shaped pieces from some of the dough, and bake in oven, with which to garnish the pot-pie when served. Another way of making is to grease a deep pot with lard, roll out enough plain crust to line it, cutting out the bottom; as the pieces of chicken are put in, strew in flour, salt and pepper, a few pieces of crust rolled thin, and a few parboiled and sliced potatoes; cover this with water, and then with paste with a slit in the middle. Cook slowly two hours, adding hot water if necessary. *Veal* and *Lamb* may be made in same way. Some leave the lining whole, cut out two or three rounds of paste or dough a little smaller than the kettle and put in with layers of chicken and seasoning at bottom and between, adding a half cup water before putting on top crust, and bake in moderate oven three-quarters of an hour. Serve turned out on a dish with sauce-boat of gravy made as for Chicken Pie. Another way of preparing is to cook the chicken in three pints water; first cooking tablespoon butter, a large onion and three slices each carrot and turnip, all cut fine, half an hour, stirring constantly, then pulp them through a colander into the kettle with the chicken. Stir three tablespoons flour, with two of chicken fat, in pan in which vegetables were fried, until brown and add to chicken; season well with pepper and salt and stew gently two hours. Fifteen minutes before serving drop in some dumplings and place kettle where it will cook rapidly. Dish chicken in center of platter and dumplings around, serving gravy in sauce-boat.

Chicken Pudding.—Dress and cut one chicken into small pieces, put in saucepan or kettle with a little water, let boil until it begins to grow tender, then take out and put into a three-quart pudding dish, season with salt and pepper; have ready one quart green corn grated or cut fine, to which add three eggs beaten light and one pint sweet milk; season with salt and pepper, and pour this mixture over the chicken, dredge thickly with flour, lay on bits of butter and bake until done. Or make a smooth batter of a pound flour, teaspoon salt, quart milk, and six well-beaten eggs; butter an earthen dish, and put the chicken and batter into it in layers, with batter at the bottom and top, and bake the pudding until brown in a moderate oven. When pudding is nearly done, heat the broth in which

chicken was stewed, season to taste, draw to back of range where it will not boil, and stir into it enough beaten eggs to thicken, and serve at once with the pudding. Or soak a cup bread-crumbs in cup boiling milk in which a pinch of soda has been dissolved, and beat very light; let cool while mincing cold chicken and a slice of boiled ham very fine; mix the meat with the bread-crumbs, season with pepper and salt and tablespoon butter, add two well-beaten eggs, beat all up well, turn into well-buttered baking dish and bake in brisk oven. When it puffs up a light, delicate brown send at once to table in dish in which it is baked. If flavor is liked, boil half an onion in the milk, skimming out before pouring over bread-crumbs. Always add a pinch of sugar to either of above puddings.

Chicken Quenelles.—Mix a tablespoon chopped salt pork with the chopped and pounded meat from one chicken, which may first be cooked or not, but must be skinned; rub both through a coarse sieve. Cook a cup bread-crumbs with cup milk until smooth, stirring constantly, and add the sifted meat with half cup cream or white stock, seasoning of salt and white pepper and a little nutmeg or mace, and pinch of sugar with beaten yolks of three eggs, adding whipped whites last. Mix all thoroughly together and shape the quenelles with two tablespoons, first dipping one in hot water, filling with the mixture, then turning it into the other spoon, which has also been dipped in hot water. Put the quenelles as fast as made into a buttered saucepan and when all are done pour over them enough boiling stock to cover, and simmer gently twenty minutes. Take up, drain, and serve on rounds of toasted or fried bread or mashed potatoes, arranged as a border, with Mushroom or Bechamel Sauce in center and a spoonful on each. Or after the quenelles are cooked let them get cold, single-bread them, fry as croquettes, and serve with fried parsley or any sauce liked.

Chicken Turn-overs.—Roll out Puff Paste, and cut with a round tin cutter; chop some cooked chicken with half as much chopped ham; moisten with a little cream and add grated rind of a lemon and pinch cayenne; lay a spoonful of mixture on half of every circle, turn the other half over it, press edges closely together, and drop into hot lard, as in fritters. Serve, piled on a small platter. Nutmeg may be substituted for the lemon peel, and make *Turkey* and *Veal Turn-overs* in same way.

Chicken Vanity.—Stir a pint cooked and finely chopped chicken and teaspoon each chopped parsley and lemon juice with seasoning of white pepper and salt into a pint boiling White Sauce. Cook two minutes, add yolks of four eggs, well beaten, and set away to cool; when cold, add the whites, beaten to a stiff froth. Turn into buttered dish, bake half an hour, and serve the moment it is done with Mushroom or White Sauce. The meat of any fowl or veal, may be used.

Chicken With Asparagus.—Cut two chickens in seven pieces each, leaving the breast and breast-bone entire. Cook all but latter in four quarts boiling water; when commencing to be tender put in the breast and when done, take out and let cool. The meat, except the breasts, can be used for Chicken Salad or any dish wished. Take the breasts when cold, or when ready to use, cut carefully from the bone and trim neatly, cutting in two or more pieces; make hot in a little chicken broth, kept from stewing the chickens, place on platter and pour over a *Magical Sauce* made as follows: Add to the chicken liquor, a few slices of carrots and parsnips, and a stalk of celery and a very little onion; when well-flavored with the vegetables, strain through the crash towel kept for straining soups, etc., and place the broth in a saucepan, add two tablespoons each flour and butter, stirred together over the fire, but not browned; let this cook slowly till reduced to a quart, then add liquor from a can of mushrooms, and again reduce to less than a quart; beat in a tablespoon butter, a squeeze of lemon juice, salt, pinch of sugar and cayenne, and cup of boiled cream, a little at a time, just before serving, making it of the consistency required, and then pass it through a fine strainer. After pouring it over the breasts of chicken, dot it here and there with the asparagus heads cooked in a little water till tender and then fried a moment or two in a little butter. The great beauty of the dish, with sauce looking as glossy as white satin, just thin enough to settle down smooth, yet too thick to run off the meat, and spotted all over the surface with the green heads and bordered with the same, well repays one for the trouble, and it is as delicious as it is elegant.

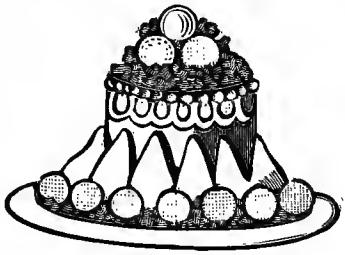
Chicken Livers With Bacon.—Cut livers in rounds an inch and a half in diameter, and have thin slices of bacon cut half the size. Nearly fill a small wire skewer with these, alternating. Place in frying basket and plunge into smoking-hot fat for a minute or two. Serve on the skewers, or on toast, with thin slices of lemon for a garnish. Or, skewers can be rested on sides of a narrow baking pan and placed in a hot oven for five minutes. Serve as before. The livers of all other kinds of poultry can be cooked same.

Cantons de Rouen.—Cut off bone of leg about an inch from joint, giving a large sweep of skin. Take bone out of leg without breaking the skin; make a dressing of one half cup bread, soaked, squeezed and seasoned with salt, pepper and any herb except sage. Stuff leg with this, sew up and trim in shape, as near like little ducks as possible. Place in pan upon a bed of vegetables, (slices of turnips, carrots, onions, bay leaf, and two or three slices salt pork), or baste with a little butter, and bake one half hour.

Chili Colorad.—Cut up two chickens and stew; when pretty well done, add a little green parsley and a few onions. Take half

pound large pepper pods, remove seeds, and pour on boiling water; steam ten or fifteen minutes; pour off water, and rub them in a sieve until all the juice is out; add the juice to the chicken; cook half an hour, and add a little butter, flour and salt. Garnish with a border of rice around the dish. This may also be made of beef, pork or mutton; it is to be eaten in cold weather, and is a favorite with all people on the Pacific coast.

Grilled Fowl.—Cut the legs and second joints from two cold roast or boiled fowls; score them closely, season with pepper and salt, and keep to broil. Mince the rest of the meat fine. Make a White Sauce (see Sauces), seasoned with pepper, salt and nutmeg; add the minced fowl, and heat; broil the legs and thighs, dish the mince on hot platter, lay them on it, and serve hot. Before broiling the legs some "devil" them by first scoring deeply, cutting parallel strips right down to the bone and insert in these a mixture of French mustard and cayenne pepper with a blunt knife, covering the leg all over well with the mixture. A teaspoon each vinegar, Harvey or Worcestershire sauce and mustard, and tablespoon salad oil or melted butter, mixed till like cream, is also nice for preparing a *Deviled Fowl* as above. The grill may be served with *Mephistophelian Sauce*, especially designed for deviled meats. Chop six shallots or small onions, wash, and press in corner of a clean cloth, put in saucepan with two tablespoons chilli vinegar or pepper sauce, a chopped clove of garlic, two bay leaves, an ounce of glaze and a pinch cayenne; boil all together ten minutes; then add five tablespoons Tomato Sauce, a pinch of sugar, and nine of broth, made from the turkey bones or water thickened with roux, and some add a little anchovy butter. *Deviled Meat* of any kind made and served same. Or when the mince is not made, serve in hot dish with a tablespoon melted butter, in bottom, thickly sprinkled with chopped parsley. Or for *Braised Leg of Fowl with Tongue*, braise the legs cut as above, as directed in Braised Meat, and boil a tongue according to recipe given in Meats. Have prepared a mold of boiled rice; place on platter, surround with the braised legs, then garnish all with slices of cold tongue. Heap on top of rice, Aspic Jelly cut in dice, made from the bones of fowl and place slices of pickled beet with it.



Braised Leg of Fowl with Tongue.

Roast Duck.—Ducks are dressed and stuffed same as turkeys. Young ducks should roast from twenty-five to thirty minutes; full-grown for an hour or more with frequent basting. Some prefer them underdone, served very hot, but thorough cooking will prove more generally palatable. Serve with currant jelly, apple sauce, and

green pease. If old, parboil before roasting. Either the Onion or Rice Force-meat given in Force-meats is very nice for stuffing roast ducks, though any preferred may be used. Some core small sour apples without peeling and bake them in the pan with the duck, basting both every five minutes after the first half hour until done. Then serve apples round the duck as a garnish.

Stewed Duck.—Cut the duck in small joints; peel and chop a small onion, and fry with a tablespoon butter until it begins to brown; then put in duck and brown that; then add a heaping tablespoon flour, and stir all until the flour is brown; cover with boiling water, season with salt and pepper, and stew gently until tender; add tablespoon chopped parsley and serve hot. Or *With Cabbage*, slice and put in saucepan with tablespoon each butter and vinegar, and dozen each whole cloves and pepper-corns and teaspoon salt, cover and place where it will cook slowly. Cut cold roast duck in two-inch pieces and brown them in tablespoon butter, seasoning highly with pepper and salt; then put in saucepan on top of cabbage and cook until the latter is tender; turn it out on hot dish and serve the pieces of duck neatly arranged on the cabbage. Or it is nice *With Carrots.* Boil the carrots till soft, let drain, and put in stewpan with enough butter to fry nicely. While frying add a gill good clear gravy (soup will do), lump of sugar, pinch or two of salt, and rub them through a sieve; then reheat, stirring well. Warm up the pieces of cold duck meanwhile in gravy, and lay them on the puree of carrots. Or, if liked *With Pease*, place the remains of cold roast duck in stewpan with pint gravy and a little sage, cover closely, and let simmer half an hour; add a pint of boiled green pease, stew a few minutes, remove to dish, and pour gravy and pease over it.

Roast Goose.—The goose should not be more than eight months old, and the fatter the more tender and juicy the meat. A "green" goose (four months old) is the choicest. Kill at least twenty-four hours before cooking; cut the neck close to the back, beat the breast-bone flat with a rolling-pin, tie the wings and legs securely, season inside with pepper and salt, and stuff or not as liked, with the following mixture: Three pints bread-crumbs, six ounces butter or part butter and part salt pork, two chopped onions, one teaspoon each sage, black pepper and salt. Do not stuff very full, and stitch openings firmly together to keep flavor in and fat out. If the goose is not fat, lard it with salt pork, or tie a slice on the breast. Place in baking pan with little water, and baste frequently with salt and water (some add onion and little vinegar,) turning often so that the sides and back may all be nicely browned. When nearly done baste with butter and dredge with flour. Bake two hours, or more if old; some parboil before roasting; when done take from pan, pour off fat, and make a Giblet Gravy. Apple, Goosberry or Onion Sauce and currant jelly are proper accompaniments to roast goose.

Boiled Turkey.—Prepare turkey as directed; fill with a dressing of bread and butter, moistened with milk and seasoned with sage, salt and pepper, and mixed with a pint of raw oysters; sew up and truss as in preface, place in boiling water with the breast downward, skim often and boil as directed in preface, about three hours, if a seven or eight pound turkey, seasoning with salt when half done. Do not cook till skin breaks; serve with Oyster Sauce. Or *With Celery*, chop very fine six stalks nicely-blanched celery and add to the bread dressing as given in Steamed Turkey or to the above. Or cut the celery in third of an inch pieces, season with salt and a pinch of cayenne and fill turkey with it; then sew and truss as above. Serve with Celery Sauce, or stir together in saucepan two tablespoons each flour and butter, when smooth add a quart of the turkey broth, season and add the chopped giblets, having cooked them with the turkey, as more water is required with it than with chicken. Celery may be added to this sauce, letting cook till tender, or oysters, when simply boil up once and serve. Or *With Macaroni*, boil latter ten or fifteen minutes in water seasoned with salt and pepper, and use for stuffing. Serve with plain boiled macaroni, and an Egg or Bechamel Sauce. Or stuff with any force-meat liked, see Force-meats. *Boiled Chicken* may be prepared as any of the above; or truss and boil without stuffing and when done cut up and lay in a hot dish, cover with macaroni cooked as above, with the addition of an onion, and over that grate a quarter pound Parmesan, or any dry cheese; then brown in oven or with salamander. *Rice* may be used instead of Macaroni. Or *With Pork*, boil a piece of lean salt pork three hours, then put in fowl tied in a white cotton cloth, wet in cold water and dredged thickly with flour. Some always tie in the floured cloth when boiling a stuffed turkey or chicken. And for a *White-boiled Fowl*, first cover breast with slices of lemon, and put over these a sheet of buttered paper, then tie in the floured cloth; place in boiling water and simmer gently as directed, remembering that simmering, instead of boiling, a chicken or turkey, prepared in any of above ways, makes them plumper and whiter. Always truss *very firmly*, as they are more apt to loose their shape than in roasting. In serving some prefer to pour some of the sauce over the fowl, putting the rest in sauce-boat. Besides the sauces mentioned above, Parsley, Lemon and Mushroom may be used, and *Rice Sauce* is very nice; to make, simmer quarter pound rice in pint milk. Season with onion as for Bread Sauce. When tender, strain and boil till thick, and a *Rice Dressing* may also be used for filling, made as follows; boil three quarters of a gill of rice in salted water till tender, but grains not broken; mix with a cup cold veal or any cold meat, or slice or two of salt pork and three or four onions, all chopped fine; season with salt and pepper and a pinch of cayenne and sugar; fry slightly in

frying-pan with butter size of an egg. This is a nice stuffing for tame *Roast Ducks.*

Boned Turkey.—Complete directions for Boning will be found in Cutting and Curing Meats, which see; only the different methods of cooking the fowl after it is boned are given here. Always weigh the fowl before boning, and allow two-thirds weight for force-meat, which is usually made of fresh veal and chicken, chopped fine, or veal and pork, or sausage meat. For each pound force-meat take a level teaspoon each powdered cloves, powdered allspice and salt, saltspoon each pepper and mace, one raw egg and juice of a lemon; mix thoroughly. Place the fowl, skin down on a board, put layer of stuffing on it about half an inch thick, on that put two strips salt pork, about three inches long and half inch wide, and the liver of fowl; then another layer of stuffing, then the little white pieces cut off by the breast-bone, when boning the turkey, and about a half can of mushrooms. Now draw the fowl together, sew vent and neck first then sew up the back. If wished, two or three truffles may be added. After fowl is sewed up, roll it in a clean cloth, large enough to have about one-quarter yard to spare at each end; tie up very tightly so as to keep in shape, with three or four strips of broad tape, or as illustrated. Weigh after it is tied, and put carcass or bones, after drawing and cleaning into as many quarts cold water as pounds the fowl weighs, and when at boiling point, skim as for clear soup. When no more scum rises add a carrot, an onion stuck with a dozen cloves, a turnip, a bunch of herbs, parsley, bay leaf, blade of mace, and any herb except sage, and a few pepper-corns tied well together. Put in turkey and boil a half hour to the pound, adding more hot water, as needed. When done, take out, letting the broth drain from it into the pot; strain the stock through a folded towel laid in a colander set in earthen bowl. Some let the turkey remain in broth till it is cold. Unroll from cloth, wash cloth in hot water, then in cold, using no soap, and wrap chicken up again, tying as at first, and put on platter; turn another platter over it, place a heavy weight on this and press till cold, or overnight if possible. Make an *Aspic Jelly* to serve with the turkey by first removing fat from the broth in which it was boiled, and to each quart broth or stock take white and shell of one egg and tablespoon cold water; put in saucepan and add the broth or stock with two packages or four ounces gelatine (this will harden three pints of stock). Stir until gelatine is dissolved and the stock looks clear, under the egg which should harden and float on top. Then strain through a double towel wrung out of hot water and placed over a bowl. After being strained half of the jelly may be colored with Caramel Coloring and different shades given according to quantity of coloring used; turn into different molds to cool and after the turkey has been pressed overnight un-

Turkey Galantine.

roll, slice and garnish, with the different shades of jelly cut in fancy shapes. Or place the whole *Turkey Galantine*, as it is sometimes called, on a platter and pour the jelly when partially cooled over it; when cold serve at table garnished with parsley and slices of lemon.

Another method of stuffing is to have ready two pounds sausage meat well seasoned, two pounds boiled ham, a beef tongue, half dozen sheep's tongues, boiled; pound and a half salted pork, half pound sliced truffles, and the meat of two boiled chickens free from bones and skin. Cut the meat in strips four inches long and one broad and quarter of an inch thick. Spread the boned fowl on table, salt and pepper well, then fill with the cut up meats, etc., alternating so as to form layers of different colors. When filled give the whole a good round shape, bring the two sides together, sew up, wrap and tie in a cloth as above, and put in a kettle large enough to allow water to cover well; add bones and giblets, two calf's feet, a small piece of lean beef, parsley, little thyme, two cloves of garlic, pepper, one carrot, half turnip and salt. Boil gently three hours, skimming well. Take from kettle, remove cloth, wash and finish as above. Or after filling with the dressing truss the same as for roasting, retaining its original form as far as possible; and to so do, it is best to leave the leg and wing bones in when boning, for directions for which see Cutting and Curing Meats. Then tie the fowl firmly in a strong piece of cotton cloth, as in Boiled Turkey, drawing it very tight at the legs, as this is the broadest part and the shape will not be good unless this precaution is taken. Steam three hours, remove cloth, place on buttered tin in baking-pan, baste well with butter, pepper and salt and bake an hour, frothing as directed; when cold remove skewers and serve, garnished with Aspic Jelly, cooked beets in fancy shapes and parsley. Hard-boiled yolks of eggs, oysters, blanched sweet almonds, chestnuts, pistachio-nuts, veal, garlic, bay leaves, lemon juice and rind, chopped pickles, anchovies, etc., may be used in the filling. When well executed a galantine is a very handsome dish and is always served cold.

Larded Turkey.—For cooking in any way a hen turkey a year old is best, weighing eight or ten pounds when dressed. Clean, stuff, truss and lard as directed in preface; place in oven not quite as hot as for roasting meats (if the fire is very hot, lay a piece of brown paper, well greased, over the fowl, to prevent scorching); put a tablespoon of butter in bits on the breast; it will melt and run into the dripping-pan, and is used to baste the fowl as roasting progresses; baste every ten minutes, watching the turkey as it begins to brown, very carefully, and turning it occasionally to expose all parts alike to the heat; it should be moist and tender, not in the least scorched, blistered or shriveled, till it is a golden brown all over. For the first two-thirds of time required for cooking (the rule is twenty minutes to the pound and twenty minutes longer) the

basting should keep the surface moistened so that it will not crisp at all; meantime the oven should be kept closed as much as possible. A long gauntlet glove is a good thing to protect the hand and arm when basting. In turning pan, do it as quickly as possible; season with two teaspoons salt when half done. In the last third of the time allowed for cooking, dredge with flour by withdrawing the pan partly from the oven (resting the end on the grating which falls down, or on a block of wood or a plain stool of the proper height kept for the purpose), and cover the breast, upper portion and sides thoroughly, using a fine sifter, return pan to oven, and let remain until the flour is well browned, then baste freely with drippings from pan, and flour again, repeating flouring and browning, allowing crust to grow crisper each time; there will probably be time to repeat the process three or four times before finishing. Take care not to wash off flour by basting, always leaving in oven until all flour of last dredging is thoroughly browned. If it is necessary to turn the turkey in the pan, use a towel, and never *stick it with a fork*, as it allows the juices to escape. In roasting a large turkey, a liberal allowance of butter for cooking, including gravy for serving in two successive days, is one tea-cup, but less may be used, according to taste or necessity for economy. Baste with melted butter the last time, then dredge with flour and serve when browned; the entire surface will then be a rich, frothy, brown crust, which breaks off in shells in carving, and makes the most savory of morsels. Keep hot while making the Giblet Gravy. Always be very careful in removing the skewers and strings not to break the crust.

Roast Turkey.—Prepare as above omitting the larding, placing bits of butter or pieces of the fat from the turkey or thin slices of fat pork over the breast of turkey, if wished, and baste and finish as above. Some have the rule that when little jets of steam burst out from the breast and thick parts the turkey is done. Serve with Cranberry Sauce, and in making, if a little clear jelly is wanted pour off a cup of the clear syrup before stirring up the berries, then mash with a spoon. Sometimes, from motives of economy, the stewed cranberries are mixed with an equal amount of gravy from the turkey pan, making a *Fruit Gravy*, which is much liked, prepared in same way when cooking game. For *English Roast Turkey*, kill and hang several days before cooking, then stuff with bread dressing, truss, and place to roast on a rack within a dripping-pan; spread with bits of butter, turn and baste frequently with butter, salt and water. Some use milk instead of water to make it brown nicely. A few minutes before it is done glaze with the white of an egg, or the Pastry Glaze; dish the turkey and make a Giblet Gravy. Garnish with fried oysters, and serve with Celery Sauce and stewed gooseberries. Or *With Chestnuts*, prepare turkey

Roast Turkey.

and add to an ordinary bread dressing, a dozen or two foreign chestnuts, first boiled till tender, about half an hour, in salted water or stock, then peeled, and inside skin scraped off. Some first put in oven till skins burst. Or mix cup bread-crumbs with three cups pork sausage, seasoning as needed, then add thirty or forty chestnuts prepared as above. Mix well and fill the turkey. Or fill the breast with a Veal Force-meat and the body with prepared chestnuts without bread, etc. Truss and roast in any of above ways and serve with any sauce wished; or with *Chestnut Sauce*, stew dozen roasted chestnuts, peeled, in a pint gravy, season with pepper and salt, and thicken with a piece of butter rolled in flour; boil until smooth. Fry half a dozen sausages, pour the sauce into the dish, place the fowl in it, and the sausages around the fowl; garnish with lemon cut in thin slices. Or *With Oysters*, prepare turkey as directed then take a loaf of stale bread, cut off crust and soften by placing in a pan, pouring on boiling water, draining off immediately and covering closely; crumble the bread fine, add half pint melted butter, or more if to be very rich, and a teaspoon each salt and pepper, or enough to season rather highly; drain off liquor from a quart of oysters, bring to a boil, skim and pour over bread-crumbs, adding the soaked crusts and one or two eggs; mix all thoroughly with the hands, and if rather dry, moisten with a little sweet milk; lastly, add the oysters, being careful not to break them; or first put in a spoonful of stuffing, and then three or four oysters, and so on until the turkey is filled; stuff the breast first. Truss and spread the turkey over with butter, place in dripping-pan in well-heated oven, add half a pint hot water, and roast till tender, basting often with a little water, butter, salt and pepper, kept in a tin for this purpose and placed on back of the stove. The pastry brush or a swab made of a stick with a cloth tied on the end, is better than a spoon with which to baste. Turn, baste, dredge and froth as above. Some consider it nicer to steam the turkey, first rubbing inside with salt and pepper and tying in shape; when it begins to grow tender, take out, loosen the legs, and rub inside again with salt and pepper, and stuff with above dressing of oysters. When done thus, the openings can not be sewed up, but a floured cloth must be placed over them and tied securely with twine. Roast as above. When turkey is dished if there is much fat in the pan, pour off most of it, add the chopped giblets with the water in which they were cooked, now stewed down to about one pint; place one or two tablespoons flour (it is better to have half of it browned) in a pint bowl, mix smooth with a little cream, fill up bowl with cream or rich milk and add to the gravy in the pan; boil several minutes, stirring constantly, and pour in the gravy tureen; serve with currant or apple jelly. A turkey steamed in this way does not look so well on the table, but is very tender and palatable. It is an excellent way to cook a large turkey.

Steamed Turkey.—After dressing, always plumping by plunging in boiling water, etc., as directed, fill with a stuffing as follows, first rubbing inside with salt and pepper; cut pieces of dry bread and crust, not too brown, off a loaf fully three or four days old, but not moldy; place crust and pieces in a pan and pour on a very little boiling water, cover tightly with a cloth, let stand until soft, add a tablespoon or two of butter, one or two eggs, and the bread from which the crust was cut, so as not to have it too moist. Mix well with hands and season to taste; teaspoon or two of sage or mixed preparation of herbs gives a nice flavor. Sew up and truss as directed in preface and steam in patent steamer until beginning to be tender, which will be in from one to three hours, according to size. Then place turkey in dripping-pan with water from pan in which turkey was steamed. A steamer can be improvised by putting turkey in dripping-pan without any water, then place that on top of two or three pieces of wood (hickory or maple is best) laid in bottom of wash-boiler, with just enough water to cover wood; put on lid, which should fit tightly on boiler, and as water boils away add more, being careful not to put any in pan. When cooked as above, take out dripping-pan and place in oven, with the water in it but not that in boiler. Place upon the turkey, pieces of turkey-fat or butter, season with salt and dredge with flour; after ten minutes, baste with the drippings and water in pan, always taking from the top, it being richer, then dredge with flour and continue thus as in Larded Turkey till nicely browned and frothed, using melted butter for last basting and letting the last dredging become thoroughly browned before serving. Make a Giblet Gravy as directed, remembering if turkey was very fat that the flour will not mingle readily and smoothly until some of the fat is skimmed off; or if a quantity of gravy is wished, add slowly some boiling water till it commences to thicken nicely. Steaming keeps the turkey moist, tender and free from the least scorching, blistering or shriveling; and as it is only in the oven an hour and sometimes less, one can devote plenty of time to the basting and dredging, which is one of the most important points in roasting turkey. Having it on a trivet assists greatly in turning it to baste and dredge. Some, in making stuffing, try out fat of turkey at a low temperature, and use instead of butter; others use fat of sweet-pickled pork chopped fine (not tried out), with a small quantity of butter, or none at all. Serve with Cranberry Sauce. *Wild Turkey* can be prepared as above or may be cooked like any of the ways given for turkey. *Jellied Turkey* is made as Jellied Chicken, and a mixture of slices of cold ham, tongue and turkey in the jelly makes a delicious dish.

Trivet.

Scalloped Turkey.—Moisten bread-crumbs with a little milk, butter a pan and put in a layer of crumbs, then a layer of chopped (not very fine) cold turkey seasoned with salt and pepper, then a

layer of crumbs, and some add a little chopped cold potato, and so on until pan is full. If any dressing or gravy has been left add it. Make a thickening of one or two eggs, half cup milk, and quarter cup each butter and bread-crumbs; season and spread over the top; cover with a pan, bake half an hour and then let brown; or instead of the milk to moisten make a broth from the bones, skimming them out, then thicken a little and pour it over before spreading over the top dressing. *Scalloped Chicken* made as above.

Stewed Turkey.—Simmer the bones and gristle of the turkey with a bunch of sweet herbs and an onion and carrot till a well-flavored broth is obtained; skim out bones, thicken slightly and add any cold turkey cut in inch or two inch pieces, and any gravy, or season with butter. When heated add cup cold water or milk, then a few baking-powder dumplings, pinched off in little balls; place where it will cook rapidly and serve as soon as dumplings are done. Or omit cold water and dumplings, stir in more thickening if needed and when hot pour over croutons of toasted bread placed on platter. Or for *Turkey Pie*, cut pieces in neat slices and heat as above, then skim out and place a layer in baking dish, then a layer of sliced raw potatoes, or they may be parboiled first, then turkey, etc., till dish is almost full; pour over the broth, cover with a crust as in Chicken Pie and bake in oven. Some do not first heat the turkey. For *Turkey Soup*, see Soups.

Turkey Croquettes.—Mince cold turkey as fine as possible, season with pepper, salt, a little nutmeg and a very little minced onion. Put a large tablespoon butter and two of flour in saucepan, when mixed add gill cream, let boil and stir in the meat. Pour out and when cold take a spoonful of the mixture, form in balls or egg-shapes and single or double-bread and fry as fritters. Some take a little stock, if bones have been used for soup and add only a tablespoon cream, and onion may be omitted.

PRESERVES.

Preserves, to be perfect, must be made with the greatest care. Economy of time and trouble is a waste of fruit and sugar. The best are made by putting only a small amount of neatly pared fruit at a time in the syrup, after the latter has been carefully prepared and clarified. It is difficult to watch a large quantity so as to insure its being done to a turn. Put peaches, pears, quinces and apples into cold water as fast as peeled to prevent their turning dark. The old rule is "a pound of sugar to a pound of fruit;" but since the introduction of cans, three-quarters pound sugar to a pound fruit is sufficient, and even less is sometimes used, the necessity for an excess of sugar having passed away, as preserves may be less sweet, with no risk of fermentation, if sealed. In making either preserves or marmalades, follow the directions as regards kettle, sugar and canning, or putting up in jars, already given in Canning Fruits and Jams and Jellies. Quinces, pears, citrons, water-melon rinds, and many of the smaller fruits, such as cherries, currants, etc., harden when put, at first, into a syrup made of their weight of sugar. To prevent this they should be cooked till tender in water, or in a weak syrup made from a portion of the sugar, adding the remainder afterward. In preserving fruits, such as apples, peaches, tomatoes, plums and strawberries, and other fruits, which are likely to become too soft in cooking, it is a good plan to pour the hot syrup over the fruit, or to strew over it a part or all the sugar, and allow it to stand a few hours; by either method the juice is extracted, and the fruit hardened. Another approved method of making fruit firmer, known as *Sun Preserves*, is to skim it out of syrup after cooking a few

minutes, and place in the hot sun two or three hours, place in jars and pour over the boiling syrup; or boil five minutes, then place in sun one hour, letting syrup cook slowly on back of stove, put in fruit and boil twenty minutes and place in sun another hour, when boil till done and put away as directed. Long protracted boiling destroys the pleasant natural flavor of the fruit, and darkens it.

Preserves should boil gently to avoid danger of burning, and in order that sugar may thoroughly penetrate fruit. A good syrup is made in proportion of half pint water to pound sugar. Use loaf or granulated sugar. Put sugar and water over the fire in preserving kettle, and just before it boils stir in white of an egg beaten lightly with two tablespoons water; as it begins to boil, remove scum with great care; boil until no more scum arises, and then add fruit. Or the white of egg may be mixed thoroughly with the dry sugar in the kettle, and the boiling water poured over, when all impurities will immediately arise to the surface with the egg; then boil slowly, or rather simmer, until the preserves are clear. Take out each piece with a skimmer and lay on a flat dish to cool, or put in jars at once. Cook the syrup, skimming off the scum which rises, until it "ropes" from the spoon. If preserves are already in jar pour syrup over them and seal; if on dishes, return them to syrup and boil up once before putting up. This is merely a matter of choice, and we have never found any difference in the results of the two methods. Preserves may be made from canned fruit (and some prefer to do this rather than make in the hot season), using less sugar than the rule. When preserving canned peaches or apples, it is an improvement to add a few sliced oranges or lemons. When berries or small fruits are done, take up with a little strainer, and place in cans; if a cup is used, it is impossible to separate them from syrup. Pie-plant can be preserved with any kind of fruit, half and half, and in a short time will taste like the fruit with which it is mixed. When preserves are candied, set jar in kettle of cold water, and let boil for an hour, or put them in a crock kept for that purpose, set in oven and boil a few minutes, watching carefully to prevent burning. When specks of mold appear, take them off carefully, and scald preserves as above directed. Another method of preserving is to cut the fruit, if large, in slices about one-fifth of an inch thick, strew powdered loaf sugar an eighth of an inch thick on the bottom of a jar, and put the slices on it. Put more sugar on this,

and then another layer of the slices, and so on until the jar is full. Place the jar up to the neck in boiling water, and keep it there till sugar is completely dissolved, which may take half an hour, removing the scum as it rises. Place a brandied paper over top of fruit, then cover jar closely and keep in a cool place. Marmalades, or different butters, will be smoother and better flavored, and will require less boiling, if fruit (peaches, quinces, oranges and apples make best) is well cooked and mashed before adding either sugar or cider. It is important to stir constantly with an apple-butter stirrer. Always tie an oil-cloth cover over the cloth cover on preserves, etc.

Apple Preserves.—Take three-quarters of a pound sugar to each pound apples; make syrup of sugar and little water in which root ginger (bruised and tied in a bag) has been boiled until strength is well extracted, add a little lemon juice or sliced lemon, skim off all scum, and boil in syrup a few apples at a time, until transparent, and place in jar. When all are done, boil syrup until thick, pour boiling hot over apples, and cover closely. Well-flavored fruit, not easily broken in cooking, should be used. The ginger may be omitted if disliked, and orange peel or other flavoring used instead. Some use pound for pound sugar and fruit and prefer to chop the apples. To put up *With Boiled-Cider*, use equal quantities of sweet and sour apples, peel, quarter, and core, put in preserving kettle, after first turning a plate over on bottom to keep from burning; to a peck of apples add a quart boiled-cider, and boil steadily and gently an hour, stirring from the sides to prevent burning; then add pint molasses, and continue boiling five hours. The heat must be just enough to keep boiling; boil them until apples are red; when cold put in glass or stone jars, or wooden firkins with tight covers. Sometimes one-fourth the quantity of apples is added in quinces or quince parings, when Quince Jelly or Preserves are being made.

Barberry Preserves.—Take pound white sugar to pound fruit; put sugar over fire in preserving kettle, with half pint cold water to each pound; let the syrup boil slowly, and remove all scum; pick over barberries, removing all defective ones, and keep the bunches whole, or pick from stems, as liked; when the syrup is clear put in the berries and boil gently until they begin to look clear; then skim them out, put in glass jars, and boil syrup until it thickens a little; test by cooling a little in a saucer, and when of a rich consistency, but not like jelly, pour over the berries, cool, and put in jars. *Apricot Preserves* are made same way, opening the fruit only just enough to remove stones; crack the stones, blanch the kernels and put a few in each jar.

Blackberry Preserves.—Select large, ripe, but not soft berries; the Lawton is best for this purpose, as its acidity makes a soft jelly of the syrup. Allow pound sugar to pound fruit; put fruit in preserving kettle, let heat slowly on back of stove until there is so much juice that it can boil without burning; boil until perfectly tender, ten or fifteen minutes; then add sugar, mix as gently as possible, and do not boil again, but keep very hot until sugar is perfectly dissolved. Then fill cans and seal as directed. *With Currants,* put blackberries and sugar in kettle in layers, with sugar at bottom and top, and next day add half pint currant juice for each pound berries, boil twenty minutes, skimming well, and can as directed. *Blueberry Preserves* made as either recipe; or some use half blueberries and half currants (instead of juice). This proportion is also nice, using quarter as much sugar, canned for pies. *Currant* and *Cranberry Preserves* made as first recipe, some adding a little water.

Carrot Preserves.—Boil small fine-grained carrots in water till tender; peel and grate, add sugar to taste, slips of citron, spices if preferred, and a little grape or currant juice, or if wished very nice, orange and lemon juice, half and half, this gives more the flavor of wine; simmer slowly together and put away in jars. Very wholesome for children and very much liked.

Cherry Preserves.—Choose sour ones—the early Richmond is good—stone very carefully and allow equal quantities sugar and fruit; sprinkle half the sugar over the fruit, let stand an hour, pour into preserving kettle and boil slowly ten minutes; skim out cherries, add remainder of sugar to syrup, boil, skim and pour over the cherries; next day, drain off syrup, boil, skim if necessary, add the cherries, boil twenty minutes, and seal up in small jars. Some use only three-fourths pound sugar to pound fruit, after standing, and prepare syrup and cook same as Barberry Preserves, boiling in the syrup half an hour. Or prepare after recipes for Blackberries.

Citron Preserves.—Pare off rind, seed, cut in thin slices two inches long, weigh, and put in preserving kettle with enough water to cover; boil one hour, take out melon, and to water in kettle add as much sugar as there is melon by weight, boil until quite thick, replace melon, add two sliced lemons to each pound fruit, boil twenty minutes, take out, boil syrup until very thick molasses, and pour over the fruit. Some mix rind and sugar and let stand overnight to harden citron, then finish as above. The juice of lemons is preferred by some to the slices, and a few whole cloves may be added. Another way of preparing is to peel and cut six pounds of rinds, boil them in strong alum water half an hour or until perfectly transparent, drain, and put them in a vessel of cold water, cover, and let remain overnight. Next morning tie in thin cloth half pound race ginger and boil in three pints water until strongly flav-

ored. Break up six pounds loaf sugar in preserving kettle, pour ginger water over it, and when dissolved, set it over the fire, add juice and grated rinds of four lemons, and boil and skim till no scum rises; put in the rinds and boil till clear. Skim out on dishes and set in a dry, cool, dark place, uncovered, two or three days, till the watery particles exhale; then put into jars, gently pour in the syrup and seal. Made much handsomer by cutting the citron with fancy cutters made for the purpose, or use a vegetable cutter.

Crab-apple Preserves.—Procure the red *Siberian Crab* selecting those that are nearly perfect, leaving the stems on, and put in preserving kettle with enough warm water to cover. Heat slowly to boiling, and simmer until skins break. Drain and skim them; then, with a pen-knife, extract the cores through the blossom ends. Weigh and allow a pound and a quarter of sugar and a cup water to every pound fruit. Boil water and sugar together until scum ceases to rise, skimming well; put in fruit, cover kettle, and simmer until the apples are a clear red and tender. Take out with a skimmer and spread upon dishes to cool and harden; add to the syrup the juice of one lemon to three pounds fruit, and boil until clear and rich. Fill jars three-quarters full of apples, pour syrup in, and when cool, tie up. *Transcendent Crabs* are preserved as follows: Wipe perfectly sound ripe fruit with a damp cloth, cut off the blossom end, but leave on the stems; weigh, and allow an equal weight in sugar; put fruit into steamer and cook until tender, watching carefully, as they cook very quickly. Make a syrup as directed in preface, put in the apples and boil gently until they begin to look clear, removing all scum that may rise; when the apples are clear, skim them out of the syrup, put into glass jars, and continue to boil and skim the syrup until it thickens when a little of it is cooled on a saucer; pour over the apples, and seal the jars air-tight. Some peel, quarter and core fruit and put with it an equal quantity of raisins, with half pound sugar for each pound of the mixed fruit; make a syrup of sugar with a little water, put in the fruit and cook until tender. Put up as above.

Elderberry Preserves.—Wash and stem the elderberries, rejecting all imperfect ones and boil them in sorghum molasses until quite thick, then pour hot into stone crocks and tie up securely with a piece of clean soft paper fitted to size of crock laid directly on the fruit to take the mold if there be any from a damp cellar. These are intended for pies and are to be used as directed in recipe for Elderberry Pie. *Wild Grapes* may be put up in same way and make delicious pies.

Fig Preserves.—Gather fruit when fully ripe, but not cracked open; place in perforated tin bucket or wire basket, and dip for a moment into deep kettle of hot and moderately strong lye (some

prefer letting them lie an hour in lime-water and afterwards drain); make a syrup as directed in preface and when figs are well drained, put them in and boil until well cooked; remove, boil syrup till there is just enough to cover fruit, put fruit back in syrup, let all boil, and seal up while hot in glass or earthen jars.

Grape Preserves.—Prepare fruit as in Grape Jam taking same proportion sugar; put skins and juice in kettle, cover closely, and cook slowly until skins are tender; while still boiling add sugar and move kettle back, as it must not boil again; keep very hot for fifteen minutes, then, if sure sugar is thoroughly dissolved, pour fruit in cans, and screw down covers as soon as possible. To make *Green Grape Preserves*, halve them and extract seeds with a needle or small knife, cook till tender with sugar, pound for pound. Some first boil the grapes a few moments in alum water, then drain, and put into the syrup.

Greengage Preserves.—Allow one pound sugar and gill water to every pound fruit; boil sugar and water together ten minutes, skimming well; halve the greengages, take out stones, put fruit into syrup, and simmer gently until nearly tender, removing all scum. Take off fire, put into large crock, and next day boil again for about ten minutes with the blanched kernels from the stones. Put fruit carefully into jars, pour the syrup over it and cover when cold.

Mulberry Preserves.—Put some of the fruit in preserving kettle, and simmer it gently until the juice flows freely. Strain through a bag, measure it, and to every pint juice allow two and a half pounds sugar and two pounds fruit. Put sugar in preserving kettle, moisten with the juice, boil up, skim well, and add fresh mulberries, which should be ripe, but not soft enough to break to a pulp. Let them stand in syrup till warmed through, then boil gently; when half done, turn carefully into crock, and let remain till next day; then boil as before, and when syrup is thick, and becomes firm when cold, put preserves into cans or jars. In making this, care should be taken not to break mulberries; stir gently, and simmer the fruit slowly.

Peach Preserves.—Take any fine peaches that do not mash readily in cooking, pare very thinly, halve them and remove pits; take sugar equal in weight to fruit, or if to be sealed in cans, three-quarters pound sugar to pound fruit, and water in proportion of a half pint to each pound sugar. Boil pits in the water, adding more as it evaporates, to keep the proportion good, remove pits, add sugar, clarify as directed, and when the scum ceases to rise, add fruit, a small quantity at a time; cook slowly about ten minutes, skim out into a jar, add more, and so on until all are done, then pour the boiling syrup over all. The next day drain off and boil syrup a few minutes only, and pour back, repeating daily until the fruit looks clear. Two or three times is generally sufficient. The

last time put up the preserves in small jars and secure with paper as directed for jellies. If to be sealed in cans, the first boiling is sufficient, after which put into cans and seal immediately. The latter plan is preferable, as it takes less trouble and less sugar, while the natural flavor of the fruit is better retained. Instead of using as above some crack the pits, take out the kernels, blanch them and put in the jars with the fruit. Many think peach preserves much nicer if made with maple sugar. The best part of a peach lies nearest the skin and for this reason some do not peel peaches for preserves,simply wiping with a woolen cloth to remove fuzz. But peeling by immersion removes very little of the valued part. Clingstone peaches are preserved as above, whole, except that they are put on in clear water and boiled until so tender that they may be pierced with a silver fork before adding the sugar. For *Sun-preserved Peaches*, place in earthen dishes alternate layers of peaches and sugar and let stand overnight; then boil over slow fire until transparent, pour into large dishes and stand in the sun until the syrup is almost a jelly. Put in jars and see that no bubbles of air are left in them; place brandied paper on top and cover as directed.

Pear Preserves.—Pare, cut in halves, core and weigh, and to prevent darkening drop into cold water till ready to use; if hard, boil in water until tender, and use the water for syrup; allow three-quarters pound sugar for each pound fruit, boil a few moments, skim, and cool; when lukewarm add pears, and boil gently until syrup has penetrated them and they look clear; some of the pieces will cook before the rest, and must be removed; when done, take out, boil down syrup a little and pour over them; a few cloves stuck here and there in the pears add a pleasant flavor. Seal in glass cans. Some leave the pears whole and boil in water until tender; then take them out, add sugar to water in which they were boiled, and when clear and thick, put in the pears and simmer gently half an hour. Then can as directed.

Pie-plant Preserves.—Wash clean, but do not peel; cut up an inch or two in length, put a layer in small jar, then a layer of sugar, another layer of pie-plant, then sugar, until the pan or crock is full, allowing pound sugar to pound pie-plant; cover tightly, put in hot oven, and as soon as it is heated through it is done. The pie-plant will be whole, and the syrup rich and a pretty color. Do not put in a drop of water. An earthen bean-pot with cover is the best to use, and fruit must then cook half an hour. Put up in glass cans.

Pine-apple Preserves.—Select ripe and perfectly sound pine-apples, cut in rather thick slices, as fruit shrinks very much in boiling, and pare off rind carefully, notching in and out, as the edge cannot be smoothly cut without great waste. Allow pound sugar to pound fruit and dissolve a portion of sugar in preserving kettle with a gill water; when this is melted, gradually add remainder of

sugar, and boil until it forms a clear syrup, skimming well. Put in pieces of pine-apple and boil well for at least half an hour, or until it looks nearly transparent. Put into jars, cover down when cold, and store away in a dry place. Some put fruit and sugar in kettle in layers, with a cup water for each pound sugar; when it boils take out pine-apple and spread on dishes in the sun. Boil the syrup half an hour, skimming well. Return pine-apple to kettle and boil fifteen minutes. Take it out, pack in wide-mouthed jars, pour on the scalding syrup; cover to keep in heat, and when cold tie as directed in preface. Or the pine-apple may be grated, sprinkled with the sugar and let stand overnight. Next morning bring to a boil and it is done. Put in jars as directed.

Plum Preserves. Take equal weight sugar and plums; add sufficient water to sugar to make a thick syrup, boil, skim, and pour over plums (previously washed, pricked and placed in a stone jar), and cover with a plate. The next day drain off syrup, boil, skim, and pour it over plums; repeat this for three or four days, place plums and syrup in preserving kettle, and boil very slowly for half an hour. Put up in stone jars, cover with papers like jellies, or seal in cans. Some simply boil the plums, first pricking them, in the thick syrup till tender, then can. Others boil in water to cover (if fruit is sour adding a teaspoon soda to each pint water to take off the bitter taste) until tender then rinse them in cold water and stone carefully, keeping as nearly whole as possible; then boil them a few minutes in the thick syrup and can. Or select large ripe plums, weigh them, slightly prick them, to prevent from bursting, and simmer very gently in a syrup made of a quarter pound sugar to each pint water. Put them carefully in pan, let syrup cool, pour it over the plums, and let stand two days. Make another syrup of three-fourths pound sugar for every pound fruit as first weighed, with as little water as possible, boiling and skimming carefully. Drain plums from first syrup, put them into the fresh syrup, and simmer very gently until they are clear; lift them out singly into cans or jars, pour the syrup over, and when cold, cover as directed. *Green-gages* are also very delicious done in this manner. To *Preserve Plums Dry*, gather plums when full-grown and just turning color; prick them, put in saucepan cold water, and set over fire until water is on point of boiling. Then take them out, drain, and boil gently in syrup made with pound sugar to each gill water; if the plums shrink, and will not take the sugar, prick them as they lie in the pan; give another boil, skim, and set away. Next day add more sugar, boiled almost to candy, to the fruit and syrup; put all together in wide-mouthed jar, and place them in a cool oven for two nights; then drain the plums from the syrup, sprinkle a little powdered sugar over, and dry them in a cool oven.

Pumpkin Preserves.—Halve a good sweet pumpkin, take out seeds, cut into slices, pare, then cut in small pieces, weigh and put in preserving kettle in layers with same quantity of sugar sprinkled between; add a gill lemon juice on top and let stand two or three days. Add a half pint water for every three pounds sugar used and boil until pumpkin is tender; turn into a pan and let remain a week. Then drain off syrup, boil until it is thick, skim and pour boiling hot back over the pumpkin. A little bruised ginger and thinly pared lemon rind, may be boiled with the syrup to flavor.

Quince Preserves.—Take equal weights of quinces and sugar, pare, core, and leave whole or cut up as preferred, boil till tender in water enough to cover (some steam them), take out carefully and put on a platter; add sugar to water, replace fruit and boil slowly till clear, place in jars and pour syrup over them. To increase the quantity without adding sugar, take half or two-thirds in weight as many fair sweet apples as there are quinces, pare, quarter, and core; after removing quinces, put apples into the syrup, and boil until they begin to look red and clear, and are tender; place quinces and apples in jar in alternate layers, and cover with syrup, making very nice *Quince and Apple Preserves.* Some boil the parings and cores, tied in a cloth, with the quinces to enhance the flavor. For other use of parings and cores, see Quince Jelly. Apples alone may be preserved in same way.

Strawberry Preserves.—Take fresh strawberries, cover with their weight in granulated sugar and let stand overnight. In the morning drain off the syrup, put in preserving kettle, cook about twenty minutes, then put in berries and cook ten minutes. Put up in glass cans or in jelly glasses. Or put two pounds sugar in preserving kettle over kettle of boiling water, and add half a pint boiling water; when the sugar is dissolved and hot, put in the strawberries, and place the pan directly on the stove or range; let boil ten minutes or longer, if the fruit is not clear; gently (or the berries will be broken) take up with a small strainer, and keep hot while syrup is boiled down until thick and rich; drain off thin syrup from cans, and pour the rich syrup over berries to fill, and screw down the tops immediately. The thin syrup poured off may be brought to boiling, and then bottled and sealed, to be used for sauce and drinks. *Raspberry Preserves* prepared same.

Tomato Preserves.—Scald and peel carefully small perfectly formed tomatoes, not too ripe (yellow pear-shaped are best), add an equal amount of sugar by weight, let lie overnight, then pour off all juice into a preserving kettle, and boil to a thick syrup, clarifying with white of egg; add tomatoes and boil carefully until they look transparent. A piece or two of root-ginger, or one lemon to a pound of fruit, sliced thin and cooked with fruit may be added. Or when

done, take out fruit with a perforated skimmer aud spread upon dishes; boil syrup until it thickens, adding, just before taking up, juice of three lemons; put fruit into jars and fill up with hot syrup. When cold, seal. Some do not peel tomatoes, but wipe them first with a wet cloth, then a dry one, and prick each several times with a large needle to prevent bursting, then cook as above.

Green Tomato Preserves.—To five quarts sliced green tomatoes, take three lemons or more and allow three-fourths pound sugar to one pound tomatoes; cook tomatoes in water till soft, then skim out, and throw that water away; make a syrup of sugar, putting the lemons in the syrup to cook; then put in tomatoes, and let them just come to a boil. Or take tomatoes size of walnut, or less and pierce with a fork. Put half the sugar over them and let stand overnight; in the morning add remainder of sugar with lemons, put over fire and simmer, but not boil, until all have changed color or become transparent, then cover. Or use only juice of lemons, place fruit on plates and finish as in second recipe of Tomato Preserves.

Water-melon Preserves.—Pare rinds of water-melon, cut in pieces two inches long or in leaves, stars, diamonds, triangles, hearts, etc.; weigh, throw into cold water, skim out, add heaping teaspoon each salt and pulverized alum to two gallons rinds, let stand until salt and alum dissolve, some leave overnight; fill kettle with cold water, and place on top of stove where it will slowly come to boiling point, covering with a large plate so as to keep rinds under; boil until they can be easily pierced with a fork, drain from water, and put into a syrup previously prepared as follows: Bruise and tie in muslin bag four ounces of dried or green ginger-root, and boil in two or three pints water until strongly flavored. If green root is used, it must be soaked and scraped, so it will not discolor the syrup. Add also the rinds of three or four lemons pared in quarters (squeeze lemons and use juice as directed hereafter); when water is well flavored with the rinds, skim them out and put in another saucepan, cover with fresh water and boil till tender, then cut in narrow strips lengthwise, notching the edges, or cut in any shapes wished. Make a syrup of a gill of the water in which ginger and lemon rinds were boiled and heaping pint sugar; when well dissolved, place on fire, boil, add a heaping pint melon, and half dozen pieces lemon rinds, boil till transparent; place in glass cans arranging nicest pieces on outside, pour over the hot syrup and seal as directed in Canning Fruit. If wanted very nice have fresh syrup made as above and to that proportion add two tablespoons lemon juice and pour over; using that in first kettle for cooking a second pint of rinds, or can it and use in mince-meat or cooking any fruit. Citrons may be prepared in same way, by paring, coring and slicing, or cutting into fanciful shapes with tin cutters made for the purpose; or left whole, piece removed as if preparing for Man-

goes, and the pulp taken out. After being preserved fill with any preserves wished, nicely drained, and tie in the piece; place in jar and cover with syrup. Some after cooking melon rinds in water put sugar and rinds in alternate layers in jar and let stand overnight; in the morning drain off syrup, heat and boil the rinds in it until tender, then take them out into cans or jars and boil the syrup till thick, adding lemon and ginger flavoring as above if liked; pour the syrup over the rinds and seal or cover. The ginger root may then be preserved with the melon. Others pour a strong salt brine over melon or citron pieces and let stand two weeks, or even longer, then soak, changing water two or three times. When perfectly fresh, boil in water half an hour, drain, add cold water, cook till tender and then preserve in syrup as in first recipe.

Apple Cheese.—Put an equal weight pared and cored apples and stoned plums into preserving kettle. Boil without adding any water. When fruit begins to soften add pound sugar to each pound pulp. Boil slowly for an hour, and pour into shallow molds; place these in a slow oven when the preserve will dry until it resembles a fruit cheese. Or, take one pound pulped apples, one pound powdered white sugar, the juice and grated rind of three lemons, and four eggs well beaten. Mix these ingredients carefully, and put them into a saucepan with quarter pound fresh butter, melted. Stir it over a moderate fire for half an hour without ceasing, and put into jars, covering when cold. Use as required for tarts, puffs, etc. This is a most delicious preserve, and keeps quite a while.

Preserved Quinces in Jelly.—Pare, quarter and core quinces, cut in little squares and drop into cold water until all are done; then measure and allow an equal amount sugar; place fruit in porcelain kettle with just water enough to cover, boil till tender, and skim out carefully; make syrup of sugar and water in which the quinces were boiled, let come to boiling point, skim well, and drop the quinces in gently; boil fifteen minutes and dip out carefully into jelly glasses. The syrup forms a jelly around the fruit so that it can be turned out on a dish, and is very palatable as well as ornamental. For present use it is nice placed in a fancy mold and served when cold. Quinces too defective for preserves may be thus used.

Apple Butter.—When one barrel of new cider has boiled down half, add three bushels good cooking apples and when soft stir constantly for from eight to ten hours. If done it will adhere to an inverted plate; put away in stone jars (not earthen ware), covering first with brandied papper cut to fit jar, and pressed down closely upon the apple butter; then cover the jar with thick brown paper tightly tied down. To make a small quantity, some boil down a gallon new cider to a quart; then having pared, cored and steamed apples till tender, rub them through a sieve and thicken the boiled

cider with the pulp. A little lemon or orange juice may be added, or any fruit juice. The latter is much nicer than to use any spices. For *Quince and Apple Butter*, pare, core and quarter half as many quinces as apples and weigh both, allowing half the weight in sugar. Boil quinces in little water until soft, put in apples, when tender add sugar and boil slowly several hours. Stir frequently to prevent burning. Or quinces may be cored but not pared, cooked as above, adding apples, and put through a colander before adding sugar. It will then not require so long stirring. *Quince Butter* made same.

Egg Butter.—Boil a pint molasses slowly about fifteen or twenty minutes, stirring to prevent burning; add three eggs well beaten, stirring them in as fast as possible, boil a few minutes longer, partially cool, and flavor to taste with lemon. For *Lemon Butter* see Pastry.

Peach Butter.—Take pound for pound peaches and sugar; cook peaches alone until soft, then put in half the sugar, and stir half an hour; add remainder of sugar, and stir an hour and a half. Season with cloves and cinnamon. Or *With Vinegar*, put in six quarts peeled, stoned and sliced peaches in preserving kettle with three quarts sugar, and pint vinegar, heat gradually, and simmer gently; carefully stir occasionally until it begins to thicken, and then stir almost constantly till consistency of Apple Butter, cooking three or four hours. Put away as directed, covering first with the brandied paper; or alcohol may be used for wetting the paper.

Plum Butter.—Stew and pulp wild plums through a sieve, and to one gallon of this add three quarts sugar and one desertspoon salt; cook two hours, stirring as directed; add half pint vinegar, two small pieces race ginger, teaspoon each ground cloves, allspice, celery seed and two of ground cinnamon, with a pinch cayenne, boil up once and can.

Pumpkin Butter.—Take seeds out of one pumpkin, cut in small pieces and boil soft; cut three other pumpkins in pieces, boil them soft, put in a coarse bag and press out juice; add juice to pulp of first pumpkin, and let boil ten hours or more, till the thickness of Apple Butter; stir often. If pumpkins are frozen, juice will come out much easier. Or cook pumpkin in ordinary manner until all or nearly all the water is cooked out (see Pumpkin Pies); to every three gallons pumpkin pulp take one of amber-syrup and ounce each allspice, cloves and cinnamon, and cook well together, or until proper consistency for table use; when made late in fall and put in jars in a cool place, will keep for months; very convenient for Pumpkin-pies. Another way of preparing is to either steam or bake pumpkin, then mash through a strainer, mix sugar and butter with it in proportion of a pound sugar and four tablespoons butter to two pounds pumpkin, and a piece race ginger bruised, or thinly shaved

lemon rind; let simmer at back of stove or set upon bricks on stove for perhaps an hour. It becomes thick and semi-transparent.

Tomato Butter.—Wash ripe tomatoes, cut out any defective parts and stew without peeling till *very* soft; then pulp through sieve and to nine pints pulp take four pints of sugar, boil pulp one or two hours, add sugar and ounce powdered cinnamon, or two if liked highly spiced; cook till thick as Apple Butter, stirring constantly, (about an hour longer), and just before it is done add two lemons sliced thin. Fill in glass cans, jelly glasses or jars, and seal or cover as directed. This can be made from canned tomatoes; six quart cans making above quantity of pulp. For *Spiced Tomato Butter*, add heaping pint sugar to two quarts pulp, prepared as above, gill vinegar, piece race ginger, half teaspoon each powdered cloves, allspice and celery seed, and teaspoon each cinnamon and black pepper. Cook and finish as above.

Apple Marmalade.—Take nice sound apples, pare, core and cut in small pieces and to every pound fruit add pound sugar. Put sugar on to boil with enough water to disolve it, boil together till thick, then add the apples and boil till clear, adding juice and grated peel one large lemon to four pounds fruit. Some like the flavor of essence of ginger. Or take twelve pounds richly flavored sweet apples, three pounds brown sugar and juice and grated rind three lemons. Boil slowly, mash and stir until a smooth marmalade.

Apricot Marmalade.—Peel, cut in half and take out stones (saving them), and allow one and one-half pounds sugar to each pound fruit. Put a layer of fruit in large stone jar, then a layer of sugar, and so alternate till all are used, putting a thick layer of powdered sugar over last layer of fruit. Let stand twenty-four hours, then put in preserving kettle and boil three-quarters of an hour stirring all the time. Crack stones, take out kernels, blanch them, cut into thin slices and when marmalade is nearly done put them in and stir well. When mixture hangs in a thread from spoon it is done. Pour in jars, let stand twenty-four hours and cover as directed.

Fig Marmalade.—Use fine fresh figs, and to every pound fruit add three-quarters pound sugar, the yellow rind of an orange or lemon pared very thin. Cut up figs, put in kettle with sugar and orange, also the juice. Boil until reduced to a thick smooth mass, stir from bottom. Put in jars and cover closely.

Orange Marmalade.—Choose fine Seville oranges, put them whole in stewpan with sufficient water to cover, and stew until perfectly tender, changing water two or three times; drain, take off rind, remove seeds from pulp, boil another ten minutes, then add peel cut into strips, and boil marmalade ten minutes again, when it is done. The juice and grated rind of two lemons to every dozen

oranges, added with the pulp and peel of the oranges are a great improvement. Pour into jars, cool and cover. Or take twelve pounds sour oranges, twelve pounds crushed sugar; wash oranges and pare them as apples; put peel in preserving kettle with twice its bulk or more of cold water; keep covered, and boil until perfectly tender; if water boils away, add more; the peel is generally very hard, and requires several hours boiling; cut oranges in two crosswise, squeeze out juice and soft pulp, have a pitcher with a strainer in the top, place in a two-quart bowl, squeeze thin juice and seeds in the strainer and the rest with pulp in bowl, drawing the skin as it is squeezed over the edge of tin strainer, to scrape off the pulp, then pour all juice and pulp on sugar; the white skins must be covered with three quarts cold water, and boiled half an hour; drain water on sugar, put white skins in colander, four or five together, and pound off soft part, of which there must be in all two pounds and four ounces; put this with sugar and juice; when peel is tender drain it from water, and either pound it in a mortar, chop it in a bowl, or cut it in delicate shreds with a pair of scissors, or, to save the necessity of handling the peel after it is boiled, grate yellow rind from orange, then tie it in a muslin bag, and boil until soft, which can be told by rubbing a little of it between the thumb and finger; it is then ready for the other ingredients; put the whole in a porcelain kettle, or in a bright tin preserving pan, and boil about an hour; when it begins to thicken it must be tried occasionally, by letting a little cool in a spoon laid on ice. To prevent its burning, stir constantly; when done put in glasses and cover with paper.

Peach Marmalade.—Choose ripe, well flavored fruit, and it is well to make this when making preserves, reserving the softer ones for marmalade. The flavor is improved by first boiling pits in water with which syrup is to be made. Quarter peaches and boil thirty minutes before adding sugar, stirring almost constantly from time peaches begin to be tender; add sugar in proportion of three-fourths pound sugar to one pound fruit, contiuue to boil and stir for an hour longer, and put up in jars, pressing paper over them as directed for jellies. Some add juice of a lemon to every three pounds fruit and the blanched kernels as in Apricot Marmalade. Or a large ripe pine-apple, pared, cut fine and cooked with peaches, gives fine flavor.

Pine-apple Marmalade.—Pare pine-apples, take out eyes, weigh and allow a pound granulated sugar to every pound fruit; grate pine-apple, or shred with a silver fork, put over the fire, add the sugar gradually, and cook very gently until clear and thick as jelly, stirring often. Put up in air-tight cans. Some chop pine-apple and steam until tender, then put into a syrup of the sugar moistened with half pint water for each pound, and cook and stir as above.

PUDDINGS AND SAUCES.

Not any ingredient of doubtful quality should enter into the composition of puddings. Suet must be *perfectly sweet* and milk should be fresh and without the least unpleasant flavor. Suet when over kept or milk soured or curdled in the slightest degree, ruins a pudding which would otherwise be most delicious. Prepare raisins and currants as directed on page 65; adding a little flour to the raisins while cleaning will be found an improvement, and if a colander with small holes is at hand, use this for washing the currants; put currants in colander, set in hot water, stir briskly about and change water two or three times. Almonds and spices must be very finely pounded, and the rinds of oranges or lemons grated lightly off (th inner white part of the peel is bitter and must not be used). In making pudding when butter and sugar are used it is better to cream them together before adding to other ingredients. "*Creaming*" is simply beating until they assume a light frothy appearance, and butter is sometimes creamed, or beaten till light, alone. Always beat eggs separately, straining the yolks, and adding whites the last thing. If boiled milk is used, cook in custard kettle, and let it cool somewhat before adding eggs; be sure that the mixture is free from lumps and when fruit is added stir it in at the last. Some cooks never use either soda or baking powder in puddings, beating the mixture until so light none is needed. Puddings are either baked, boiled or steamed; Rice, Bread, Custard, and Fruit puddings require a moderate heat; Batter and Corn-starch, a rather quick oven. Always bake them as soon as mixed. Add a pinch of salt to any pudding and use rather too little than too much sugar as it tends to make the pudding heavy, and the sauce can be made sweeter if necessary.

Boiled puddings are lighter when boiled in a bag and allowed full room to swell, but many use a buttered tin mold or bowl with floured cloth tied over it; do not fill full, and in boiling do not let water reach quite to top, keeping it boiling all the time. After tying cloth, bring the ends back together, and pin them over the top of the dish; the pudding may then be lifted out easily by a strong fork put through the ends or corners of the cloth. *Pudding Bags* are either knitted or made of firm white drilling, tapering from top to bottom, and rounded on corners; stitch and fell seams, which should be outside when in use, and sew a tape to seam, about three inches from top. Wring bag out of hot water, flour inside well, pour in pudding (which should be well beaten the instant before pouring), tie securely, leaving room to swell, (especially when made of Indian meal, bread, rice, or crackers), generally a space equal to one-third the bulk of the pudding, and place in a kettle with a saucer at the bottom to prevent burning; immediately pour in enough boiling water to entirely cover bag, which must be turned several times, keeping water boiling, filling up from tea-kettle when needed. Open bag a little to let steam escape, and serve immediately, as delay ruins all boiled puddings. For plum puddings, invert the pan when put in the kettle, and the pudding will not become water-soaked. When the pudding is done, give whatever it is boiled in a quick plunge into cold water, and turn out at once, serving immediately. As a general rule boiled puddings require double the time required for baked. Pudding-cloths, however coarse, should never be washed with soap, but in clear, clean water, dried as quickly as possible, and kept dry and out of dust in a drawer or cupboard free from smell. Steaming is *safer* and *better* than either boiling or baking, as the pudding is sure to be light and wholesome. Prepare the pudding mold, etc., same as for boiling, put on over cold water and do not remove cover while steaming, allowing a third more time than is required for boiling. After the water begins to boil do not let it *stop boiling* until the pudding is done, adding *boiling* water from the tea-kettle as needed. When a patent steamer is not used, to add water without removing cover, lift the steamer partially off from kettle and turn it in at the side. Serve steamed pudding as soon as done, or place in oven a little while to dry it off and brown if wished. Dates are an excellent sub-

stitute for sugar in Graham or any other pudding. The flat-bottomed mold used for baking cakes is especially nice for baking fruit or solid puddings. For those that contain a quantity of milk and eggs, it is better to place the dish in oven, in dripping-pan, half full of hot water, as they will bake more slowly and without any danger of burning. It is called the *Water-bath*, and one must allow fifteen or twenty minutes longer when puddings are thus baked. It is also a nice way for any that are apt to stick to the dish, such as Indian, Batter, etc. For baked puddings that are to be turned out to serve, sprinkling the bottom and sides of dish or mold, after greasing, with bread-crumbs, prevents them from sticking, and many puddings that are commonly baked in a crust, such as Cocoa-nut, Potato, Apple, and Lemon, are equally as good and more wholesome made by using bread-crumbs as above to the usual depth of crust; pour in pudding, strew another layer of bread-crumbs over the top, and bake. When puddings are poured into mold to cool, always wet the mold before filling. Sweet milk can be substituted for sour and vice versa, by using soda with the sour, and baking powder, or cream tartar and soda with the sweet, and milk can be used instead of cream by using a tablespoon or two of butter with it. The souffle dish illustrated on page 125 is very nice for puddings which are to be served in dish in which they are baked. Or a *Knitted Cover* for the bottom, may be made to fit an ordinary pudding dish, of white cotton or macreme cord, in any fancy stitch, with cord and balls of same, or any color to match table furniture, to tie around top of dish and hold it in place. Puddings are often garnished with bits of bright jelly, almonds whole or sliced, or candied fruits, and are served either moderately warm or cold, never hot except souffles and such as are so mentioned in recipes.

Cake Mold.

Pudding Mold.

In making *Sauces*, do not boil after butter is added. In place of wine or brandy, flavor with the juice of the grape, or any other fruit juice prepared as directed in Fruits. The Fruit Flavors, given in Jellies, are also nice, or use orange and lemon juice, half and half, being careful to add lemon juice just before removing from fire, as it is apt to grow bitter with long cooking. When using corn-starch, stir it with the sugar while dry and no lumps will form. The sauce may be served either poured over or around pudding, or

in sauce-boat, and one can select sauce as wished, although one is named with almost each pudding, and serve either hot or cold.

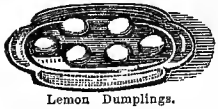
Fruit Charlotte.—Boil pint and a half milk or cream over slow fire and stir in gradually yolks of six eggs beaten with two tablespoons arrowroot, or corn-starch; cook ten minutes, stirring constantly that it may be perfectly smooth. Then divide mixture by turning half into another saucepan; to one half add ten tablespoons grated chocolate, four of fine granulated sugar, simmer a few minutes, take off fire and set away to cool. Blanch a dozen bitter almonds and four ounces shelled sweet almonds and pound in mortar with enough rose-water to make a smooth paste, add an ounce finely chopped citron, cup powdered sugar, and stir all into the other half of cream mixture, simmer a few moments, set aside to cool and add vanilla flavoring. Cut a large sponge cake in slices crosswise half an inch thick, spread one slice thickly with the chocolate cream, putting another slice on top of this and cover with the almond cream; do this alternately, piling them evenly on a china dish till all ingredients are used, arranging in form of sponge cake before it was cut. Have ready whites of six eggs whipped to a stiff froth, mix in six tablespoons powdered sugar, and with a spoon heap this all over top and sides of cake, then sift powdered sugar over and brown lightly in oven; or cover with Whipped Cream. Delicious.

Apple Dumplings.—Add two cups sour milk, one teaspoon soda, and one of salt, half cup of butter or lard, flour enough to make dough a little stiffer than for biscuit; or make a good baking-powder crust; peel and core apples, and wash them, roll out crust about quarter of an inch thick, cut out circles to fit apples, place latter on dough, fill cavity with sugar, and some add a little cinnamon, nutmeg or grated lemon rind, encase each apple in the crust, wet edges and press tightly together, (it is nice to tie a cloth around each one), put into kettle of boiling water slightly salted, boil half an hour, taking care that the water covers the dumplings. Some who do not tie in a cloth roll two or three times in dry flour. They are also very nice steamed, browned in oven if wished. Serve with sugar and cream or any hot sweet sauce. If boiled in knitted cloths dumplings have a very pretty appearance. The cloths should be made square, knit in plain stitch with very coarse cotton and just large enough to hold one dumpling. For *Baked Dumplings,* make in same way, not mixing the dough so stiff, or using a Quaker Paste, place in a shallow buttered pan, without touching each other, prick the top with a fork, bake in a hot oven, turning once or twice, if necessary, to brown evenly, and serve with cream and sugar or a *Wolverine Sauce* made by cooking tart apples sliced, until soft mashing, or rubbing through puree sieve if wished; sweetening and

flavoring with vanilla or a little strawberry or raspberry juice (it is nice to always can some juice to have for flavoring sauces). A spoonful or two of whipped cream, or beaten white of an egg added just before serving is an addition. Any fruit may be used in dumplings. Or, place in pan which is four or five inches deep (do not have them touch each other); then pour in hot water, just leaving top of dumplings uncovered, and to a pan of four or five dumplings, add one cup sugar and half cup butter; bake from half to three-quarters of an hour. If water cooks away too much, add more. Serve dumplings on platter and the liquid in sauce-boat for dressing. They are called *Buckeye Dumplings* when cooked in this way; or some put them in dripping-pan with simply hot water an inch deep, or enough to almost cover the dumplings and baste occasionally with the hot water. *Peach Dumplings* may be made any of above ways with either fresh or canned fruit. For *Rolled Apple Dumplings*, peel and chop tart apples fine, make a crust of one cup rich buttermilk, teaspoon soda, and flour enough to roll; roll half an inch thick, spread with the apple, sprinkle well with sugar and cinnamon, cut in strips two inches wide, roll each strip up like jelly cake and place the rolls in a dripping-pan, putting a teaspoon butter on each; put in moderate oven, and bake, basting often with the juice. Serve with Dip Sauce.

Currant Dumplings.—Chop fine six ounces suet, mix it with a pound flour, and add half pound dried currants, which should be nicely washed, cleaned and dried; mix whole to a soft paste with half pint water (if wanted very nice, use milk); divide into seven or eight dumplings; tie them in cloths and boil for an hour and a quarter. Or make into round balls and boil without a cloth, dropping into boiling water, then moving about at first, to prevent sticking to bottom of pan. Serve with Lemon Sauce.

Lemon Dumplings.—For half dozen dumplings take quarter pound suet, chopped fine, half pound bread (about half ordinary loaf) grated, juice and grated rind of one lemon, three heaping tablespoons sugar, two eggs, beaten slightly, and enough milk to moisten all ingredients so as to form little balls or dumplings with the hands; have ready six pieces cloth, one quarter yard square, with tapes to tie; dip cloths in hot water, spread on table, dust with flour, place in a dumpling, tie, leaving a little room for it to swell, when all are ready put in large pot half full of boiling water and boil steadily one hour, keeping on cover. Sprinkle sugar over and serve with Cream or Lemon Sauce. For *Lemon Apple Dumplings*, add to above one large greening apple, chopped fine; or a nice dumpling is made by omitting lemon, and using cup chopped apple.



Lemon Dumplings.

Raspberry Dumplings.—Make a stiff Quaker Paste, pinch off a piece and roll into a circle about three inches in diameter, and quarter of an inch thick; put in berries, wet edges and press together in turn-over shape, and bake like Apple Dumplings in a moderate oven about forty minutes. Some use the Water-bath as described in preface. Serve with Lactiola Sauce. Any *Berry* or *Cherry Dumplings* made same way.

Almond Pudding.—Blanch and pound, with a little rose-water, three ounces sweet and four of bitter almonds; add pint milk, three tablespoons sugar, a little ground nutmeg, tablespoon flour mixed smoothly in a little cold milk, tablespoon bread-crumbs, two well-beaten eggs and whites of two more eggs whisked to a froth; pour mixture into buttered mold, cover, and boil quickly three-quarters of an hour; let it stand a few minutes before turning out of mold. Serve with Apricot Sauce. Or for an *Almond Souffle,* blanch and pound six ounces sweet almonds, sprinkling in a little orange juice during the process, and let come to a boil in a pint and a half milk; stir in two tablespoons corn-starch, first mixed smooth with a little cold milk and cook till mixture thickens; take from fire and when slightly cool add three tablespoons each sugar and melted butter, beaten yolks of eight eggs, and whipped whites last. Bake in buttered souffle dish half an hour, sift sugar over top and serve at once. Only two-thirds fill dish as it rises very much. *Almond Puffs* are nice for desert. Blanch and pound two ounces sweet and four of bitter almonds in mortar to smooth paste; melt two tablespoons butter, dredge in four of flour, add four of sugar and the pounded almonds. Beat mixture well, and put into well-buttered cups, and bake in moderate oven about twenty minutes, or longer should the puffs be large. Turn on dish and serve, bottom of puffs uppermost. For *Scalloped Almonds*, cut light biscuit or rolls in thin slices, line a buttered pudding dish with them; pound to a paste four ounces shelled and blanched almonds, add two tablespoons sugar, teaspoon powdered cinnamon and grated peel of a lemon; sprinkle half of this mixture over the slices, then add another layer of sliced biscuit, cover with the rest of mixture and a third layer of biscuit, dotting with a few bits of butter. Mix six or eight well-beaten eggs with a quart milk, pour in the dish and bake in moderate oven. When done, loosen by passing a knife along the edges, turn on a flat dish and serve with Lemon Sauce poured around it; or reserve three or four whites, make a meringue and when pudding is done, spread over top, brown in oven and serve in dish in which it was baked, using the Knitted Cover. For *Cape May Pudding*, cover a dish with thin paste, and put over this a layer of any kind of jam, half an inch thick; beat yolks of five eggs with white of one, and add cup and a half sugar, cup melted butter, and two dozen blanched and pounded almonds; beat all together until well mixed, then pour in dish over jam, and bake an hour in moderate oven. Make a

meringue of the four whites of eggs and put over top when done. Or line a dish with bread-crumbs, put in the layer of jam; then beat four eggs with four tablespoons sugar and stir into pint milk with three tablespoons butter and an ounce blanched and pounded almonds, pour into dish, bake as above and serve with Arrowroot Sauce.

Apple Pudding.—As this is a standard dish we give a number of the most excellent recipes from which housekeepers can make selections according to taste or the material or time at command. *Brown Betty* is a very quick and easily-made pudding. For this put a layer mashed and sweetened apple sauce in buttered dish, add a few lumps of butter, then a layer of cracker or bread-crumbs sprinkled with a little cinnamon, then layer of sauce, etc., making the last layer of crumbs; bake in oven, and eat hot with cold, sweetened cream. Or for *Sweedish Apple Pudding* sprinkle sides of buttered dish with bread-crumbs and put a layer in bottom, upon this drop a little melted butter and then put a layer of dried apple sauce, or fresh fruit may be used, mashed and flavored with lemon extract or canned raspberry or strawberry juice, dotting the layer with raisins, then a layer of dessicated cocoanut, soaked in a little milk, then crumbs and so on till dish is full, with crumbs and butter last; bake half an hour and serve cold with *Vanilla Sauce* made by beating quarter-pint each cream and milk, adding a teaspoon corn-starch made smooth in a little milk, half gill sugar and flavoring with vanilla; when almost cold stir in the beaten yolk of one egg and pour around the pudding. *With Raspberries*, use fresh berries, without cooking, instead of the apple sauce, omitting raisins and cocoa-nut, although latter is very nice with berries. Some cover either pudding with a plate, removing just before it is done, to brown top nicely. Serve hot or cold. Equal amount crumbs and fruit may be used, but it is nicer with twice as much fruit as crumbs. Any fresh or dried berries of any kind may be used, first cooking the latter. Thin slices of bread, buttered on both sides, may be substituted for the crumbs, with uncooked sliced apples sprinkled with butter, sugar and cinnamon for the sauce or berries; putting in layer of bread first, with top layer apples, or the buttered bread last, when it should be covered with a plate as above. Apples may be flavored with grated lemon rind or nutmeg. Bake from half to three-quarters of an hour. Serve with sugar and cream, or any sauce preferred; or use only two layers of bread and butter, one at bottom and top with apples between. Make *Currant Pudding* same, using ripe stewed currants instead of apples, and *Blueberry Pudding* is delicious made as above, first stewing the fruit or not as wished. Any berries may be used same. Serve cold. For an *Apple Charlotte Pudding*, stew pound cored, pared and qu rtered apples with half pint water, cup sugar and a little lemon extract till they will mash. Cut biscuits in slices, fry them in butter or lard place in fruit dish, spread with the apples, then a layer of jelly or

jam, then another layer of bread, apples and jam and so on, apples on top. Make it an hour or two before eating and put whipped cream on top. To make a *Batter Apple Pudding*, peel and core apples and place neatly in buttered dish in which to be served, filling core cavities with sugar if sour. Make batter of four well-beaten eggs, pint rich milk, two cups flour, teaspoon salt and two of baking-powder. Beat till very light, pour over apples and bake half an hour, or steam three-quarters of an hour; serve hot as above. For a *Boiled Apple Pudding*, line dish with a good baking-powder or plain suet crust, with which an egg has been mixed, fill with sliced apples, sprinkle in sugar and cinnamon or any spice liked, tie in a floured cloth, put in boiling water and boil nearly two hours; or it may be steamed. Serve with Wolverine Sauce. For *Bird's-nest Pudding*, pare and core without quartering, enough quick-cooking, tart apples to fill pudding dish; make a custard of one quart milk and yolks of three or four eggs, some use less eggs, adding tablespoon corn-starch for each egg omitted; sweeten, spice, pour over apples, and bake; when done, beat the whites of eggs stiff with tablespoon white sugar to each egg; spread on custard or crown each nest or apple with a spoonful of meringue, brown lightly, and serve either hot or cold. If necessary, apples may be baked a short time before adding custard, and if wanted very nice, steam the apples, put in buttered dish, fill core cavities with jelly or jam or sugar, stoned raisins and bits of butter and citron, cover each with a slice of steamed apple, or grate over the rind of a lemon and a little nutmeg; pour over custard; or a richer dressing made by creaming a cup butter with two cups sugar, adding eight well-beaten eggs, beating all together with a gill of milk and cooking in custard kettle till thick as boiled custard; bake and finish as above. *Minnehaha Pudding* is a very dainty dessert. To prepare, peel, core and boil apples until soft enough to pulp through colander; sweeten to taste, add a little powdered cinnamon, put in deep dish, and when quite cold, pour a custard made of yolks of three or four eggs and one quart of milk, sweetened to taste over it and bake in oven fifteen or twenty minutes. Whip whites of eggs adding tablespoon sugar to each egg and lay it daintily in small pieces on custard or spread it on and brown in oven. Equally good hot or cold. Or omit the milk and add yolks of two eggs to a pint mashed and sweetened apple sauce; put in buttered dish, bake and finish as above; or if wished richer add three tablespoons melted butter, gill of sifted bread-crumbs and two more eggs, yolks and whites beaten separately, bake and finish with meringue.

Rice Apples.—Boil half pound rice and quart milk in custard kettle till tender; sweeten with half cup sugar; pare and core with apple-corer seven or eight good-cooking apples, place in slightly buttered baking dish, put a teaspoon jam or jelly into each cavity, and fill with rich cream; put the rice in around apples, leaving top un-

covered; bake thirty minutes, then cover with whites of two eggs, sift on sugar. and return to oven for ten minutes. Serve with Dip Sauce. If not a quick-cooking variety the apples may first be steamed till half cooked. Some stir into the cooked rice the well-beaten yolks of two eggs, four tablespoons butter, a little sugar, a few grated almonds or little vanilla extract and lastly the well-frothed whites; then finish as above. Or the prepared rice and jam or jelly may be put in dish in layers with the apples, which must first be stewed and pulped through sieve. Sprinkle top with sifted bread-crumbs and bake. Tapioca may be used instead of rice. To make a *Scottish Pudding*, mix two tablespoons arrowroot with pint cream; add two tablespoons sugar, put in stewpan and place over fire until it boils. Put in dish alternate layers of thinly-sliced apples, sugar and bits of butter; when two-thirds full put in a cup jam as next layer, and over all pour arrowroot mixture. Bake in moderate oven twenty-five minutes. For *Bachelor's Pudding*, take a cup finely chopped apples, mixed with a cup currants, four tablespoons sugar, cup sifted bread-crumbs and three well-beaten eggs, with a few drops of lemon extract and little grated nutmeg. Beat well together, put in buttered dish, tie down with a cloth and boil or steam three hours. Serve with Minnehaha Sauce. For *Danish Pudding*, cook two quarts sliced tart apples with half cup water till tender; stir in two tablespoons butter and half cup sugar, mixing and mashing thoroughly, and some put through colander. Put this as the bottom layer in dish in which pudding is to be served; then put in frying-pan two and a half teaspoons butter, and when melted add one and a half cups dry bread-crumbs, cup sugar, and half pound almonds (weighed in shell) blanched and finely chopped; stir constantly about ten minutes or till well mixed; place this while hot as the second layer in the dish; then in their season take one quart blackberries and half cup sugar and cook to a jam, or in winter use a jelly glass of jam, or any fruit may be used, and spread this for the third layer. All this can be prepared the day before using; before serving cover with a pint cream well whipped, sweetened to taste, and flavored with vanilla. This fills a two-quart dish, is sufficient for twelve or fourteen persons, and is a delicious dessert. The layer of fruit may be omitted, putting in alternate layers of the bread-crumb mixture and apples with the former on bottom and top. Or some add a flavoring of cinnamon and nutmeg to the stewed apples, then make a batter of yolks of six eggs well beaten, cup and a half sugar, half pound blanched and grated almonds, and the well-beaten whites. Butter the baking dish, put the apples in first, then a layer of jelly or jam, then the batter. Bake about an hour and cool. Serve with Whipped Cream Sauce.

Arrowroot Pudding.—Mix two tablespoons arrowroot with cup milk; flavor pint and a half milk as liked, put over fire, and when it boils pour it on the arrowroot; stir well, and when cool, add three

well-beaten eggs and tablespoon each sugar and orange juice; put in well-buttered mold, cover, and steam one hour and a half; turn out on a dish, arrange preserves or jam neatly around it, and serve. Some use more sugar, and bake instead of steaming, sprinkling sugar over when done and returning to oven a few minutes to glaze. Very nice served cold. Or *With Fruit* put a cup cream and one-quarter cup milk over boiling water; mix two tablespoons arrowroot smooth in four tablespoons milk, add five tablespoons sugar and vanilla flavoring; when the cream is hot, stir this in and cook until thick as mush; stir in a cup candied fruit, which, if larger than cherries, should be cut. Pour in a mold. When cold, turn out and ornament with whole macaroons; they adhere easily and may be arranged as fancied, either over entire mold or in one or two diagonal rows across. Serve surrounded with Custard or Whipped Cream Sauce.

Batter Pudding.—Put pint and a half milk on to heat, reserving enough to mix four tablespoons flour smooth; when hot, turn the milk over the flour gradually, stirring to avoid lumps and add two tablespoons butter, a little salt and four or five well-beaten eggs, or add them one at a time and any flavoring desired, beat all thoroughly, turn into buttered dish, or cups and bake from a half to three-quarters of an hour. Turn out and serve hot with any sauce liked. Or the pudding may be boiled if a cloth is first tied round the dish. Excellent served with orange marmalade or other preserves over the top, passing sugar and cream with it. For *Batter Balls*, drop from a spoon and fry like fritters; drain, sprinkle with sugar and serve at once. Or any fresh or dried fruits preferred may be stirred in just before cooking in any of above ways. Or for *Steamed Batter Pudding*, take half cup each sugar, and butter, three eggs, one cup sweet milk, three teaspoons baking powder, two cups flour, steam one hour and serve with sauce. Less eggs and butter may be used; and *With Fruit*, pour the batter over a pint and a half stoned cherries, sliced apples or peaches, or any berries. Some have the dish of fruit in steamer, so as to be scalding hot, then pour over the batter and steam as above. Three heaping tablespoons corn meal are nice used, then only taking a heaping cup flour. Serve with Chocolate Sauce. Buttermilk or sour milk may also be used with level teaspoon soda instead of baking powder.

Bread Pudding.—This is one of the most common of puddings, a general favorite, and the recipes given are so varied as to meet the requirements of all. For a *Plain Pudding*, break up pieces of stale bread into bits, and pour on them as much boiling water as will soak them well. Let stand till water is cool; then press out, and mash bread with a fork until quite free from lumps. Measure and to every quart stir in half teaspoon salt, teaspoon nutmeg, six tablespoons sugar, and half pound currants; mix all well together, and put it in well-buttered baking dish. Smooth surface with back of

spoon, and put a tablespoon and a half butter in small bits over top; bake in moderate oven one hour and a half, and serve very hot with Maple Sugar Sauce. Boiling milk instead of water very much improves the pudding. A *Monday Pudding* is hardly a pudding at all but does very well for a hastily prepared dessert. Cut crust from loaf of bread, fold latter in a napkin and steam twenty minutes; or cut bread in even slices, steam half an hour and serve with Everyday Sauce. Or the bread may be buttered and spread with preserves or jelly, then steamed. For a *Layer Pudding*, put slices of bread prepared thus in layers in baking dish and pour over half the Boiled Custard given on page 119. Or put currants with nutmeg seasoning between the layers of buttered bread. Some first line the dish or mold with raisins, then fill with the bread and butter, pour the custard over as above and steam half an hour; or tie a floured cloth over and boil. Serve hot with any sauce liked. Or, halve the raisins and place around the mold in rows, diamonds or circles; they will easily adhere if the mold is well buttered; make half as much custard as above, using two eggs, into which stir a pint bread-crumbs and half cup chopped raisins, put into prepared mold and steam an hour. Turn out and eat with any sauce. For the regular *Bread Pudding*, take quart each sweet milk and bread-crumbs, four eggs, four tablespoons sugar; soak bread in half the milk until soft; mash fine, add rest of milk, the well-beaten eggs and sugar, and tablespoon butter if wanted richer; bake one hour, serve warm with any hot sauce or Maple Sugar Hard Sauce. Some first boil the milk with two ounces candied lemon peel and six bitter almonds to obtain the flavor, or flavor with nutmeg, then pour it over the crumbs. Bake in either a deep pudding dish or custard cups. A cup raisins or currants are added when liked; and cracker-crumbs may be used instead of bread; or *With Cherries*, add quart stoned cherries, using only bread-crumbs and serve with Cherry Sauce; or *With Peaches* add pint canned peaches, mashed, instead of cherries. Steam an hour and a half. For a more elaborate *Fruit Pudding*, soak a pint bread-crumbs in half pint milk fifteen minutes, add two tablespoons butter, melted, half cup sugar, beaten yolks of four eggs, teaspoon cinnamon, half teaspoon cloves, grated rind of one lemon, two ounces sliced citron and quarter pound each currants and stoned raisins, with whipped whites of eggs beaten in last. Bake in buttered mold or cups, set in pan of hot water and when ready to serve turn out, sift powdered sugar over and send on with very hot sauce. Sufficient for ten persons. Some use quarter pound finely chopped suet instead of butter, and three ounces blanched and chopped almonds, or same quantity chopped figs. Steam or boil three or four hours. Or make *Florentine Pudding* by omitting the milk, spices and all fruit except the raisins, adding half pint chopped sour apples and half cup more sugar. Serve with Raspberry Sauce. *Gooseberry Pudding* is made as Florentine

Pudding, omitting the raisins and apples and using a quart stewed and sweetened gooseberries. Bake half an hour in buttered mold, turn out, dust powdered sugar over and serve hot with Custard or Every-day Sauce. For *Brown Bread Pudding*, omit the apples in Florentine Pudding and use crumbs of brown bread instead of white, and currants instead of raisins, if preferred. Boil or steam three hours. The *Queen of Puddings* is a very nice dessert: Mix together pint sifted bread-crumbs, quart milk, cup sugar, yolks of four eggs, butter size of an egg and some add grated rind of lemon; bake until done—but do not allow to become watery—and spread with a layer of jelly. Whip whites of eggs to a stiff froth with five tablespoons sugar, and juice of one lemon, spread on top and brown. Serve with Hard Sauce, or it is often eaten without any sauce, and very good cold. For *Cocoa-nut Pudding*, soak half cup dessicated cocoa-nut in boiling hot milk half an hour or more, and add to above, baking and finishing same. For *Orange Pudding* add a half dozen grated oranges and serve with Strawberry Sauce.

Brown Pudding.—Cream quarter cup each butter and brown sugar, add three well-beaten eggs, quarter cup sweet milk, half pint molasses with half teaspoon soda stirred in, one and one-half cups flour, half teaspoon each cinnamon and cloves. Bake or steam in buttered dish one hour. Serve with Jelly Sauce. Make a *Blackberry* or *Blueberry Pudding* by adding to above another cup flour and quart fresh berries. Or mix a cup white sugar with the berries, add five well-beaten eggs and stir in one and one-half pints each milk and sifted flour. Bake in buttered dish and serve with Dip or Fruit Sauce.

Cabinet Pudding.—Take a sheet of sponge cake and half pound French candied fruit (apricot, pear, cherries, a lime), and ounce citron; cut citron in shape of leaves. Butter tin mold thickly with cold butter, press the fruit in any pretty designs on bottom and sides of mold, using large fruits for centers and citron leaves around. Cut sponge cake to fit bottom of mold, place over fruit, and also line sides with the cake, then put in some more of the fruit (cherries), then another layer of cake, then fruit, etc., with last layer of cake, pressing cake firmly in mold. Make custard of pint milk, six eggs and quarter pound sugar. Put custard in pitcher and pour slowly in the mold, letting part of custard entirely absorb before adding the rest, and some let stand an hour or so before steaming; place mold in steamer or in saucepan two-thirds full of water and steam till firm, about an hour and a half. To test, run a fork or small knife down through thickest part, if any liquid appears must cook longer. When done, turn out of mold, and serve with powdered sugar. Lady Fingers may be used to line the mold, placing them around perpendicularly with flat sides against the mold. To make

Cabinet Pudding

a plainer pudding, use cup raisins, cup and a half currants and third of a cup citron instead of French fruits, and bread may also be used instead of cake. Serve with Lemon Sauce.

Cake Pudding.—Put slices of stale cake in saucers and turn over them a hot Every-day Sauce, or any other preferred; prepare long enough before wanted, to serve thoroughly cold. Or steam slices of stale fruit cake and serve with hot sauce. Or put slices of any stale cake in layers in pudding dish with stewed or preserved fruit between, with cake for top layer, pour sweetened cream over. cover with a meringue, brown with salamander, or in hot oven, and serve cold. Or partly fill a pudding dish with slices of stale cake, pour over half the Boiled Custard given on page 119, while hot, so that it will soak through and soften the cake, and set away to cool. Before serving spread a meringue over the top. *Peach Pudding* may be made same way, using canned peaches instead of cake. For a more elaborate pudding pour the custard over slices of cake laid in shallow dish and when cold put a layer in bottom of quart mold or two pint molds, have ready two ounces blanched and chopped almonds, or any other nuts preferred and a half pint preserved fruit, drained; put in a sprinkling of the chopped nuts, then bits of fruit, another layer of cake and so on till all ingredients are used, covering with cake. Pack in ice an hour, turn out of mold and serve.

Carrot Pudding.—One pound grated carrots, three-fourths pound chopped suet, half pound each raisins and currants, four tablespoons sugar, eight of flour, and spices to taste. Or boil three-quarters pound carrots and mash to a pulp; add half pound bread-crumbs, four ounces chopped suet, quarter pound each stoned raisins and currants, six tablespoons sugar, three well-beaten eggs and sufficient milk to make a thick batter. Steam four hours, place in oven twenty minutes and serve with Jelly or Lemon Sauce.

Cerealine Pudding.—Beat four eggs and six tablespoons sugar well, as for sponge cake. Add half a grated nutmeg, half teaspoon each lemon extract and baking powder, two ounces each cerealine and flour. Put in well-buttered mold and steam half an hour. Serve with Vinegar Sauce.

Chocolate Pudding.—One quart sweet milk, three ounces grated chocolate, cup sugar, yolks of five eggs; scald milk and chocolate together, when cool add sugar and eggs, and bake. When done, spread beaten whites and five tablespoons sugar on top, and set in oven to brown. Or, boil one pint milk, add half cup each butter and sugar, and three ounces grated chocolate; pour this over two slices of bread soaked in water; when cool, add well-beaten yolks of four eggs, bake, and when done, spread over the whites beaten with sugar, and brown in oven. Serve hot or cold. For a very rich pudding beat quarter pound each butter and sugar to a cream, add

gradually yolks of eight eggs, one at a time, adding alternately quarter pound shelled and chopped almonds, not blanched, and quarter pound grated chocolate; when all are well mixed add beaten whites of eggs, some ground cloves and cinnamon; butter and sprinkle molds with sugar, pour in pudding, steam, and when cold serve with Chocolate Sauce. Or *With Fruit*, line the bottom of a mold with sponge cake cut in slices about half an inch thick, first soaked in lemon and orange juice, half and half, or any fruit juice, cover with a layer of fruit using raisins, currants, preserved or candied fruits, as liked, then cake, and so on till within an inch of top with fruit last. Leave half inch space between cake and sides of mold. Add slowly a cold Chocolate Custard, page 120, with half ounce gelatine dissolved, in place of corn-starch, using sufficient custard to fill the mold; cover, bind and imbed in ice and salt, as directed in Ice-cream, for half a day; take from mold and serve surrounded with Whipped Cream Sauce.

Citron Pudding.—Sift two tablespoons flour and mix with beaten yolks of six eggs; add gradually pint sweet cream, quarter pound citron cut in small strips, and two tablespoons sugar; mix thoroughly, pour batter into buttered dish and bake twenty-five minutes. Serve with Egg or Queen Sauce.

Cocoa-nut Pudding.—Pour one and one-half pints boiling milk over one pint bread-crumbs and one cup dessicated cocoa-nut mixed; add two tablespoons sugar and nutmeg to flavor and bake. Or grate one cocoa-nut, saving the milk if perfectly sweet, boil a quart of milk and pour upon it, adding five eggs beaten with cup sugar and tablespoon butter, with a little salt, two teaspoons vanilla extract, milk from nut, and bake in pudding dish lined with rich paste. Or omit the paste and add quart bread-crumbs scalded with the milk, or as much cold boiled rice as cocoa-nut, though some use corn-starch instead of the crumbs or rice. Make with dessicated cocoa-nut in same way, using half pint. This is excellent baked like pie with under crust only.

Corn-Starch Pudding.—One pint sweet milk, whites of three eggs, two tablespoons corn-starch, three of sugar, and a little salt. Put milk in custard kettle, and when it reaches boiling point add sugar, then starch dissolved in a little cold milk, and lastly the whites of eggs whipped to a stiff froth; beat, and let cook a few minutes, then pour into cups, filling about half full, and set in cool place. For sauce, make a boiled custard as follows: Bring to boiling point one pint milk, add three tablespoons sugar, then beaten yolks thinned by adding one tablespoon milk, stirring all the time till it thickens; flavor with two teaspoons lemon or vanilla, and let cool. Serve one mold for each person, pouring over it some of the boiled custard. Or the pudding may be made in one large mold. To make a *Chocolate Pudding*, flavor the above pudding

Corn-Starch Pudding.

with vanilla, remove two-thirds of it, and add half cake chocolate softened, mashed, and dissolved in a little milk. Put a layer of half the white pudding into the mold, then the chocolate, then the rest of the white; or two layers of chocolate may be used with a white between; or the center may be cocoa-nut made by adding half a cocoa-nut grated fine to the white part; or add a pine-apple chopped fine; or a cup strawberries. Serve with *Pine-Apple Sauce.* For *Easter Pudding*, make a corn-starch mixture as above, using yolks of eggs instead of whites, and turn out in broad dish to cool. When it stiffens around the edges, transfer it, a few spoonfuls at a time, to a bowl, and whip vigorously with an egg beater. Flavor with rose-water. It should be like a yellow sponge when put into a crown mold. Make day before wanted. When ready to serve turn out upon dish, fill center with whipped cream, flavored with vanilla and heaped up as high as it will stand. Pile more whipped cream about the base. Or *With Fruit*, while the corn-starch mixture is still hot put a little in a large mold and turn to let it run and leave a thin coating all over inside. Ornament by sticking candied cherries to this in any regular forms liked, fill loosely with fresh or preserved fruits, macaroons and crumbed sponge cake, soaked in orange juice, and a little citron cut very thin; then pour in slowly until full remainder of corn-starch, which must have been kept warm by standing in hot water so that it would not stiffen. Let stand in cold place all night to become very firm and serve with Marigold Sauce.

Easter Pudding.

Cottage Pudding.—Cup each sugar and sweet milk, three of flour, half cup butter, one egg, teaspoon soda dissolved in milk, two teaspoons cream tartar in flour, half teaspoon extract lemon. Sprinkle a little sugar over top just before putting in oven; bake in fluted cake pan or small bread pan, and serve with Every-day Sauce. What is left of the pudding and sauce may be served cold for tea.

Cake Pan.

Cracked-Wheat Pudding.—Cook cracked wheat enough for two meals; stir in, a few minutes before taking up, raisins, dates, or any dried fruit; serve half for dessert and next day prepare a Boiled Custard, stir it thoroughly through the remainder and bake just long enough to cook the custard.

Cream Pudding.—Stir together pint cream, six tablespoons sugar, yolks of three eggs, and a little grated nutmeg; add the well-beaten whites, stirring lightly, and pour into buttered pie pan on which has been sprinkled the crumbs of stale bread to thickness of an ordinary crust; sprinkle over the top a layer of bread-crumbs and

bake. For *Perfection Cream Pudding*, sift one tumbler flour three times add two tablespoons baking powder and sift again. Sift the sugar and measure it, taking one and a half tumblers. Beat white of eleven eggs to a stiff froth; add sugar lightly, then flour. Bake in two jelly pans; when cold, whip one pint thick sweet cream, sweeten, and flavor with vanilla; put between the layers, heap well upon the top and serve surrounded with whipped cream. This makes a nice *Cream Cake* by not surrounding with cream.

Curate's Pudding.—Beat yolks of two eggs with four tablespoons flour and tablespoon milk; set half pint milk, less the tablespoon, over the fire with four tablespoons sugar and two tablespoons butter; heat, but do not boil, and add to the beaten flour and eggs, also the whites of eggs beaten very light. Mix thoroughly and pour into four saucers, buttered and heated. Bake twenty minutes in hot oven, and when done a light brown place two of them on a dish, tops down, spread with plum or other jam, place the other two on top with the under side down and serve at once. Or each may be split and spread with jam, then put together again.

Delmonico Pudding.—A quart milk, three tablespoons cornstarch dissolved in cold milk, well-beaten yolks of five eggs, six tablespoons sugar. Boil three or four minutes, pour in pudding dish and bake about half an hour; cover with a meringue and brown delicately in oven. For *Peach Pudding*, place a layer of canned peaches over top of above, when baked, adding syrup to custard when making, using less milk. Cover with the meringue as above.

Dixie Pudding.—Slice light bread, trim off crusts and cut in pieces about two inches square; remove seeds from greengage plums, make very sweet and place on the bread squares. Just before serving, place squares in a dessert dish and cover each with whipped cream, sweetened and flavored with vanilla. A very showy, excellent dish and when sponge cake squares are used in place of bread, very elegant and delicious.

Estelle Pudding.—Three eggs, well beaten, two and a half tablespoons sugar, two of butter, three-fourths cup sweet milk, one of raisins chopped fine, one full teaspoon baking powder and three gills flour; steam thirty-five minutes, browning in oven if wished, and serve with Cold Cream Sauce.

Fig Pudding.—Half pound figs, half pint dry bread-crumbs, five tablespoons powdered sugar, three tablespoons butter, two eggs, cup milk; chop figs fine and mix with butter, and by degrees add the other ingredients; butter and sprinkle a mold with bread-crumbs, pour in pudding, cover closely, and boil three hours; serve with Lemon Sauce. A gill chopped suet may be used instead of butter. Make a *Date Pudding* same, using chopped dates instead of figs. Either may be steamed or baked.

Fruit Pudding.—Stew currants or any small fruits, fresh or dried, with sugar to taste, and pour hot over thin slices of baker's bread with crust cut off, making alternate layers of fruit and bread, and leaving a thick layer of fruit for the last. Put a plate on top, and when cool set on ice; serve with sifted sugar, or cream and sugar. This pudding is delicious made with Boston or milk crackers, split open, and stewed apricots or peaches, with plenty of juice, arranged as above. Or another way is to toast and butter slices of bread, pour over it hot stewed fruit in alternate layers, and serve warm with Caramel Sauce. Or drop small light dumplings into the hot stewed fruit and cook until dumplings are done, taking care not to scorch. Serve with sugar and cream. For a *Dried Apple Pudding*, take one cup each dried apples and molasses, one and one-fourth cups flour, fourth cup butter, one egg, teaspoon each soda and cinnamon, half teaspoon cloves; wash and soak apples over night, cut fine and mix with water in which they were soaked, add molasses and spice; mix egg, butter and flour together; stir soda with apples and molasses; add and bake immediately; serve hot with Hard Sauce. Or, soak two cups dried apples overnight. In morning chop fine and boil with cup cooking molasses until like citron. Then add coffee cup sugar, cup butter, four eggs, teaspoon each of all kinds of spices, four cups flour, cup sour milk, and teaspoon soda. Bake in cake tins, and serve with sauce. When cold, it can be steamed and is as nice as when freshly made. For a *Steamed Cherry Pudding* make a good baking-powder paste, roll out and line bottom of baking dish; then put in a layer of fresh, stoned cherries, or of the stewed dried fruit, cover with another layer of paste, then cherries, and paste on top. Steam two hours and serve with Dip or Hard Sauce. Any fruit may be used. A *Dried Peach Pudding* is made as follows: Chop pint dried peaches and three-fourths pint beef suet and mix with three-fourths pound flour and teaspoon salt; add water to make dough that can be easily stirred with a spoon, tie in a cloth, leaving room to swell and steam or boil three or four hours. Serve with Jelly Sauce. For *Fruit Blanc-mange*, take pure juice if the fruit is fresh or canned; if preserved or jellied, or any fruit shrub, reduce with water to a pleasant flavor. Sweeten the fresh juice and the others if needed; to a pint of this when boiling add two rounded tablespoons corn-starch, mixed smoothly in a little cold water. Boil a minute or two, stirring all the time, and pour in dish to cool, making a jelly, not quite so firm as blanc-mange. When cold cover with whipped cream; some first stick the top thickly with lengthwise slices of blanched almonds, and the whipped cream may be omitted, serving with sweetened cream. This is a delicious dessert very easily made, and so little juice is necessary. It can be cooled in any dish, then placed in a glass or china fruit dish to serve. Rice flour may be used instead of corn-starch and some first boil a little stick cinnamon and lemon peel in the juice.

Gingerbread Pudding.—Crumble a half pound stale gingerbread into bowl and mix with half pound flour and stir in one tablespoon each molasses and sugar, two ounces blanched and pounded almonds; mix half pint milk and a well-beaten egg together and add; mix thoroughly, put in buttered dish and boil or steam two hours and a half.

Graham Pudding.—Mix together half cup molasses, quarter cup butter, one well-beaten egg, half cup milk, half teaspoon soda, two cups Graham flour, one cup raisins, and spices to taste. Steam three hours. A half cup dried currants or sliced citron may be added, with half cup more milk, using either sweet or sour, and part cream makes it much nicer; flour the fruit and add last. Or use gill sugar instead of molasses, melting it up in a little boiling water if wished, and sweet cream or milk with baking powder. Serve with Foaming Sauce.

Half-hour Pudding.—Beat four tablespoons butter to a cream with half pint powdered sugar; add yolks of three eggs, beating them in thoroughly, then rounded half-pint corn meal, and whites of eggs beaten to stiff froth. Mix well, and bake in buttered pudding dish. Serve with Orange Sauce.

Indian Pudding.—A quart sweet milk, tablespoon butter, four well-beaten eggs, cup corn meal, half pound raisins, quarter pound sugar; scald milk and stir in meal while boiling; let stand until blood warm, add other ingredients and stir all well together; bake one and a half hours, and serve with Vinegar Sauce. Or for *Eggless Indian Pudding*, scald quart sweet milk and stir into it five rounded tablespoons corn meal, cup brown sugar or five tablespoons molasses, teaspoon ginger, and a little salt; bake in moderate oven and in half an hour stir in cup cold rich milk; bake two hours. Much improved by adding cup raisins with the cold milk. Serve with cream or Plain Sauce. Or when mush is left over take one quart cold mush, add three heaping tablespoons sugar, cinnamon and nutmeg to taste, three well-beaten eggs, pint rich, sweet milk; mix all well together and bake slowly one hour in well-buttered pudding dish. Eat with sweet cream or Lemon Sauce. For an *Indian Fruit Pudding* make a mush in custard kettle of three cups milk or water and cup yellow corn meal cooking an hour or two; or three cups cold mush will do. Add cup finely-chopped suet, half cup baking molasses, two well-beaten eggs, a little salt, half teaspoon ginger, cinnamon or grated lemon rind, and a cup each seedless raisins, and currants dredged with flour. Bake in buttered dish or mold one hour, covered with buttered paper. Makes a quart pudding. For a *Plain Boiled Pudding*, scald pint and a half corn meal with half pint boiling water; add four tablespoons Graham flour, pint milk (either sweet or sour), two tablespoons molasses,

half a teaspoon ginger, a little salt and one level teaspoon soda (or a little more if sour milk is used); two tablespoons chopped suet will make it more light and tender, but may be omitted. Put in buttered dish and steam three or four hours; or boil in floured cloth, leaving room to swell. Or warm pint each molasses and milk, stir well together, and add gradually four well-beaten eggs, a pound beef suet chopped fine, corn meal sufficient to make a thick batter, teaspoon pulverized cinnamon, nutmeg and a little grated lemon peel, and stir altogether thoroughly; boil as above three hours; serve hot with Every-day Sauce. For *Steamed Pudding*, take a quart milk, dissolve cup meal in a little of it and stir into remainder when latter boils, cooking slowly one hour; then add three or four well-beaten eggs, teaspoon powdered cinnamon, half cup stoned raisins, teaspoon baking powder, a little salt, and beat well together. Butter tin mold, cover tightly and steam from two to three hours. It is a delicious pudding served with Jelly Sauce.

Kiss Pudding.—Boil quart sweet milk in custard kettle, stir into it four heaping tablespoons sugar and three rounded tablespoons corn starch, dissolved in a little cold water or milk, and added to well-beaten and strained yolks of four eggs. Turn into buttered mold which has been sprinkled with tablespoon sugar. Beat whites of eggs to a stiff froth with cup pulverized sugar and teaspoon vanilla; spread on top of pudding, set in quick oven, and brown; take out, sprinkle with grated cocoa-nut, set away in cool place and serve cold after three or four hours. The sweet liquor which settles to bottom in cooling, serves as a sauce.

Lemon Pudding.—Stir into yolks of six eggs one cup sugar, half cup water, and the grated yellow rind and juice of two lemons; soften in warm water six crackers or some slices of cake, lay in bottom of baking dish, pour custard over them and bake till firm; beat whites of eggs to a froth, add six tablespoons sugar, and beat well; when custard is done, put a meringue over it, return to oven and brown. Serve either warm or cold. Some add two ounces blanched and pounded almonds and bake in a puff paste, omitting the cake, and if a very rich pudding is wanted use half cup cream instead of water. Or for a *Pittsburg Pudding*, take juice and grated rind of one lemon, cup sugar, yolks of two eggs, three well rounded tablespoons flour, pinch of salt, pint rich milk; mix flour and part of milk to a smooth paste, add the juice and rind of lemon, cup sugar, well-beaten yolks and rest of milk (after having rinsed out the bowl in which eggs were beaten with it); line plate with Puff Paste one-fourth inch thick, pour in custard and bake in quick oven until done. Beat whites to stiff froth, add two tablespoons sugar, spread over top, return to oven and brown. Serve with very cold cream; or, for a very nice dish, use Whipped Cream Sauce. A rich and not an expensive pudding. The recipe makes sufficient for six. For a

Boiled Lemon Pudding mix half pound chopped suet with three-quarters pound bread-crumbs, two cups sugar, quarter pound flour, and strained juice and grated rind of two small lemons; when well mixed stir in two well-beaten eggs and milk to make a thick batter. Put in well-buttered mold and boil three and a half hours. Turn out, strew sugar over and serve hot with Jelly Sauce.

Macaroni Pudding.—Simmer two and a half ounces macaroni in a pint milk with rind of half a lemon till tender, and put in buttered pudding dish, removing the rind; mix three well-beaten eggs with another pint milk, sweetened to taste, and pour over the macaroni; grate a little nutmeg over the top and bake in moderate oven half an hour. A layer of marmalade or other preserves may be placed on top before serving. Or simmer a quarter pound macaroni in pint water with lemon rind till tender, then skim out the macaroni, without the rind, and add it to mixture of a pint milk, six well-beaten eggs, half pound each white sugar, and seedless raisins and half ounce allspice. Bake in buttered dish with a paste over the top and serve with Wolverine Sauce.

Minute Pudding.—Take sweet milk, or half each water and milk, pinch of salt, let boil, stir in wheat flour, as in making corn meal mush, till same thickness as latter; remove from fire, and serve at once with Dip Sauce. Some think it improved by adding blackberries, raspberries or cherries, either canned or fresh, just before taking from stove.

Molasses Pudding.—Three cups flour, one each molasses, melted butter and hot water, one teaspoon soda; steam three hours. Some add teacup raisins. Serve with Every-day Sauce.

Oatmeal Pudding.—Mix quart milk with pint oatmeal, half pound suet chopped fine, quarter pound each stoned raisins and currants; steam in buttered dish three hours. Serve with Fruit Sauce.

One-two-three-four Pudding.—Cup butter, two of sugar, three of flour, four eggs, whites and yolks beaten separately, cup sweet milk, and two teaspoons baking powder; flavor with nutmeg, and bake in pudding or cake mold; leave in mold till next day, when steam three-quarters of an hour and serve with Cider Sauce. This is nice baked as a cake.

Orange Pudding.—Slice six oranges in a pudding dish, sprinkle with sugar, and stand two hours; pour a pint hot water over two tablespoons corn-starch, previously dissolved in cold water, and let cook a moment or two till as thick as starch, remove from fire, sweeten, add a little grated lemon and pour over the oranges, cover with a meringue and brown in oven. Serve with Whipped Cream Sauce. Any berries or peaches may be used instead of the oranges.

Or, make a plain corn-starch pudding without sugar, and pour it over the oranges and sugar. Serve cold. Or take the grated rind of two, and soft pulp of three oranges, cup each sugar and milk, four eggs, two Boston crackers, or four and a half tablespoons rolled and sifted crackers, and tablespoon butter. Cream butter, stir in grated rind, juice and sugar, well-beaten eggs and crackers; add milk, mix well, and bake in pudding dish lined with paste, or in a buttered mold. Or boil four oranges and chop fine, taking out seeds and put in saucepan with six tablespoons butter, twelve blanched and chopped almonds, half pound sugar and juice of a lemon; heat until the butter is thoroughly melted, then cool and add eight well-beaten eggs; put in buttered pudding dish with border of puff paste and bake from half to three-quarters of an hour; serve with Golden Sauce. Or line a pudding dish with slices of stale sponge cake, slice in six oranges, removing seeds, pour a Boiled Custard made of yolks of eggs over, cover with meringue made with the whites, brown with salamander or in hot oven and serve cold.

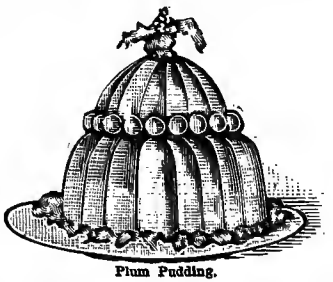
Paris Pudding.—Take one pound flour and with a quarter of it make a sponge with a half ounce compressed yeast and a little warm water, and set to rise; make a hole in the rest of flour, add ten tablespoons butter, three eggs, dessertspoon sugar and a little salt, unless the butter salts it enough. Beat all together well, then add five more eggs, one at a time, beating each in well. When the paste leaves the bowl it is beaten enough, but not before; then add sponge, and a large half ounce each currants and chopped citron, and an ounce and a half sultana raisins, seedless. Put in large, deep, upright mold, such as a charlotte-russe mold, let rise to twice its size and bake in moderate oven. This will keep fresh several days, and if it gets stale makes delicious fritters soaked in fruit juice and dipped in fritter batter. To make the small round cakes, bake in small-sized, round charlotte-russe molds, filled only half full, as they rise very much; bake these in hot oven, try as any other cake, then prepare a syrup as follows: Boil half pound sugar in pint water, add to this a third of a pint orange and lemon juice, half and half, half pint apricot or peach pulp and boil all together a few moments; pour this half an inch deep in a dish, and stand the cake or cakes in it; it should take up all the syrup, some may also be sprinkled over it.

Pie-plant Pudding.—Peel, wash and slice four dozen stalks, cut in pieces an inch long, and stew until soft, with sugar to sweeten. Mash through sieve, add rind of one fresh lemon, grated; little nutmeg, two tablespoons butter, yolks of six egg and whites of two, mix all together, line dish with puff paste, fill with the mixture and bake half an hour and serve with Cold Cream Sauce. Or prepare pie-plant as above and add a pint of rich cream; dissolve half an ounce of gelatine in a little milk, stir it through the pie-plant and

pour into a wet mold. Set in ice several hours before it is wanted and serve with cream. The pie-plant and gelatine must be mixed while hot. Or cut up pie-plant as above, then make as Brown Betty, allowing pound sugar to each pound pie-plant.

Pine-apple Pudding.—Butter a pudding dish, and line bottom and sides with slices of stale cake (sponge cake is best), pare and slice thin a large pine-apple; place in the dish first a layer of pine-apple, then strew with sugar, then more pine-apple, and so on until all is used, cover with slices of cake and pour a cup water or Boiled Custard over slowly. Cover the whole with a buttered plate, and bake slowly two hours. Or beat four tablespoons flour with pint cream; boil till thick, stirring all the time; when cool, beat yolks of six eggs with two tablespoons butter and two of sugar; have ready whites of four eggs beaten to a stiff froth, stir them in lightly, and last add two tablespoons fresh or canned pine-apple, cut into small squares; bake in pudding dish. For another nice pudding, peel and grate a large pine-apple, or use a can of the fruit; weigh after grating, and allow an equal weight sugar and half as much butter; mix the butter and sugar to a cream, beat in yolks of five eggs, and add the grated pine-apple and half a pint of cream; beat whites of eggs to a stiff froth, mix lightly with the other ingredients, and put mixture in dish lined with puff paste and bake in a moderate oven until the pastry is done. Serve any of above with Pine-apple Sauce.

English Plum Pudding.—When making this popular dessert it is well to prepare the fruit the night before, as so much time is required for cooking. It should be made at least two or three days before wanted, and is all the better for being kept a month or two, put away as directed for Fruit Cake, page 64. When to be served it has only to be thoroughly reheated by steaming—do not boil again, as the fruit absorbs the moisture and the whole becomes insipid. For preparing the fruit see directions on page 65. All the dry ingredients should be well mixed together, then moistened with the egg, which must be well beaten, and other ingredients added. Some still adhere to the old way of shaping the dough into a round ball and boiling in a floured cloth, as directed in preface; others boil in a buttered mold or bowl, with a floured cloth tied over, but the better way is to steam in buttered mold or pan. Boil, or steam from three to six hours, according to richness and size of pudding. It is a good plan to divide the pudding mixture in half and cook at the same time, using one half and putting the other away for future use. When steaming do not remove cover, and when



Plum Pudding.

necessary to add more water follow directions in preface. When done place in oven for a few moments; then put away as directed, resteaming when wanted. To serve, turn out on platter and garnish with holly leaves and berries as illustrated sending on with it any sauce liked. An English way of serving is to break pieces of the pudding into inch bits—do not cut it—before reheating and turn the sauce over before sending to table, serving in individual saucers. This makes it much more delicious, but spoils the appearance of the dish. To serve a pudding from which a part has been cut, divide it in two pieces, four inches long and an inch wide, place in buttered mold, pour a boiled custard over, steam an hour or two, turn out on platter and send to table with a Boiled Custard round it. Several of the best recipes for making the pudding follow: One pound each butter, suet and brown sugar, two and one-half pounds flour, two pounds each raisins and currants, quarter pound citron, twelve eggs, whites and yolks beaten separately, one pint milk, one cup brandy, or half cup each orange and lemon juice, or use any fruit juice; half ounce each cloves and mace, two nutmegs, grated. Mix as directed above. One-half of this recipe makes a large pudding and should be steamed three hours; if whole recipe is used steam six hours. Dried cherries, used instead of currants, make a much more delicious pudding and pound blanched and chopped almonds may be added. Serve with Cream Sauce. Or take one and a half pound muscatel raisins, one and one-fourth pound currants, pound sultana raisins, two pounds best coffee sugar, two quarts bread-crumbs, sixteen eggs, two pounds finely chopped suet, six ounces mixed candied peel, rind of two lemons, an ounce each grated nutmeg and powdered cinnamon, half dozen pounded bitter almonds, and gill fruit juice. Half bread-crumbs and half flour may be used, and some add teaspoon ginger. Prepare and mix ingredients as directed above, and boil or steam from six to eight hours. For a small family boil in two or three molds. A few sweet almonds, blanched and cut in strips, ornament the pudding prettily. Or *With Apples*, take quart seeded raisins, pint currants, half pint citron cut up, quart apples peeled and chopped quart fresh and nicely chopped beef suet, quart sweet milk, heaping quart stale bread-crumbs, eight eggs beaten separately, pint sugar, grated nutmeg, teaspoon salt; flour fruit thoroughly from a quart flour, then mix remainder as follows: In a large bowl or tray put the eggs with sugar, nutmeg and milk, stir in the fruit, bread-crumbs and suet, one after the other until all are used, adding enough flour to make the fruit stick together, which will take about all the quart; steam as directed. If not liked so rich less eggs and fruit may be used, and if fruits mentioned are not at hand others may be substituted. Serve with Cape May Sauce. For an *Eggless Plum Pudding*, take heaping cup bread-crumbs, two of flour, one each suet chopped fine, raisins, molasses and sweet

milk, tablespoon soda, teaspoon each salt, cloves and cinnamon and a nutmeg, grated; boil two and a half hours in two quart pail, set in kettle of boiling water, or steam for same time. Or take half pound flour, six ounces each raisins and currants, quarter pound each suet, brown sugar, mashed carrot, and mashed potatoes, tablespoon molasses, one ounce each candied lemon peel and citron. Mix flour, currants, suet and sugar well together; stir in the mashed carrot and potato and add the molasses and lemon peel; *put no liquid* in the mixture, or it will be spoiled. Tie loosely in a cloth, or if put in basin do not quite fill it, as the pudding should have room to swell, and boil four hours. Serve with Orange Sauce. This pudding is better for being mixed overnight. For *Prairie Plum Pudding,* stew together a cup raisins and half cup citron; put in buttered dish layer of sponge cake (any kind of cake will do, or Boston crackers, sliced and buttered may be used, or Graham bread-crumbs), then a layer of fruit, and so on, with cake or bread for last layer; pour over it custard made in proportion of a quart milk, yolks of four eggs, and half cup sugar; bake until on inserting a knife the milk has become water. Cover with meringue, brown in oven and serve with Prairie Sauce. For a *Gelatine Plum Pudding*, beat together half cup sugar, two eggs and teaspoon butter, add three pints sweet milk, a little salt, six crackers rolled fine, cup raisins, and a half box gelatine dissolved in little water; season with nutmeg or cinnamon. Bake in pudding dish and serve with Cocoa-nut Hard Sauce.

Potato Pudding.—Boil six good mealy potatoes, mash very fine, beat well with the yolks of five eggs, half pound white sugar, quarter pound butter; beat whites of eggs to a stiff froth, add the grated rind and juice of one lemon, stir well, and add a little salt and pint rich milk or cream; bake an hour and a half; reserve some of the whites of eggs for a meringue for the top. A few blanched and pounded almonds may be added. If not liked so rich, use less eggs and butter. *Sweet-potato Pudding* made in same way.

Prune Pudding.—Scald one pound French prunes, let them swell in the hot water till soft, drain and extract stones, spread on dish and dredge with flour; take a half pint milk and stir into it gradually eight tablespoons sifted flour, beat six eggs very light and stir by degrees into a pint and a half milk, add the batter, then the prunes, one at a time; stir the whole very hard, steam two hours and serve with Prune Sauce or cream. Or put a layer of sliced bread or biscuit, first dipped in boiling sweet milk, in baking dish, then a layer of prunes stewed as for eating, seeding the prunes; then bread and so on till dish is full with bread on top, having sprinkled each layer with a little sugar; pour over the prune juice and remainder of scalded milk. To made it richer, bits of butter may be added to each layer; bake in moderate oven from three-

quarters of an hour to an hour. When cold turn out in a dish and spread whipped cream on top, or it may be served hot with sauce or spoonful whipped cream to each dish. A very nice pudding, wholesome and inexpensive.

Puff Pudding.—Cream third of a pint butter, gradually dredge in two-thirds pint flour, scant half pint sugar, and keep stirring and beating without ceasing until perfectly smooth. Then add well-beaten yolks of three eggs, and lemon or vanilla flavoring; butter small cups, half fill them, having just stirred gently in the well-frothed whites, and bake in brisk oven for about half an hour. Turn out on a hot plate and serve with Custard, Jelly or Lemon Sauce. A pretty little dish may be made of these puddings when cold, by cutting out a portion of the inside with the point of a knife, and putting into the cavity a little whipped cream or delicate preserve, such as apricot, greengage, or very bright marmalade. The paste requires a great deal of mixing, as the more it is beaten the better the pudding will be. Six eggs may be used and the puffs may be steamed. For a *Saratoga Puff Pudding*, to one pint boiling water add half pint butter, stir in gradually one pint flour till perfectly smooth; take off fire, when cool add five well-beaten eggs and half teaspoon soda. Pour batter in a well-buttered, hot pudding dish and bake in a quick oven about half an hour or till done; make an opening at edge and pour in whipped cream as above or a Boiled Custard, and serve at once. Something plainer but nice is the *Quick Puff Pudding.* Stir together pint flour, half pint milk two teaspoons baking powder, and a little salt; place well-greased cups in steamer, put in each a spoonful of batter, then one of berries, steamed apples, or any sauce convenient, cover with another spoonful of batter and steam twenty minutes. This pudding is delicious made with cranberries or fresh strawberries and can be steamed in a large dish putting together as above. Adding cup sugar and an egg makes the pudding much nicer. Serve with Strawberry Sauce. For *Raisin Puffs*, take two eggs, half cup butter, three teaspoons baking powder, two tablespoons sugar, two cups flour, one of milk, and one of raisins chopped very fine. Steam half an hour in buttered cups. Serve with Cream Sauce.

Queen Mab Pudding—Put rind of lemon, eight bitter almonds, blanched and bruised, or a cut vanilla bean, into pint milk, heat slowly and keep at boiling point, until milk is strongly flavored; then add a small pinch of salt, and an ounce gelatine. When this is dissolved, strain the milk through muslin, and put it in clean saucepan, with half cup sugar and half pint rich cream; boil up once, take from fire, stir it briskly and add by degrees well-beaten yolks of six eggs; set over a gentle fire until mixture thickens, but be careful it does not curdle. When of the right consistency, pour it out, and continue stirring until half cold; then mix with it one ounce candied citron, cut in small pieces, and two ounces dried

cherries; put in buttered mold and serve cold. Preserved pine-apple may be used instead of the cherries, or mixed with them. This pudding is delicious iced.

Raisin Pudding.—Line bottom of a buttered pudding dish, but not the sides, with a Puff or Plain Paste, then add a layer chopped sour apples, two inches thick; then one of chopped raisins, sprinkle over sugar and dot with bits of butter, and any spice liked; add another layer of crust, fruit, etc., until dish is full; cover with crust and bake slowly an hour and a half; when done, invert on plate, sprinkle fine sugar over and serve with Sago Sauce.

Raspberry Pudding.—Cream half pint sugar with three tablespoons butter, add half pint sweet milk, pint flour, two teaspoons baking-powder and two-thirds of a pint floured ripe raspberries. Bake in a buttered dish and serve with Golden Sauce. *Blueberry* or any *Berry Pudding* made same.

Rice Pudding.—To a cup rice, boiled in custard kettle in pint salted water until dry, add pint milk in which a little corn-starch has been dissolved and boil again; add yolks of two eggs beaten with half cup of sugar, stir well together, and lastly add juice and grated rind of one lemon. Place in dish, and bake in moderate oven about one hour; when done, cover top with a meringue and brown in oven. If more of a custard is liked omit the corn-starch and use a little more milk. A cup of raisins may be added just before baking, or a little candied lemon peel if liked. If wanted to turn out of mold use five or six eggs. Nice baked in small buttered cups lined with candied lemon peel. Turn out and serve with Apricot Sauce. Or, after boiling rice with milk, eggs and sugar, add tablespoon butter and place in a buttered pudding dish, sprinkled with bread-crumbs, and bake. If wanted richer add four tablespoons butter. Or *With Fruit,* place a layer of mixture on the crumbs, then a layer of peaches, (fresh, canned or dried), and so on till dish is full with rice last; bake and cover with meringue as above. Or, use chopped pine-apple or oranges, dried cherries or any fruit jam; the fruit may also be stirred through the rice, then baked. When pine-apple or oranges are used they may first be cooked ten minutes in a little sugar and water. Some line the dish with Puff Paste, then fill as above. Serve with Saratoga Sauce. For *Boiled Rice Pudding,* wash a half pound rice and tie in a cloth, allowing room to swell, and put in saucepan cold water. Boil an hour, then take out, untie, and stir in a pint any fresh fruit, or half pound raisins or currants, tie up again rather tightly and boil another hour. If made with dried fruit serve with Sago Sauce, or cream and sugar if fruit is fresh. Nice for children's dessert. For *Economical Pudding,* take quart milk, half cup rice, salt to taste, cup sugar and teaspoon lemon or vanilla, (some add tablespoon butter); place in

oven at once, stirring occasionally while rice is swelling. Bake quite slowly two hours or more. It should be cream-like when done, and must be taken immediately from oven. A good test is to tip dish; if rice and milk move together it is done; if not sufficiently cooked the milk will run; if neither move it is done too much. Before serving grate nutmeg over top or sprinkle with powdered cinnamon. To vary this, a cup raisins may be added, or ten minutes before done stir in a well-beaten egg. This is a delicious pudding when properly baked, and may be eaten warm or cold with sugar and cream. Or for *Buttered Rice*, cook in custard kettle two-thirds cup rice with pint and a half milk; when tender, in about three-quarters of an hour, pour off milk, stir in two tablespoons butter, sugar to taste, a little grated nutmeg or powdered cinnamon; when hot, serve with Fruit Sauce. For *Rice Snow Balls*, boil quarter pound rice in pint cold water with teaspoon salt, keeping covered, till holes come in top and water seems nearly all boiled away, taking care it does not scorch; then add pint milk and boil moderately, stirring occasionally, until so thick the rice does not settle and there is a creamy substance round every grain, being careful not to break the grains. Take off, stir thoroughly, but gently, put into wet cups and set on ice. Improved by boiling lemon peel and stick cinnamon with it, taking them out before putting in mold; or when done stir in any flavoring liked. When milk is added some stir in cup stoned raisins. Serve either hot or cold on a platter with a Boiled Custard poured round, and a teaspoon jelly on top of each if liked. Or put into one or two large molds and serve with bits of jelly over. A simple but nice dessert. Or *With Peaches* boil double the quantity and when done, spread rice in a sheet half an inch thick on a large platter. Have ready a dozen large peaches peeled, halved and stoned; put the halves together and cut the rice in pieces just large enough to wrap around them; press into shape with hands, wet in cold water and wrap each ball in a cloth, tie to keep in shape and boil half an hour in plenty of boiling water. When done carefully remove the cloths without breaking the balls, and serve with any hot sauce. After boiling the rice as above, or using all water, some sweeten and flavor to taste, add beaten yolks of three eggs and stir over fire till mixture thickens, turn out on dish and mix in a little salad oil; let cool in a sheet and cut into circles, or flatten pieces in palm of hand, put a stoned peach, plum, or spoonful of any preserves in center, shape into a ball, single-bread and fry in hot fat. Serve hot or cold with sauce. Or *With Apples*, boil seven tablespoons rice as above and let cool; meantime pare, quarter and core eight good-sized apples and boil till tender in a syrup of a quarter pound sugar and half pint water, and drain on a sieve. Put a cup right side up in center of dish and pack the rice all around it, smoothing with back of a spoon to top of cup; stick the apples into rice in rows, one row sloping to right and next to left. Set it in

oven to brown; when required for table, remove the cup, garnish the rice with preserved fruits, and pour in the middle sufficient Boiled Custard to fill to top of rice, and serve hot. Or arrange apples cooked as above in a pyramid, with the boiled rice filling all spaces between, and garnish with green leaves. For *Rice Souffle,* boil half cup rice in salted water ten minutes, then drain and put in custard kettle with pint milk, tablespoon butter and cup sugar; boil half an hour or till rice is very soft, then beat to a smooth paste with wooden spoon, add well-beaten yolks of five eggs and zest and half the juice from a lemon. If the paste is too firm add a little cream. When cold stir in the well-frothed whites of eggs and put mixture in pudding dish, Paper Cases or Patty Shells, sprinkle with sugar and bake about ten minutes. Serve with Snow Sauce as soon as taken from oven or it will fall. Or make with rice flour, stirring a half cup smooth with a little cold milk, add remainder of milk and butter and stir over fire until it thickens; then take off fire, add sugar and flavor, stir in beaten yolks and whipped whites, sprinkle with sugar and bake as above.

Sago Pudding.—Put one and one-half pints milk and rind of a lemon in saucepan and set on back of range until the milk is well flavored with the lemon; then strain, mix with it three tablespoons sago and six of sugar, and simmer gently about fifteen minutes. Let cool a little and add four well-beaten eggs and tablespoon and a half butter. Line the edges of pudding dish with Puff Paste, pour in the pudding, grate a little nutmeg over the top, and bake about an hour. Or *With Apples*, pare and core six apples, and fill holes with cinnamon and sugar, using two teaspoons cinnamon to cup sugar; take tablespoon sago to each apple, wash it thoroughly and let soak an hour in water enough to cover apples; pour water and sago over apples, and bake an hour and a half. Or *With Raisins*, soak cup sago in pint water on back of stove and after an hour place where it will simmer another hour; stew cup raisins and quarter cup thinly-sliced citron in a little water an hour and a half and just before serving mix with the sago, adding grated rind and juice of a lemon, and juice of an orange, if wished. Serve with Sago Sauce.

Snow Pudding.—Whip whites of six eggs and one-half pound pulverized sugar to a stiff froth; put in saucepan three pints cream and three-fourths cup sugar and set on stove till it comes to a boil, then draw to back of stove, flavor with teaspoon vanilla, and with two spoons shape the meringue into balls, and drop into the boiling cream; let brown slightly on both sides, then put on a sieve to drain. Put in a pudding mold some fruit jelly—apple or any light colored jelly—about an inch deep, and set mold in pan of chopped ice. Add beaten yolks of eight eggs to the hot cream, and stir well while cooking; when done put on ice till cold; then put on the jelly in the mold a layer of the snowballs, cover with the cream, then another layer

of the balls and so on till mold is full. Set on ice till very cold and serve, turned out on platter, surrounded with Whipped Cream Sauce.

Suet Pudding.—One cup each molasses, sweet milk, finely-chopped suet, or half a cup melted butter, and raisins, half cup currants, two and a half cups flour and half teaspoon soda; mix well, salt and spice to taste, steam two hours and serve with Spice Sauce. Sour milk may be used instead of sweet, and some make the pudding without the fruit, adding an egg or two. Or eggs may be added with the fruit. Others use a cup each sugar and hot water, and two teaspoons baking powder, instead of the milk, molasses and soda. Some prefer half cup each molasses and sugar to all molasses, and add teaspoon oatmeal or corn meal. For *Hunter's Pudding*, take one pound each raisins, currants, suet and bread-crumbs, one-half pound sugar, eight eggs, tablespoon flour, one-fourth pound mixed candied peel, tablespoon each orange and lemon juice, ten drops essence of lemon and almonds, half a nutmeg, two blades of mace and six cloves. Stone and chop the raisins, chop the suet fine, and rub the bread until all lumps are well broken; pound the spice to powder, cut the candied peel into thin shreds, and mix all well together, adding the sugar. Beat the eggs to a stiff froth, and as they are beaten, drop into them the essence of lemon and almonds; stir these to the dry ingredients, mix well and add orange and lemon juice. Tie the pudding firmly in a cloth, and boil six to eight hours. Serve with Custard or Currant Sauce. This will keep some time; when wanted steam one hour and serve. Veal suet makes a more delicate pudding than beef. Or *With Apples*, add a pound chopped apples and a dozen pounded almonds instead of raisins, candied peel and cloves. For a *Ginger Suet Pudding*, take half pound of flour, one-fourth pound each suet and moist sugar, two large teaspoons powdered ginger. Chop the suet very fine, mix it with the flour, sugar, and ginger; stir all well together; butter a basin, and put mixture in *dry*; tie cloth over, and boil three hours

Swiss Pudding.—Sift together two cups flour, heaping teaspoon baking powder and small teaspoon salt; then cream cup granulated sugar and two tablespoons cold butter; mix all together, make a wall in the mixture and add one egg, teaspoon lemon extract, and just enough sweet milk to make a soft batter like cake. Pour *at once* into mold prepared by rubbing with cold butter, dusting with flour, shaking and then turning out unnecessary flour. Boil or steam three-quarters of an hour, or till a broom splint can be run in it. Serve hot with Cream Sauce.

Tapioca Pudding.—This popular and beautiful dessert is prepared in a variety of ways. For an *Eggless Tapioca* soak cup tapioca in cup cold water overnight. In the morning add three cups cold water and cook very slowly until transparent. Slice half a

lemon very thin, boil in very little water till tender and add all to the tapioca with sugar to taste and slight pinch of salt. Put in long buttered tin, make a meringue of whipped whites three eggs and three tablespoons powdered sugar and spread over top, browning with salamander or in oven. Serve cold, cut in squares with sweetened cream. Or cool in a buttered mold or cups and serve with whipped cream. The lemon gives a fine flavor, and the thin slices in the transparent pudding have a pleasing effect. Another nice pudding is *Apple Tapioca*, to a half cup tapioca, add one and one-half pints cold water; let stand on fire till cooked clear, stirring to prevent burning; remove, sweeten and flavor with nutmeg; pour the tapioca into a deep dish in which have been placed six or eight pared and cored apples; bake until apples are done and serve cold with cream. If not good cooking apples, first steam or bake them till tender. Some put bits of butter over them. Or the apples may be quartered or sliced and put in dish with the cooked tapioca in alternate layers; bake and serve as above adding a meringue over top, if desired. Make *Peach Tapioca* after either recipes for Apple Tapioca, using either fresh or canned fruit. When the latter is used add the syrup to water in which tapioca is to be cooked. For *Cocoa-nut Tapioca,* soak three tablespoons tapioca in a little water overnight, drain in the morning and add a quart milk. Boil ten minutes and add beaten yolks of four eggs, cup sugar and three tablespoons grated cocoa-nut. Boil five minutes longer and pour in buttered pudding dish and bake. To the whipped whites of eggs add four tablespoons sugar, spread over the pudding when done and sprinkle with cocoa-nut. Brown lightly and eat warm or cold with Custard Sauce. Make exactly same, omitting cocoa-nut, for *Cream Tapioca.* Using half quantity milk and eggs makes a nice pudding.

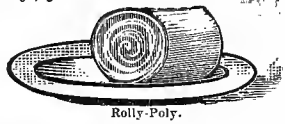
Vermicelli Pudding.—Boil four ounces vermicelli in one and a half pints milk, which has just been cooked with a little lemon rind and stick cinnamon, till tender; add cup sugar, four eggs, three tablespoons butter and flavor with vanilla. Line sides of a buttered pudding dish with Puff Paste, put in mixture and bake in oven for three-quarters of an hour. Or *With Marmalade*, cover the vermicelli with boiled milk, let stand ten minutes, then add two tablespoons marmalade, half cup stoned raisins, three eggs and half cup sugar, or sweeten to taste. Stir well together, put in a buttered dish, boil or steam an hour and a half and serve with Custard Sauce.

Grandma Thompson's White Pudding.—Weigh equal quantities best beef suet and sifted flour, shave suet and rub into fine particles with the hands, removing all tough and stringy parts, mix well with the flour, season very highly with pepper, salt to taste, stuff loosely in beef skins (entrails cleaned like pork skins for sausage), half a yard or less in length, secure ends, prick every two or three inches with a darning needle, place to boil in kettle of cold water

hung on crane and boil three hours; place on table until cold, after which hang up in cool place to dry; tie in clean cotton bag, and put away where it will be *both dry and cool.* When wanted for use cut off quantity needed, boil in hot water until heated through, take out and place before the fire to dry off and "crisp". The above was considered an "extra" dish at all the "flax scutchings," "quilting frolics," and "log rollings" of a hundred years ago. The same by measure is as follows; One pint best beef suet to two pints flour; mix thoroughly, season very highly with pepper and salt, sew up little sacks of cotton cloth half a yard long and three inches wide, fill nearly full, put to boil in hot water, boil from four to six hours; when done, take out, drain, let cool, hang in a dry, cool place, and when wanted for table, cut off as much as needed, put in hot water, boil until cooked through, take out, peel off cloth, put in pie-pan and set in oven to brown. Some use half flour and half corn meal.

Whortleberry Pudding.—Stir together quart berries, pint molasses, cup milk, teaspoon soda, pound and two ounces flour, teaspoon cloves, one of cinnamon, and one nutmeg. Put in buttered mold with closely fitting cover and boil two and a half hours, or may be steamed in mold without a cover. Turn out and serve hot with Lemon Sauce. Or sift together two cups each flour and sugar, two teaspoons baking powder, and with a knife chop half cup butter through the mixture; stir in quart of berries, dredged with flour, add three beaten eggs and half pint milk; put into buttered dish and bake half an hour in moderate oven. Serve hot with Arrow-root Sauce. *Huckleberry* and *Blueberry* Pudding made same.

Rolly Poly.—Make a nice crust as for rich baking-powder or soda biscuit, roll out in a long sheet half an inch thick and spread to within an inch and a half of he edge with any kind of fresh, preserved, or dried and stewed fruit, or jelly, jam or marmalade; fold the edges over the fruit and roll it up, prick deeply with a fork, place on buttered plate and steam from one hour and a half to two hours; or boil in a floured cloth, basting up the sides and tying the ends.



Rolly-Poly.

Some do not turn edges in till after rolling, then tuck them in well. Serve cut in slices with Dip or Hard Sauce. For *Apple, Orange* and *Peach Rolly-Poly* the fruit should be sliced, and for *Cherry*, stoned; sprinkle the fruit well with sugar, and some add bits of butter before rolling up, with a little grated peel over the oranges, and cinnamon or nutmeg over the apple. Some use Plain or Suet Paste or raised biscuit dough, rolling a quarter inch thick. This dessert may be varied by making into several small rolls, or shaping into balls with a spoonful fruit in center of each. Some sprinkle in a few currants with the apples and use raisins with jelly, jam, apple butter or marmalade. For *Fig Rolly-Poly* spread with figs cut in

small pieces and for *Lemon* cook the pulp of three lemons with cup and a half sugar twenty minutes, then spread the dough and roll as above. Or some simply mix the juice with teaspoon each flour and sugar for each lemon and spread over the paste, or use the Lemon Butter. Chopped pie-plant, thickly sprinkled with sugar is nice used as above. A *Dixie Rolly-Poly* is made in two or three rolls, using any of above mixture for spreading, and placed in pan four or five inches deep with cup sugar, half cup butter and hot water enough to cover. Bake half an hour.

Savarin.—Take quart sifted flour, make a well in center, and put in half ounce compressed yeast and two tablespoons lukewarm milk; mix these together and stand sponge in warm place. When risen to twice its first size, put in gill warm milk and two eggs. With spoon work the mixture together and stir in one more egg; add three-fourths pound butter, teaspoon salt, tablespoon sugar, and another half gill warm milk. Still keep working mixture, and add an egg at a time till five have been used. Cut into small pieces two ounces candied orange peel and mix it in the paste. Butter a fluted cylinder mold, strew a tablespoon chopped almonds on butter, and half fill mold with paste. Let it stand till it has risen to the top, bake, and when done, turn out. Serve with syrup poured over it, flavored as preferred. Or *With Apples*, bake a savarin as above in cylinder mold eight inches across and when done turn it out on a tall dish so that it stands nearly one and a half feet high. Peel two good apples, cut into small dice and boil them in syrup. Peel and cut pears in same way, adding a drop or two prepared cochineal to color them. Peel and core seven more apples, halve them and boil in syrup. Cut fourteen slices preserved pine-apple of the size of the apple pieces, warming them in some syrup. Place these pieces of apple and pine-apple alternately round the savarin. Cut into dice some preserved apricots, cherries, and greengages and boil a minute or two with a gill syrup and half a gill orange juice; fill center of circle made as above with this mixture and garnish with preserved cherries.

Savarin With Apples.

Sauces.

Arrowroot Sauce.—Mix two teaspoons arrowroot smoothly with half pint water; put in saucepan, add three tablespoons sugar, juice of one lemon and quarter teaspoon grated nutmeg. Let boil, then serve. A gill of any fruit juice may be added if liked.

Apricot Sauce.—Put one cup cream or milk in custard kettle; when hot add tablespoon corn-starch, mixed smoothly with a little cold milk and cook fifteen minutes. Boil cup sugar and ten tablespoons water half an hour; to this add half cup apricot pulp (canned or fresh fruit rubbed through a sieve), beat well and mix with the boiled milk. Place inner kettle in a pan of cold water and beat for ten minutes, let cool. *Peach, Strawberry, Raspberry,* and any fruit may be prepared as above.

Cape May Sauce.—Place gill milk in pan in boiling water and when scalding hot add half pint powdered sugar mixed with yolks of two eggs; stir until thick as boiled custard, take off and when cool add flavoring to taste. Just before serving mix the well-beaten whites lightly with the sauce. If not liked so rich use double the quantity of milk and for *Snow Sauce* use *only* the beaten whites, mixing in at first, and just before serving add half gill lemon juice.

Caramel Sauce.—Make a caramel as on page 411 of three tablespoons sugar, watch carefully until it assumes a delicate brown color; put into another saucepan three-quarters cup sugar, half the rind of a lemon cut thin, one inch stick cinnamon and three-quarters pint cold water; bring these to a boil gradually; simmer for ten minutes, add two tablespoons each lemon and orange juice, strain the liquid quickly into the caramel, mix thoroughly and serve.

Cherry Sauce.—Stone pint cherries, crack stones, take out kernels and pound in mortar to smooth paste; put tablespoon each butter and flour in saucepan and stir over fire till a delicate brown, then add cherries, the pounded kernels, four tablespoons orange juice and half pint water. Simmer gently fifteen minutes, or until cherries are cooked, and rub the whole through a puree sieve; add a little grated lemon rind, powdered cloves and sugar to taste. Bring to boiling point and add two tablespoons lemon juice, then serve. This is a delicious sauce for Boiled Batter Pudding, and when thus used, should be sent to table poured over the pudding.

Chocolate Sauce.—Stir two ounces chocolate (grated) into half pint each cream and milk. Sweeten to taste, cook in custard kettle and add small piece vanilla bean. When hot beat into it yolks of four eggs till a good froth and cook till thick. Remove from fire, add well-whipped whites of four eggs mixed with tablespoon sugar, stirring in lightly without breaking up the snow-like look of the froth, and serve either hot or cold. Or to half pint of any boiled custard add one ounce grated chocolate.

Cider Sauce.—Mix two tablespoons butter with a tablespoon flour; stir in half pint brown sugar, and half gill boiled cider; add gill of boiling water, mix well, simmer a few moments and serve hot.

Cocoa-nut Sauce.—Two tablespoons butter, cup of sugar, tablespoon of flour, milk of one cocoa-nut, with a small piece grated.

Cream Sauce.—Beat to a cream three tablespoons butter, one cup granulated sugar in a bowl and add half cup cream. Stir one egg, without beating, gently through the mixture and place bowl inside of top of tea-kettle. When hot, flavor with tablespoon each lemon and orange juice or teaspoon vanilla, and serve. Or *Without Eggs*, use powdered sugar, omit the egg and stir constantly. Add flavoring and serve. For a less rich sauce a half cup boiling water may be added with the cream. For *Cold Cream Sauce*, beat together one cup sugar and half cup butter, and add a cup rich cream. Stir all to a cream, flavoring with vanilla or lemon, and place where it will get very cold before serving. For *Whipped Cream Sauce*, whip a pint of thick sweet cream, add beaten whites of two eggs, sweeten to taste; place pudding in center of dish, and surround with the sauce; or pile up in center and surround with small molds of blanc-mange, or fruit puddings.

Currant Sauce.—Put in stewpan two tablespoons each butter and flour, and stir till a light brown, add a little water and a glass of currant or any fruit juice, or a spoonful of jelly beaten in a glass of water. For a *Dried Currant Sauce*, pick and wash three tablespoons nice currants, add quarter teaspoon ginger, the juice of half a lemon, and seven or eight lumps sugar, rubbed on the lemon rind. Simmer all these ingredients together till currants are soft. Serve without straining. Any dried berries may be prepared same.

Custard Sauce.—Four yolks of eggs, four tablespoons powdered sugar, grated rind of a lemon, four tablespoons any fruit juice or half and half lemon and orange juice, and a little salt. Beat quickly over a slow fire, until it assumes a light, frothy custard.

Dip Sauce.—One pint cream or half milk, three tablespoons sugar, and half a small nutmeg, grated.

Egg Sauce.—Heat a pint milk to boiling and stir in tablespoon butter and four of sugar; take from fire and stir in yolks of four eggs beaten with two tablespoons cold milk, then add whipped whites of eggs, flavor with vanilla and serve immediately.

Every-day Sauce.—To pint boiling water, add heaping cup sugar, pinch salt, and tablespoon corn-starch, mixed smoothly with cold water; season with nutmeg, cinnamon, vanilla or lemon extract, boil two or three minutes, stirring all the time, add tablespoon butter and serve. If wanted very clear boil half an hour. For a *Jelly Sauce* add to above two teaspoons currant, grape, or any jelly beaten with one of water just before serving, omitting all other flavoring. For a *Fruit Sauce* add two tablespoons any fruit syrup.

For *Prairie Sauce*, use two-thirds pint water, add another tablespoon butter and beat in whipped white of an egg just before serving. Some add two whole eggs, well beaten. Milk may be used instead of water in any of above with half as much sugar. For a *Lemon Sauce*, add to the Every-day Sauce half a lemon, thinly sliced. Adding a teaspoon each extract cloves, mace and ginger to the Every-day Sauce, makes a nice *Spice Sauce.*

Foaming Sauce.—Melt cup sugar in little water, let boil, stir in two tablespoons each lemon and orange juice, and then the beaten whites of three eggs; serve at once. Or *Without Eggs* beat half cup each butter and sugar to a frothy cream; set dish in pan hot water, add tablespoon hot water, or more, if preferred; flavor with vanilla, and stir one way till it becomes a very light foam.

Fruit Sauce.—Cream a half pound butter, stir in three-quarters pound brown sugar, and beaten yolk of an egg; simmer a few moments over a slow fire, stirring almost constantly; when near boiling add a half pint bottled grape or raspberry juice. Or beat four eggs and put in saucepan with two teaspoons flour smoothed in a little water, quarter pound sugar, and a pint fresh fruit juice, raspberry is nice. Put on fire and stir lightly till it thickens, and when it becomes light and frothy serve at once.

Golden Sauce—Cream two tablespoons butter and four of sugar; add yolk of egg and stir all into half pint boiling water. Let cook a few moments in a pan of hot water, then add beaten white slowly and serve. Flavor as preferred.

Hard Sauce.—Beat cup white sugar, powdered is best, and half cup butter together until thoroughly mixed, the longer it is beaten the whiter it becomes. Place in glass dish nicely rounded and smoothed, with nutmeg cinnamon or grated orange or lemon peel sprinkled thickly over. Serve very cold. Or flavor with any extract preferred, make into oval shapes with teaspoon and serve piled in a dish. Good for nearly all puddings and may be colored pink by adding a little fruit juice while beating. Some take equal parts butter and sugar, which makes the sauce very rich. In cold weather the butter will need to be softened a little. Flavor with pine-apple extract for *Pine-apple Hard Sauce*; form into pyramid, and by indenting with a teaspoon shape it like a pine-apple. Some add whipped white of an egg. For *Lemon Hard Sauce*, add juice of a whole or half a lemon according to size, using the grated peel as above. Make *Orange Hard Sauce* same, or select a thin orange, cut the skin into six equal parts, by cutting through at stem end and passing the knife around the orange to nearly the blossom end; loosen and turn each piece down and remove the orange. Extract juice and mix it with yellow sugar (prepared by dropping a drop or

two of gold coloring on white sugar while stirring it) till a ball can be formed, which place in the orange peel and serve. The gold coloring may be omitted. *Lemon Sauce* may be made same way. For *Cocoa-nut Hard Sauce*, add a tablespoon grated cocoa-nut to first recipe and also sprinkle with it.

Lactiola Sauce.—Scald a half pint milk, add sugar to taste and teaspoon flour or corn-starch mixed smooth with a little cold milk; boil two or three minutes, stirring constantly, remove from fire, and add beaten yolks of two eggs and any flavoring liked. Or scald six tablespoons milk and pour over the well-beaten yolk of one egg, mixed with two tablespoons sugar; then pour this over the whipped whites beaten with two more tablespoons sugar. Flavor with nutmeg and serve either cold or hot.

Lemon Sauce.—Stir tablespoon each flour and butter in saucepan over fire till mixture bubbles, pour in hot water—about a pint—slowly till sauce is thick as cream, add heaping tablespoon sugar, boil up once, add juice and grated rind of a lemon and serve. An egg or two or yolks of three or four may be added, and more sugar to sweeten to taste. For a richer sauce, take two cups sugar, two eggs, juice and rind of two lemons; beat all together, and just before serving add pint boiling water; set on stove, and when at boiling point, serve. Never boil sauce after adding lemon, as it makes it bitter. Some add one-third cup butter and tablespoon corn-starch. Or take six eggs, leaving out whites of two, half pound butter, pound sugar, juice and grated rind of two lemons; place over slow fire and stir till it thickens like honey. Very nice. *Orange Sauce* may be made same, using less sugar.

Maple-sugar Sauce.—Melt over slow fire, in scant cup water, half pint maple sugar; let it simmer, removing all scum; add four tablespoons butter mixed with a level teaspoon flour and one of grated nutmeg; boil a few moments, and serve with boiled puddings. Or, make *Hard Sauce* of tablespoon butter to two of sugar.

Marigold Sauce.—Four tablespoons butter, seven of best powdered sugar, half cup fruit juice, cup cream, half a nutmeg, yolks of six eggs; scald cream in custard kettle, beat butter, sugar and eggs together; add nutmeg, pour hot cream over all, add juice and serve.

Minnehaha Sauce.—Beat, in a two quart bowl, four tablespoons butter and two-thirds pint brown sugar, to a *cream*, with a wooden spoon; then add four tablespoons sweet cream, then the juice and grated rind of a large lemon, place bowl in top of tea-kettle half full of boiling water; when melted to a thick creamy froth, serve.

Orange Sauce.—Beat whites of five eggs to stiff froth, add coffee cup powdered sugar, juice of two oranges and grated rind of one.

Make *Lemon Sauce* same way. Or make in proportion of two eggs to one lemon and half cup sugar.

Pine-apple Sauce.—Grate a pine-apple, add a very little water, simmer until quite tender, mix with it, by degrees, half its weight in sugar, boil gently for five minutes, and serve.

Plain Sauce.—Make as White Sauce, page 178, using sugar in place of salt and pepper and adding a little grated lemon rind, nutmeg or powdered cinnamon. Boiling a few bitter almonds in the milk for half an hour, then straining and using as above is nice.

Prune Sauce.—Boil a half pound best prunes in just enough water to cover till soft. Remove from pan, take out stones, break them in a mortar; put these and the fruit, with four tablesoons any fruit juice, juice of a lemon and small piece of the peel, in saucepan; add syrup in which prunes were boiled, a little sugar to taste. half teaspoon powdered cinnamon, and simmer seven or eight minutes. Strain through a coarse sieve and add more water if too thick.

Queen Sauce.—Boil pint water and scant three gills sugar half an hour; when cold, add gill orange and one-third of lemon juice. Or if wished hot add the juice just before taking from stove.

Sago Sauce.—Wash tablespoon sago in two or three waters and then put in saucepan, with third of a pint water and peel of a lemon; simmer gently ten minutes, take out lemon peel, add strained juice of one lemon and two oranges with sugar to taste. and if liked a little cinnamon, give one boil and serve. This is a delicious sauce for boiled puddings.

Saratoga Sauce.—Boil half cup each cream and milk, stir in heaping teaspoon corn-starch mixed smooth in a little cold milk, and add two tablespoons butter beaten to a cream with five of sugar. Serve at once.

Strawberry Sauce.—Half cup butter, one and half cups sugar, and pint strawberries mashed till juicy. Canned berries may be used. Beat butter and sugar to a cream; then stir in berries and beaten white of an egg. *Raspberry Sauce* made same way. Or take two eggs, half cup butter, cup sugar and beat thoroughly together with a cup boiling milk and one of berries.

Vinegar Sauce.—Pint boiling water, cup sugar, tablespoon flour mixed smoothly in a little water, quarter of a grated nutmeg, and a pinch of salt; let boil ten minutes; just before serving add tablespoon butter and two tablespoons vinegar.

SALADS.

Salads, when properly prepared, are very appetizing and wholesome, especially in the spring when the system needs the refreshing and tonic elements of the green salad plants. They may also be made very attractive additions to the table, and as will be seen by reference to the recipes which follow are very easily prepared, requiring very little thought or labor and many from the most simple ingredients, while some are quite inexpensive, utilizing odds and ends that frequently go to waste. The variety of salad materials is almost innumerable and may be divided into six classes; salad plants, uncooked and cooked vegetables, meats, fish, and fruits. For a list of the first, see Marketing. The excellence of a salad depends upon the freshness of its materials, and the preservation of an equal flavor in the use of condiments; the best salad is one in which no one flavor predominates and the ingredients composing the salad must harmonize with the dressing. The importance of using none but the purest condiments must not be overlooked, for a perfect salad cannot be made with inferior ingredients. All vegetables must be carefully cleaned and if to be used uncooked, thoroughly cooled before dressing. Lettuce should be carefully washed, as soon after picked as possible, in plenty of cold, salted water, rejecting all imperfect leaves, being careful not to bruise stems or leaves as it causes them to wilt, and left in clean, cold, salted water until fresh and crisp; then wrapped in a clean wet cloth, and kept in a cool, dark place; to lay it next ice in a refrigerator is an excellent way to keep it fresh and crisp. The salad in which lettuce is used should not be dressed until just

before serving, because the lettuce wilts so soon after the dressing is applied; the nicest small leaves should be reserved for decorating, the larger ones should be laid around the sides and in bottom of salad bowl, and the rest torn apart with the fingers.

Celery should also be carefully washed in plenty of cold, salted water, trimmed into lengths, wrapped in a wet cloth, and kept in cold place until wanted for the salad, when it should be cut into bits with a knife, not chopped. When celery cannot be had, chopped white cabbage, or head lettuce, shredded, may be used instead with celery seed. Frozen celery should be thrown into cold water while it is yet stiff; if it is allowed to partly thaw before putting into cold water it will be spoiled. All vegetables can be kept as above and crisped by placing in ice water an hour or two before serving. Asparagus, pease, and string beans for salads should be boiled in salted boiling water until tender, then drained and put into cold water at once, to preserve their color, and drained on a dry cloth to free from moisture before using. In preparing meat for salads it is much nicer to pick it or cut with a knife instead of chopping, always removing bits of gristle, fat and skin.

Mixing Salads.—In preparing dressing, powder the hard-boiled eggs, either in a mortar with a wooden pestle or by mashing with back of salad spoon (if raw eggs are used beat well and strain), add seasoning, then oil, a few drops at a time, and, lastly and gradually, vinegar. The wooden salad fork and spoon are best to use in making salads, though silver may be used. Always use freshest olive salad oil, not common sweet oil; a dark paper should be kept around the bottles of oil to shield them from the light, and they should be corked tightly enough to exclude the air and kept in a cool place. If oil can not be obtained, cream or melted butter is a good substitute and by some considered even more palatable, but when used it should be added last of all. All cooked dressings are better made in custard kettle, using great care in adding eggs, letting the mixture cool slightly, and adding slowly, lest they curdle. Then, whether cooked or uncooked, dressing should be made as *cold as possible* before mixing with the salad, save when otherwise specified in recipes where cooked dressings are used. The quantity of oil and vinegar may be increased or diminished according to taste, as many persons prefer a smaller portion of the former, and when sugar is used the quantity will depend somewhat upon the acidity

Salad Fork and Spoon.

of the vinegar. In using raw eggs, the yolks make a richer dressing and when making a quantity it is economical to prepare it on baking day, using the whites for cake. Appropriate dressings for each salad are suggested in recipes, but any dressing preferred may of course be used instead. When mixed, green salads should be stirred as little as possible, in order that their freshness may be preserved until they are served. Borage, summer savory, chervil, nasturtium, sorrel and endive (which must be blanched or it is bitter) may be added to green salads. In preparing meat salads, all the ingredients, except the delicate green, if any is used, may be prepared the day before using if kept on ice or in cold place, but must not be mixed until an hour or two before serving. Then add the dressing and mix by tossing up lightly with a wooden or silver fork, turn into salad-bowl or on platter and shape into an oval mound, taking care to handle very lightly, never using the least pressure to get it into form; then place on ice or in very cold place till ready to serve, as cold salad must be ice cold to be at its prime. Or mix only a part of the dressing with the salad and place remainder over the top. The salad is sometimes mixed with a plain dressing and a Mayonnaise placed over just before serving; or the entire dressing may be poured over the top. The Mayonnaise, or a cooked dressing is generally used with chicken, fish or meat salads, and most vegetable salads; for green salads, lettuce, cress, etc., the French or any plain dressing is most appropriate.

Serving Salads.—Green salads are usually served in salad-bowl, also those arranged in layers, but for meat salads and combination of vegetables, as the Russian and Boston, the platter is more often used, as it can be more handsomely garnished and presents a more attractive appearance. Though suggestions for garnishing follow each recipe, no exact rules can be given as the materials mentioned may not always be at hand and much depends upon the individual taste and judgment. Wild flowers or nasturtiums neatly arranged with alternate tufts of green, are very pretty during warm weather. During cold weather garnish with sliced eggs and pretty designs cut from beets, turnips, radishes, celery, etc. As handsome a garnish as we ever saw was as follows; in center of the hollowed halves of whites of boiled eggs was placed a spray or two of parsley, the stem stuck in egg, so it was held firmly; three of these halves were placed in center of salad, then rings of the white placed around salad with a spray of parsley in each; celery tufts could be used instead of parsley. A nice way of serving is in *Salad Shells*; put two or three small lettuce leaves together in form of a shell, or take the cup-shaped leaves, form cups and arrange on a platter; or some place a folded napkin in salad-bowl, then cover with lettuce leaves to absorb the drippings from the ice and put in the shells or cups with pieces of ice between; put in each a tablespoon of the salad and over this a teaspoon of dressing. Or ar-

range thus in individual dishes and place one at each plate; this is a very simple and yet very attractive way of serving any salad, except a green salad. Fruit salads are generally served at breakfast; vegetable and meat salads usually for tea and lunch or after meats at dinner. The cabbage, celery, cucumber, potato and green salads, are particularly appropriate for serving with meats, though some prefer to serve lettuce and celery salads after the meat course. The richer salads, like chicken, lobster and salmon are particularly nice for suppers and lunches, but are also served after meats at dinner.

Bacon Dressing.—Cut half pound fat bacon in slices, then in very small pieces, and fry until fat extracted is a light brown; remove pan from fire, add juice of one lemon, four tablespoons strong vinegar, saltspoon pepper, and pour it over the salad with the pieces of bacon. A very nice dressing when oil is not to be had. Or heat two tablespoons bacon or pork fat, in custard kettle, stir in tablespoon flour, add half cup water and boil up once; add half cup vinegar, and two eggs, beaten with half teaspoon salt, teaspoon each sugar and mustard and tablespoon lemon juice; cook four minutes, stirring constantly, cool and use. Will keep two or three weeks in cold place if corked tightly. Or *With Onion*, fry two large slices onion, finely minced, in two tablespoons bacon or pork fat, until yellow, then add teaspoon each salt and sugar, quarter teaspoon pepper and half cup vinegar. Nice for Cabbage Salad.

Bavarian Dressing.—Put half pint boiling water in custard kettle, add three tablespoons vinegar and place on stove. Beat three eggs lightly; mix with a little cold water, tablespoon mustard, teaspoon salt, pinch of cayenne and half tablespoon corn-starch, beat this mixture up with eggs, and stir it very slowly into the boiling water and vinegar, removing latter from stove in order to prevent possibility of curdling; then return to stove and stir constantly until quite thick. Take from fire, add immediately a quarter pound butter and stir until it is thoroughly melted. Put yolk of an egg on plate, and with a fork, mix gradually with it gill olive oil, beating it in well. When first mixture is cold, beat second into it. If more oil is desired, the yolk of another egg must be mixed with it. This recipe will make about a pint.

Bohemian Dressing.—Beat yolks of eight eggs, add cup sugar, tablespoon each salt, mustard, and black pepper, a little cayenne, half cup cream, and mix thoroughly; bring to a boil a pint and a half vinegar, add cup butter, and when melted pour upon the mixture, stir well, and when cold put into bottles and set in cool place. Will keep weeks in hot weather; is excellent for cabbage or lettuce.

Bouillon Dressing.—To one pint boiling water, or veal, fish or chicken broth add a small, scraped carrot and half an onion, sliced, half bay leaf, celery root cut in pieces, seven cloves, five whole all-

spice, fifteen pepper-corns and quarter teaspoon white mustard seed; simmer fifty minutes, adding a little more water if needed; strain and cool. To each gill liquid add a gill vinegar, teaspoon sugar, and pour over any salad wished. For *Jellied Bouillon Dressing*, add to this, third of box gelatine soaked in cold water, and to each quart of liquid the white and shell of an egg; when just commencing to boil place on back of range and simmer seven minutes or until it looks clear as in clarifying soup; strain and use as directed in Gelinola Salad. When vinegar is strong do not use more than two-thirds as much. Double this recipe makes a pint of bouillon and this with two-thirds pint vinegar, two-thirds box or ounce and a third gelatine and a box sardines makes a quart mold of *Sardine Salad.*

Cream Dressing.—Three eggs, tablespoons olive oil or melted butter, and two of mustard, cup each sweet cream and vinegar, teaspoon each salt and pepper; mix mustard and oil, then eggs well-beaten, cream, vinegar, salt and pepper, all together; put mixture in custard kettle and boil gently until thick as cream; when done, put in quart jar, cork tightly, and it will keep for months. Can be used for all kinds of salads and slaws, A tablespoon sugar may be added if liked. If to be used immediately make only half or a third of the recipe, and add beaten egg and cream after taking from fire. Some use only the yolks of eggs, and add a small onion chopped very fine, or for *Rye Beach Dressing*, put half pint sweet cream in custard kettle; when hot, add tablespoon corn-starch or two-thirds as much flour, cook three minutes, add tablespoon sugar, remove from fire and when slightly cooled add the well-frothed whites of two eggs. When cold, add tablespoon oil, teaspoon each salt and mustard, pinch cayenne, or saltspoon white pepper and third of a pint vinegar. For *Eggless Cream Dressing*, prepare cream as above add tablespoon butter mixed smooth with a tablespoon and a half flour, cook two or three minutes; take off fire, add tablespoon more butter, stir till well mixed, add vinegar and seasoning as above, omitting the oil. Addition of lemon juice, minced onion, parsley, chopped pickle, etc., may be made as wished. To make a *Cold Cream Dressing* stir to a cream one egg, cup rich sweet cream, and tablespoon sugar and add half cup vinegar with mustard, salt and pepper to taste. Set on ice till ready to serve. Or use yolks of two or more eggs, and lemon juice instead of vinegar, if preferred, and add two tablespoons salad oil. For *Sour Cream Dressing*, mix in a saucepan one pint sour cream, as free from milk as possible, and half pint good vinegar, pepper, salt, a small piece of butter, sugar, and a level tablespoon mustard; boil, add well-beaten yolks of two eggs, stirring carefully until consistency of starch, then set in cool place or on ice, and when cold pour over salad and mix well. For an uncooked dressing take cup sour cream, teaspoon each salt and sugar, tablespoon lemon juice, three of vinegar, small pinch cayenne, and mix together thoroughly. Best for vegetables.

Creole Dressing.—To three quarters pint tomato pulp obtained by rubbing cooked tomatoes through a puree sieve, add tablespoon arrowroot or corn-starch mixed smooth in a little cold water. Boil ten minutes in custard kettle, add tablespoon butter, half teaspoon each sugar and salt, quarter of white pepper and two or three tablespoons vinegar. Use either hot or cold.

Eggless Dressing.—Boil cup vinegar with half cup sugar, butter size of egg, tablespoon ground mustard, and salt and white pepper to taste. Let cool before adding to salad. A cup cream may be added when taken from fire.

French Dressing.—Mix thoroughly together six tablespoons oil, two saltspoons salt, half saltspoon white pepper and two tablespoons vinegar. A pinch cayenne may be added. For an *Italian Dressing* add teaspoon each chopped onion and pickle. For *English Dressing* add to French Dressing a teaspoon prepared mustard.

Lactiola Dressing.—Four tablespoons butter, one of flour, one of salt, one of sugar, heaping teaspoon mustard, pinch of cayenne, cup milk, half cup vinegar, three eggs. Heat the butter in custard kettle, add flour, and stir until smooth, being careful not to brown, then add milk, and boil up. Beat eggs, salt, pepper, sugar and mustard together, and add vinegar. Mix with boiling mixture, and stir until it thickens like soft custard. Let cool, and when cold, bottle and place in ice chest. This will keep two or three weeks. Or take same proportions of other ingredients using oil instead of butter. Stir the oil, salt, mustard and sugar in a bowl until perfectly smooth; add the egg and beat well, then the vinegar and lastly the milk. Cook in custard kettle eight or ten minutes, let cool and serve. Or if wanted richer and for immediate use take half as much vinegar and milk, beat the eggs separately and just before taking from fire add the whipped whites and let cool, stirring once or twice.

Mayonnaise Dressing.—Take yolks of two eggs, two saltspoons salt, one of white pepper or pinch of cayenne, teaspoon dry mustard, half pint olive-oil and about three tablespoons vinegar. To prevent danger of curdling, beat with a wooden spoon the yolks, salt, pepper and mustard together, before adding the oil which must be stirred in gradually, a few drops at a time, taking care to blend each portion with the egg before adding more, stirring constantly, until a thick paste is formed, and the mixture has a glossy instead of velvety appearance; then add a few drops vinegar, stirring all the time, until of the consistency of thick cream; stir in more oil in drops until the mayonnaise is stiff again, when a few drops vinegar should be beaten in and so continue alternating until all the oil is used, adding vinegar rather cautiously at the last so that when finished the mayonnaise will be stiff enough to remain on top of the

salad. The dressing should be stirred one way, as reversing the current causes it to curdle. Lemon juice may be used instead of vinegar, or a few drops may be added with the vinegar. This is the smoothest and richest of salad dressings, the oily flavor is entirely lost in combination with the raw egg. Fifteen or twenty minutes are usually required for putting the ingredients together. Care must be taken not to add too much oil at first or the mayonnaise will curdle. When this happens, beat the yolks of one or two more eggs on another plate, add to them the curdled mayonnaise by degrees, and finish by adding more oil and vinegar or lemon juice. Some think there is less danger of curdling if the addition of vinegar is begun when only a little oil has been used. After all ingredients are thoroughly mixed the addition of a cup whipped cream enriches the dressing, and some add a teaspoon or two sugar. This sauce keeps well, if bottled and corked with a glass stopper, and it may be made at any time in advance when yolks are left over from baking. In summer, place oil and eggs in cold place half an hour before making. The well-beaten white of an egg may be added to the dressing just before using. To make *Red Mayonnaise*, add lobster coral, pounded to a powder and rubbed through a sieve, or use juice from boiled beets. For *Green Mayonnaise*, add Spinach or Parsley Coloring, and use taragon vinegar. If liked any of the flavored vinegars given in Pickles may be used instead of the plain. For *Sardine Dressing* add to the above the yolks of four hard-boiled eggs pounded in a mortar with three sardines which have been perfectly freed from bones, A nice dressing for fish. Butter can be used instead of oil in any mayonnaise dressing, by first creaming it, and adding slowly a well-beaten egg.

Minnehaha Dressing.—Dissolve tablespoon mustard in a little vinegar, then add a little more of latter till a half pint is used; mix in this gill sugar, more if wished sweeter, and two tablespoons soft, but not melted, butter; let boil, place on back of range and add yolks of six eggs or four whole ones, as directed in Mixing Salad. When done, and ice cold pour over any salad wished, but especially nice for Tip-Top Salad. This dressing keeps nicely when corked tightly. Less eggs may be taken, using a teaspoon corn-starch for each egg omitted.

Orange Dressing.—Beat together two and a half gills orange and gill lemon juice, add five tablespoons fine granulated sugar and beaten white and shell of half an egg; cook in custard kettle ten minutes, strain and when cold pour over the salad. For *Jellied Orange Dressing*, add to above mixture when half done, third of a box gelatine, (two-thirds of an ounce) soaked in seven tablespoons cold water, strain and use as directed in Gelinola Salad. For *Raspberry Dressing*, make as first recipe, using two and a half gills rasp-

berries and one gill currant juice; for *Jellied Raspberry Dressing*, make as second recipe. Water may be added to juice if wished.

Potato Dressing.—Peel one large potato, boil, mash until all lumps are out, and add yolk of a raw egg; stir all well together and season with a teaspoon mustard and little salt; add about half gill olive oil and vinegar, putting in only a drop or two at a time, and stirring constantly, as success depends on its smoothness.

Swedish Dressing.—Yolks of two eggs beaten thoroughly, level teaspoon salt, one of pepper, two of white sugar, two of prepared mustard, tablespoon butter; add four tablespoons best vinegar, put in custard kettle and stir constantly till it thickens; when cool it is ready for use. This is sufficient for one quart finely-chopped cabbage, and for that should be poured over while hot, thoroughly mixed with it and served when cold.

Swiss Dressing.—Mash the yolks of four hard-boiled eggs, with two teaspoons each white pepper and made mustard, one of salt and a pinch of cayenne; add three tablespoons melted butter or salad oil, a few drops at a time, and when smooth stir in a well-beaten egg, and gradually add cup vinegar, or use half lemon juice. Some use only the yolks of two or three hard-boiled eggs, and stir in beaten yolks of two eggs at the last instead of the whole egg. A tablespoon sugar may be added, and cream or clarified chicken fat may be used instead of oil or butter, adding twice the quantity of cream. Or for a *Foam Dressing* stir in first recipe the whipped white of an egg just before serving, having added tablespoon sugar.

Anchovy Salad.—Wash, skin and bone eight salted anchovies soak in cold water, or water and milk, an hour, then drain and dry, them. Arrange lettuce leaves neatly in salad bowl and over them put the anchovies and two sliced hard-boiled eggs, pour a French or any plain Dressing over and serve. If preferred, the fish may be chopped or cut into strips.

Apple Salad.—Slice very tart apples and mix with young onions, chopped, place on a dish and pour a French Dressing over. Or for *Apple* and *Celery Salad* mix equal quantities sliced apples and cut celery and pour over any dressing preferred.

Asparagus Salad.—Scrape if necessary, and wash asparagus, and boil soft in salt water; drain off water, add pepper, salt and strong cider vinegar, and then cool. Before serving, arrange asparagus so that heads will all lie in center of dish; mix the vinegar in which it was put after removing from the fire with good olive oil or melted butter, and pour over the asparagus. Or pour over the Eggless Dressing. Or arrange the asparagus in center of dish with border of cauliflower, first cooked in salt water and cooled, and pour over Cream or Mayonnaise Dressing. Or after cooking the aspara-

gus put in cold water as directed in preface, cut in inch pieces and serve as above. Garnish with capers.

Bean Salad.—String young beans, break into half-inch pieces (or leave whole), wash and cook soft in salt water; drain well, add finely-chopped onions, pepper, salt, and vinegar; when cool add olive-oil or melted butter. The onions may be omitted. Or when beans are cold slice them lengthwise, cutting each bean into four long slices; place them neatly, the slices all lying in one direction, crosswise on a platter. Season them an hour or two before serving, with a marinade of a little pepper, salt, and three spoonfuls of vinegar to one spoonful of oil. Just before serving, drain from them any drops that may have collected and carefully mix with the Italian Dressing. For *Lima Bean Salad,* boil quart Lima beans in salted water till tender, drain and put in salad bowl with three hot boiled potatoes cut in slices, chop a stalk celery and sprinkle over, then cover with the English Dressing, set in cool place or on ice and when cold serve. A little cold boiled tongue may be added if liked. To make salad from dried beans, soak the beans and boil in salted water until done, but not broken; when cold, add grated onion and chopped parsley to taste, and the French Dressing.

Bean Salad.

Borage Salad. Prepare as lettuce, add a few leaves sorrel, a sprig or two each chervil, tarragon and parsley and teaspoon chopped chives; pour over a French Dressing and serve. Or for a *Mixed Salad,* take equal parts borage, lettuce and sorrel, add one or more of the herbs and dress as above.

Cabbage Salad.—Two quarts finely-chopped cabbage, two level tablespoons salt, two of white sugar, one of pepper, and a heaping one of ground mustard; rub yolks of four hard-boiled eggs until smooth, add half cup butter, slightly warmed; mix thoroughly with the cabbage, and add cup good vinegar; serve with whites of eggs sliced and placed on salad. Or mix with the chopped cabbage any hot dressing; the Cream Dressing and the Bacon Dressing with onions are both nice with cabbage. Some add ten chopped hard-boiled eggs to the cabbage, or chopped celery in the proportion liked, mixing with either any dressing preferred. *Tip-top Salad* is made by letting the two quarts chopped cabbage soak in salted water, two tablespoons salt to quart water, an hour or longer; meantime making the Minnehaha Dressing and mixing it with the cabbage after draining in colander, pressing well with potato masher to extract all the water; toss lightly with fork and serve. A little chopped celery soaked with the cabbage is an improvement as it harmonizes perfectly and a quantity may be made up for it keeps nicely in a tightly covered jar. Many prefer to omit the mustard from this as well as all Cabbage Salads, thinking the cabbage possesses enough of that biting flavor in itself. Or heat scant cup vinegar, and when boiling add

tablespoon each butter and sugar, teaspoon essence of celery and white pepper and salt to taste; then stir in a small head cabbage, chopped or sliced fine and scalding hot, but do not boil. Meantime have a cup sweet milk heated to boiling, stir in two well-beaten eggs and cook till it thickens. Put the cabbage in salad bowl, turn the custard over it and stir in quickly, tossing up with silver fork until thoroughly incorporated. Cover to keep in the strength of vinegar and set on ice. Serve perfectly cold garnished with sliced hard-boiled eggs and tufts of green alternated with red pickled beets; using the white of eggs in rings and filling center with the beets cut to fit, or in any fancy shape makes a pretty ornament. For *Pepper Salad*, add chopped green peppers removing seeds, to cabbage shaved fine and serve with a Swedish Dressing.

Celery Salad.—Cut off the root end of three heads of blanched celery, wipe each stalk carefully, cut into small pieces, put in salad bowl, place a Potato or Mayonnaise Dressing over and serve. May be garnished with white celery leaves or water cresses, or arrange on a flat dish and encircle with points of pickled beets. Another salad is made by mixing a head of cabbage with three bunches celery, first chopping both fine and add any dressing preferred.

Chicken Salad.—Boil three chickens until tender, salting to taste; when cold cut in half-inch pieces, rejecting all fat, gristle and skin and add twice the quantity of celery washed and cut up with a knife but not chopped, and four cold-boiled eggs sliced and thoroughly mixed through the other ingredients. For dressing, put on stove a saucepan with pint vinegar and butter size of an egg, and beat two or three eggs with one tablespoon mustard, and white pepper, two of sugar and teaspoon salt, and when thoroughly beaten together pour slowly into the vinegar until it thickens. Be careful not to cook too long or the egg will curdle. Remove, and when cold pour over salad, mixing it lightly through with wooden or silver fork, adding pinch of cayenne and juice of one or two lemons. Taste to ascertain if rightly seasoned, and add more vinegar and salt as needed. All may be prepared the day before, mixing a short time before using. If a very delicate salad is wanted use only the white meat. Some use half as much celery as chicken, others equal quantities and some one and a half or twice as much of former as latter, and the proportions may be otherwise varied to suit the taste of individuals. Some use half celery and half lettuce, and either cabbage, lettuce or chopped pickled cucumbers may be used instead of celery, adding two tablespoons celery seed, but the salad will not be so nice. The celery and chicken should be cut in same-sized pieces, but never chop either, as if cut too fine the salad becomes an unsightly hash. Some use only the whites of hard-boiled eggs in the salad, and add the mashed yolks to the dressing, or use latter in the salad and the whites cut in rings as a garnish; both raw and boiled eggs may also be omitted from dressing. Olives

are liked by some in chicken salad. The dish may be very tastefully garnished with sliced lemon, boiled beets sliced and cut in fancy shapes, hard-boiled eggs in slices, or use the white rings and yolk slices separately, small pickled cucumbers, olives, strips of anchovies, and small lettuce leaves, celery or parsley; combining any two or more as fancy dictates. When preparing for a large company, turkey may be used to better advantage than chicken, there being so much more meat in same number of pounds. If either turkey or chicken is allowed to cool in water in which it is boiled the meat will be more juicy and tender than if taken from the water as soon as done. The liquor makes very excellent soup, with the usual additions, and should be saved for this purpose. Some claim that chicken salad made after the following rule can be mixed two or three days before using: Boil one chicken tender and chop the meat moderately fine, also the whites of twelve hard-boiled eggs, add equal quantities of chopped celery and cabbage; mash the yolk fine, add two tablespoons butter, two of sugar, one teaspoon mustard, pepper and salt to taste, and lastly half cup good cider vinegar; pour over salad and mix thoroughly. The *Philadelphia Dressing* is considered very nice and is made by adding to one pint boiling water a *heaping* tablespoon corn-starch, mixed smooth in cold water; when well thickened add two tablespoons from the top of the chicken-liquid. Remove to back of range or table and add the beaten yolks of five eggs and continue to stir till almost cold. Prepare a thin dressing by rubbing yolks of three hard-boiled eggs, very fine, adding tablespoon each made mustard and pulverized sugar and salt to taste, with a pinch of cayenne and teaspoon any bottle sauce. Then add two tablespoons salad oil and half pint vinegar, three or four drops at a time of each, alternating as in Mayonnaise Dressing. Pour two-thirds of this over the celery and chicken, toss up lightly, put in dish and add the rest of thin dressing to the first mixture, mixing and placing it over the top of salad. For *Mayonnaise Chicken Salad*, prepare the chicken as above, place in earthen bowl and to every quart add two tablespoons vinegar, one of oil, half teaspoon salt and quarter teaspoon pepper. Set away in cold place an hour or two; prepare the celery as directed, in the proportion liked, and put in ice-box or other cool place until time to serve. Make a Mayonnaise Dressing, mix the chicken and celery together with a part of the dressing, arrange in a smooth mound on flat dish, pour remainder of Mayonaise over, and garnish with white celery leaves, reserved for this purpose, with a little bouquet of the leaves stuck on top, encircling with rows of capers and bordering with slices of hard-boiled eggs as shown in cut. Or when mixing the chicken and celery add half gill vinegar and a gill and a half salad oil to each quart salad, with pepper and salt to taste; then make into a mound or place on a bed of lettuce leaves,

Chicken Salad.

as above, and pour the Mayonnaise Dressing over. When making for large parties, or when the chicken is dry from having been cut up too long, first pour a Plain Dressing over the salad, let stand an hour or two and drain before dishing and adding the Mayonnaise. But when lettuce leaves are used, the vinegar or plain dressing must be poured over the chicken alone as the lettuce wilts so soon, and must be added only just before dishing for table.

Crab Salad.—Boil three dozen hard-shell crabs twenty-five minutes, let cool, remove top shell and tail, and quarter the remainder. Pick the meat out carefully with nut-pick or kitchen fork, taking that also from the large claws, and the fat which adheres to the top shell; add an equal quantity cut celery and mix with a few spoonfuls French Dressing, then put in salad bowl and mask it with Mayonnaise Dressing. Garnish with the claws, shrimps and hard-boiled eggs alternating with tufts of green. For *Craw-fish Salad*, cook and prepare the fish as above, removing the tail part, splitting in two and taking out the black ligament. Put in salad bowl on bed of shred lettuce, pour Mayonnaise Dressing over, garnish with head part of shells, hard-boiled eggs and tufts of green, and serve.

Cucumber Salad.—Put the cucumbers on ice until wanted and in paring them take care to remove all the green inner portion of the skin, which is very bitter, first cutting off the end where so much of the bitter juice is secreted, and pare them lengthwise. For the simplest of cucumber salads, after paring slice very thin, sprinkle a little salt over them, and let stand ten minutes; or lay them in cold, salted water an hour before serving; then drain on a cloth, sprinkle over a half teaspoon pepper and cover with vinegar; or pour a French or Cream Dressing over. Or after preparing the cucumbers as above mix two tablespoons salad oil or ham gravy with as much vinegar and teaspoon sugar, and add to the cucumbers with teaspoon pepper, stirring well. For *Cucumber and Onion Salad* mix sliced or chopped onions with the cucumbers, put the dressing in bottom of salad bowl, place the sliced cucumbers in middle with onions around, and mix the dressing when serving. Lactiola Dressing is nice for this salad. For *Radish Salad* prepare and dress radishes same as cucumbers, adding a little sugar to modify their sharpness. A simple and agreeable *Fruit Salad* is made by combining gooseberries or barberries with young onions and cucumbers, sliced, serving with any plain dressing.

Egg Salad.—Put the small crisp leaves of a head of lettuce in salad bowl, slice four hard-boiled eggs over them and over these sprinkle a dozen chopped capers; serve with Sour Cream Dressing poured over all. Or chop two large heads of lettuce coarsely with eight hard-boiled eggs and mix with a small cup rich sweet cream, or two tablespoons best salad oil, with vinegar, mustard, pepper and salt to taste. A small head of cabbage may be substituted for the

lettuce, but the cabbage must be thinly shaved with a sharp knife, not chopped. *Cheese Salad* is made the same, using finely minced cheese instead of eggs, and always making with lettuce. Serve with Eggless Dressing. A *Mint Salad* is made same as Egg Salad, adding six leaves mint chopped fine, and the Foam Dressing.

Endive Salad.—The curled endive is excellent for fall and winter salads. Pick the leaves over carefully, separate the green from the white, blanch the latter and put in salad bowl, add minced herbs and very little minced onion and serve with French Dressing. Or take equal quantities endive, celery and cress. Shred the celery after cutting in inch pieces, mix all together and pile high in a dish, pour around them any dressing preferred and garnish with slices of hard-boiled eggs and boiled beets.

Fish Salad.—Shred a pound cold boiled Lake trout into pieces an inch square, mix with half a Mayonnaise Dressing, place on a plate surrounded with tender leaves of lettuce to be eaten with it and pour remainder of dressing over. Or mix with the fish an equal quantity of cut celery, chopped cabbage or shred lettuce, some preferring the latter for fish salads. Any kind of cooked or canned fish can be served same. Three salt anchovies, chopped with a dozen capers may be added before mixing in the dressing. Using Anchovy or Tarragon vinegar makes a nicer dressing for fish than the plain vinegar. For *Codfish Salad* either broil or boil the quantity desired, and when cold shred, mix with shred lettuce, add the Mayonnaise Dressing and serve with garnish of thinly-sliced lemons hard-boiled eggs, etc. For a *Shad Roe Salad* boil three roe in salted water twenty minutes, when cold cut in thin slices and let stand in the pickle given in Salmon Salad two or three hours. Then serve arranged in a circle on a bed of lettuce with Mayonnaise Dressing in center. Roe of any fish may be used and is nice *With Tomatoes;* after boiling, slice thin and place in salad bowl with alternate layers sliced tomatoes; garnish with lettuce and sliced hard-boiled eggs and serve with Creole Dressing.

Gelinola Salad.—This is one of the most delicious as well as ornamental salads and is made with fish, shell fish, meats, fruit, vegetables, etc. To make *With Fish*, any kind of cold, cooked fish may be used, cut in pieces, but sardines and canned shrimps prepared whole are especially ornamental; make a Jellied Bouillon Dressing, using Tarragon or Anchovy vinegar if obtainable, instead of the plain vinegar. Rinse a mold and pour in some of the jelly, to the depth of third of an inch; set mold in a bed of pounded ice, or snow, and put in a cold place; when hardened lay in whole fish, or pieces, in any design wished, not letting them touch the sides of mold; then fill spaces between the fish with more jelly until the fish begin to float, and when hardened repeat as above, till mold is full. Keep dressing from hardening while using, by placing pitcher

in hot water as described in Chicken in Jelly; although if bed of ice or snow is used, the salad soon hardens and simply keeping the pitcher on kitchen table will be warm enough as it wants to be half thickened when used. Place mold on ice for three or four hours, remove as directed, and serve on platter garnished with parsley, lettuce, sliced boiled eggs, beets, etc., arranged in any pretty design. A Sardine Dressing may be prepared and a spoonful placed upon each slice when served at table, or it may be served without any dressing. Or *With Oysters*, slightly cook them, or sprinkle with salt and pepper and let stand an hour or two, drain and make same way, adding celery cut in quarter inch dice as a border to the layer of oysters, and using the oyster liquor with what water is necessary in place of the water for the Jellied Dressing. Celery Vinegar makes the salad nicer than plain vinegar. *With Lobster*, make same as fish and the coral and different parts can be arranged in the jelly to make a very handsome dish. *With Game, Poultry*, or *Meat*, prepare as with fish, using cold, cooked ingredients and serving at table with any dressing wished or without any. A harmoniously flavored vinegar may be used in the dressing, for any of the different salads instead of the plain if wished. *With Fruit*, make same, using the Jellied Orange Dressing with high-colored fruit, as currants, raspberries, cherries, strawberries, blackberries, etc., and with slices of peaches, pears, apples, etc., the Jellied Raspberry Dressing, serving former with or without the Orange Dressing (liquid) and the latter with or without the Raspberry Dressing. *With Vegetables* prepare in same manner, using cold cooked vegetables with the Jellied Bouillon Dressing, and where pease, dice of carrots, white turnips, beets, etc., are arranged tastefully the effect is very pleasing, or use any of the green vegetables, such as lettuce, celery, etc., or either kind can be used with fish, meat or poultry and be found an addition; and in fact many combinations can be made with different kinds of fruit, different kinds of meat, etc. It is not at all difficult to make only somewhat tedious, but one will be *fully repaid* for all the trouble in both the taste and beauty of the salad.

Herring Salad.—Skin two herring, soak overnight, take out bones and cut in quarter-inch dice, or very small pieces; take seven medium-sized cold boiled potatoes, slice and cut as above, making two or three times as much cut potato as herring; then cut three red beets that have been cooked, peeled and placed in vinegar overnight, in dice as above and chop fine one small raw onion, mix lightly and to this add two or three boiled eggs, cutting the whites and yolks separately. Before mixing reserve in separate dishes some of the herring, potatoes, beets and white and yolk of egg with which to garnish the salad when ready to serve. Beat together half cup cream, quarter teaspoon mustard, saltspoon pepper and teaspoon sugar; add two or three tablespoons of the beet vinegar and pour over the mixture, tossing it lightly together. Put on platter,

smooth over and then place two-inch rows over it lengthwise of the reserved ingredients, arranging the colors so as to make a very pretty ornament, and surround with parsley. The width of rows can be varied to suit the size of dish. A few sour apples and roasted veal, chopped, may be added to salad. Or, prepare the herring as above; take cup each cooked green pease, and string beans, cut in small pieces, shelled white beans, cooked soft and dry, boiled red beets cut in dice and two cups cut boiled potatoes, as above. Place herring in center of platter and put vegetables in little mounds around it, arranging colors nicely, placing between each a few tender lettuce leaves and on top of each a slice of hard-boiled egg; also garnish the herring in same way. Put in a cold place and just before serving pour over slowly about half pint any cold salad dressing. A cup each cooked salsify and red pickled cabbage may be added, and some mix all together and add dressing as in first recipe, reserving some of the vegetables to use in little mounds as a garnish. For preparing herring for frying, or cooking in any way, it is always nice to skin first as above. The salad is sometimes dressed with a *Syrup Sauce*, a White Sauce made with water, to which tablespoon each baking molasses and vinegar is added, but the latter is especially nice served hot with Fried Breaded Herring.

Lettuce Salad.—Wash the lettuce carefully, using only the inside tender leaves, and wipe with a cloth to remove all grit. It is a very delicate vegetable and easily spoilt by careless handling. Tear into small pieces or use whole (never cut lettuce), place in salad bowl and pour over a dressing made as follows: Take yolks of three hard-boiled eggs, and salt and mustard to taste and mash fine; make a paste by adding desertspoon olive oil or melted butter (use butter always when it is difficult to get fresh oil); mix thoroughly, and then dilute by adding gradually cup vinegar. Garnish by slicing another egg and laying over lettuce. This is sufficient for about three pints lettuce. Or the Bohemian, Foam or French Dressing may be used, or simply salt, sugar and vinegar, or sugar and cream. Powdered sugar may also be sprinkled over the lettuce before adding dressing. Some prefer to serve the salad alone and add dressing at table. Those who like the flavor add a chopped onion. Sliced or chopped radishes and cucumbers are also used in lettuce salad and adding thin slices of cold meat or flaked fish makes a very nice dish for luncheon. Chopped celery and anchovies are nice additions to a plain lettuce salad, or add a few tarragon leaves. Tarragon has a flavor unlike anything else, and gives to lettuce salad that pleasing flavor peculiar to French salads. If the leaves cannot be had, use tarragon vinegar instead of plain in the dressing. If the lettuce is at all wilted place in very cold water for an hour or two. Sliced cucumbers, hard-boiled eggs, pickled beets, nasturtiums, radishes and cut vegetable flowers are used for garnishing. Cheese is generally served with lettuce salad, and when latter is

dressed at table, serve small dish grated cheese with it to be sprinkled over the lettuce. It is delicious and sometimes crackers or thin bread and butter accompany it. Cheese crusts, and Cheese Straws are also very palatable with it. *Corn-salad Salad* is made as above using corn-salad instead of lettuce. *Currant Salad* is made by mixing fresh ripe currants with lettuce and the French Dressing.

Lobster Salad.—Crack the claws of a cooked lobster (see Shellfish) after first disjointing, twist off head, split body in two lengthwise, pick out meat in bits not too fine, saving coral separate; tear a large head of lettuce into pieces about two-inches square, and place on dish, over which lay the lobster, putting the coral around the outside. For dressing for meat of a lobster weighing about three pounds, beat yolks of three eggs, add four tablespoons salad oil, dropping it in very slowly, beating all the time; then add a little salt, cayenne pepper, half teaspoon mixed mustard, and two tablespoons vinegar. Pour this over the lobster, just before sending to table. Two bunches crisp celery, cut into small dice, may be used instead of the lettuce. Or prepare the meat and celery or lettuce as above and pour over it a Mayonnaise, Bavarian or Eggless Cream Dressing. Some reserve the green fat, work it into a smooth paste, mix this well with yolk of a raw egg and add the mixture to the Mayonnaise. When celery is used the lobster meat, moistened with a little of the Mayonnaise, and celery may be arranged in three layers with lettuce leaves at bottom, then meat, then celery and finish with the meat, pouring remainder of Mayonnaise over as above. A few olives may be added if liked. Some reserve pieces of the lobster meat to be used in garnishing, and having arranged the salad on a dish, place first a row of sliced cucumbers, then the pieces of lobster, sliced yolks and whites of hard-boiled eggs, the coral saved from lobster and sliced beets placed alternately, or arranged in small separate bunches, so that the colors contrast nicely. Capers, olives and small pickled gherkins are also used. The claws, tail and head are also used for garnishing. To prepare them, open the shell of the tail with a can-opener, without mangling the flesh, split it and remove the intestine running through the middle, open the claws in same way, and use the meat from all in the salad, rub the head with a little oil to brighten the color and place it in center of dish; arrange the salad around it, pour the dressing over, and garnish with the claws, tail, coral, small lettuce leaves or tufts of celery, with the addition of any of above garnishes mentioned. The eggs of the hen lobster should be carefully removed from the tail pins and sprinkled over the salad after covering with the Mayonnaise, which may also be colored with the coral, if latter is not wanted for the garnish, or serve in Salad Shells as directed in preface. For Cape May Salad make the Aspic Jelly given in Dessert Jellies the day before the salad is wanted. Some time, before ready to serve melt two tablespoons butter in saucepan, stir in one of flour and

add by degrees a gill stock or cold water; bring to boiling point and boil rapidly two minutes, remove from fire and add tablespoon cream, half tablespoon lemon juice, small pinch cayenne and little white pepper and salt, with the meat of lobster cut in convenient-sized pieces, some add a well-beaten egg; when well mixed turn out to an inch in depth on a plate, make smooth with a knife, and put away until perfectly cold; then divide it into six parts and shape each into a cutlet about three inches long. Prepare lettuce as above, place in salad bowl and pour the Mayonnaise Dressing over, sprinkle with a little white pepper and salt. Chop the aspic jelly coarsely and arrange a wall of it around sides of salad bowl, and within this place the lobster cutlets in a circle with one of the feelers stuck in each, and the head, prepared as above, in the center. Have the coral of lobster dried and pounded in a mortar, or rolled fine, and sprinkle a little over each cutlet and remainder over the jelly and serve. A very handsome dish. To make *Canned Lobster Salad*, take one can of lobster, chopped fine, twelve hard-boiled eggs, also chopped fine, mix and pour over a hot Cream Dressing, tossing all up lightly with a fork.

Meat Salad.—Take one quart cold meat of any kind, which must be very tender; cut into thin slices, then into small bits; place a layer in salad bowl, sprinkle with chopped parsley, cover with a layer of Italian Dressing, then another layer of meat, chopped parsley and so on till all meat is used. Cold tongue may be used instead of meat and Creole Dressing is nice with any meat salad. Garnish with parsley and stand in cold place one or two hours before serving. A nice *Veal Salad* is made by cutting cold boiled veal in neat strips, or pieces of even size, mix it with celery or lettuce and pour a Mayonnaise Dressing over. Or any meat may be prepared same. For *Ham Salad* put the meat prepared as above on lettuce leaves neatly arranged in bowl, strew a dozen chopped capers and a few tarragon leaves over and serve with Eggless Dressing. A good *Beef Salad* is made by cutting a pound cold rare roast beef and a quarter of a boiled beet into small pieces, mixing both lightly together and placing in pyramidal shape on shred lettuce leaves in salad bowl and pouring Swiss Dressing over. For a *Meat and Potato Salad* add to one half the quantity of meat in Beef Salad a pint cold boiled potatoes cut in thin slices, mix with the Bacon Dressing and serve. The flavor of these salads is improved by standing an hour or more. For a *Mutton and Carrot Salad*, boil six young carrots till tender, drain, cut in narrow strips and arrange neatly in bottom of salad bowl; cut half pound cold boiled mutton into half-inch pieces and put it around the carrots, strew over a cut stalk of celery and a few tarragon leaves, pour a Cream Dressing over and serve. For *Ham Salad*, cut up small bits boiled ham, place in salad bowl with shredded inside leaves of head of lettuce and add a Sour Cream Dressing. Or, *With Brussels Sprouts*,

wash a quart sprouts well, boil twenty minutes, drain, plunge into cold water, drain again and put in center of platter, with a quarter pound finely-chopped ham around and a border of potato salad encircling the whole. Pour a French Dressing, over, sprinkle with teaspoon herbs and serve. *Game Salad* is made as any of above using any cold cooked game wished or any of them may be molded like Gelinola Salad.

Nasturtium Salad.—Shred nasturtium flowers in small pieces, salt and pepper well and pour a Mayonnaise Dressing over. Or mix with the nasturtiums a head of shred lettuce or pint watercresses with three chopped hard-boiled eggs and teaspoon sugar. Put in dish with two alternate layers of Mayonnaise, or any dressing liked, and garnish with a wreath of nasturtium flowers and bunch of same in center.

Onion Salad.—Slice large onions in thin slices and sprinkle with sugar; let stand an hour or two, then add the French Dressing, or simply salt, pepper and vinegar. Or *With Tomatoes* add alternate layers of sliced tomatoes, sprinkling with sugar if wished; then finish as above, letting the salad stand an hour or more, after dressing is added, before serving.

Orange Salad.—Do not peel but slice thin two or three sour oranges on a dish, remove seeds and pour over them a dressing of three tablespoons salad oil, a dust of cayenne pepper, a little salt if wished and juice of one lemon, if oranges are too sweet, with grated rind of an orange. This is a delicious accompaniment for boiled or roasted game or poultry. For a more elaborate salad, peel five oranges, divide into the natural sections without breaking the pulp and place on glass dish; stone a quarter pound muscatel raisins, mix them with two tablespoons sugar and two each orange and lemon juice and mingle them with the oranges adding juice of another orange if not moist enough. Any spice liked may be added, but must be added sparingly. *Lemon Salad* is made as first recipe, using lemons instead of oranges, and some add a few shredded lettuce leaves. For *Florida Salad*, place in salad bowl alternate layers of sliced oranges and bananas; pour over the Orange Dressing and put on ice or in cold place three or four hours. Any harmonious combination of fruits may be prepared same way, *Peaches* and *Pine-apples*, *Raspberries* and *Currants* or *Strawberries* and *Oranges*, using either the Orange or Raspberry Dressing, always remembering that all *Fruit Salads* must stand two or three hours before serving, to be in their prime.

Oyster Salad.—Prepare oysters as directed in Shell-fish, using the smaller ones, and after draining (do not cook) add to them chopped celery, cover with Mayonnaise Dressing and when very cold serve. Or put the liquor, that drains from them over the fire,

adding a little vinegar; skim and when hot put in the oysters and let boil up once to *plump*, not cook them; then skim out oysters and cool quickly by plunging into cold water a moment and draining, or by setting the plate on ice; some let them cool in liquor in which they were boiled, to which may be added instead of the vinegar a little salt, pepper, butter and blade of mace. When the oysters are cold mix lightly with an equal quantity cut celery or shred lettuce, and two pickled cucumbers, cut fine, chopping the oysters coarsely, if liked, or leaving them whole. Turn the cooked oyster liquor over, and just before serving stir in a Swiss or Mayonnaise Dressing, tossing up lightly with a fork, or add only half the dressing and after dishing put the remainder over, though most prefer to pour on all the dressing. After plumping and draining the oysters some lay them for two hours or more in a mixture of three tablespoons vinegar, one of oil, half teaspoon salt, quarter as much pepper and tablespoon lemon juice. Some use half as much celery as oysters, but the quantity may be varied as liked. For *Philadelphia Salad*, take three dozen fresh oysters, two heads celery with part of their green tops and about half as much tender white cabbage; wash celery and cabbage, put them into boiling salted water, let boil five minutes, pour off water, drain, and chop them fine. Prepare the oysters as directed above. When to be served, season chopped celery and cabbage slightly with oil and vinegar; spread part of it in a dish, or in individual dishes, place the oysters in it side by side and the rest of the celery on top of them; smooth the top a little and pour a Mayonnaise Dressing over. Pickled or minced oysters do very well for this. White celery leaves, oysters, crabs, cut vegetables, hard-boiled eggs, sliced lemons, etc., are used for garnishing. A combination salad known as *Brussels Salad* is made of lobsters, oysters, chicken and tongue mixed with celery.

Pickle Salad.—To one quart cabbage, chopped fine, take half pint pickled green tomatoes, gill pickled green peppers, and half pint onions, all chopped fine and mixed together. Strain off and throw away all juice and add tablespoon mixed mustard, half tablespoon ground ginger, quarter tablespoon each cinnamon and cloves, quarter ounce celery seed, quarter pound brown sugar, half tablespoon salt and pint vinegar. Boil slowly ten minutes and pour over the cabbage. Good at the end of a week. When ready to serve pour over a gill of Potato Dressing or any dressing preferred. Instead of above mixture any chopped pickle may be used.

Potato Salad.—This salad may be prepared with cooked potatoes, either cold or hot, though many cooks differ on this point some maintaining that the potatoes should always be hot, while others meet with most gratifying success in using them cold. It is claimed that a salad made from hot potatoes will keep nicely three or four days, while that from the cold vegetable will soon turn dark.

For a plain salad either chop the potatoes or slice thinly as preferred, add a small onion, chopped or sliced, to each pint potato, arrange them on dish without breaking slices and serve with a good salad dressing poured over, or the dressing is nice added in alternate layers with the potato. Some grate the onion over the potato, which may be cut in strips if preferred; or omit the onion and serve with a French Dressing with the addition of celery salt. Some add a few blanched and quartered almonds and hickory-nut meats. Or sliced lemon or anchovies may be added. Those who are fond of onions may use one-third onion to two-thirds potatoes and cover with a Mayonnaise Dressing. Chopped lettuce with the onions improves the salad. When the onions are not used, chopped parsley is a nice addition, and it may also be used with the onions. Some like bits of fried salt pork mixed with the potatoes. An excellent salad is made by mixing a quart potatoes, pared and cut in thin slices while hot, with two tablespoons each grated onion and chopped parsley, four of chopped beet, and enough of any preferred dresssing to make moist; the Sardine Dressing is very nice for this. The salad is better if vegetables are mixed and let stand two or three hours before adding dressing, keeping in a cool place. The beet may be omitted if not liked, also the onions and parsley, and chopped celery used instead, either raw or cooked. Or take two cups boiled potatoes, cup cucumber pickles, a large onion, and two or three hard boiled eggs, all chopped, mix and serve with any dressing liked. Or cut six cold boiled potatoes into dice; put a heaping tablespoon butter in saucepan and when brown pour over and mix lightly through the potatoes, adding one or two stalks of celery cut small. Serve with Cream Dressing. Or boil four large Irish potatoes, peel and mash smooth; mince two onions, and add to the potato, make a dressing of the yolks of three hard-boiled eggs, one small teacup of vinegar, teaspoon white pepper, two of salt, one tablespoon each celery seed, prepared mustard and melted butter and two of sugar; mix well with the potato, and garnish with slices of egg and celery or lettuce. Or *With Beets*, use an equal amount potatoes and beets chopping and slicing both and covering with an Eggless Cream Dressing. This dressing is also nice for simple *Beet Salad*, served either warm or cold. *With Cabbage*, chop potatoes and add a half head of cabbage sliced fine or chopped. Better if mixed two hours before using. Chives are very nice in potato salad, and are excellent in all vegetable salads. More vinegar is required in dressing for potato salad than any other and more dressing must be used as the potato absorbs more liquid than cabbage or lettuce. In other salads the proportion is about one part vinegar to four of oil, but for potatoes an equal quantity of each is generally used, never less than three tablespoons vinegar to four of oil, and for a pint of potatoes some use a half cup vinegar to one tablespoon oil. For *Japanese Salad*, take two-thirds sliced boiled potatoes and one-

third cold boiled mussels or oysters, adding any finely-chopped herbs wished, and simply a dressing of oil, vinegar, pepper and salt, or any dressing may be used, and when wished extra nice, add a layer of sliced truffles over the top. Let stand two or three hours in a cool place, then serve.

Russian Salad.—Use white turnips, carrots, beets, string beans or pease, fresh or canned. Cut turnips and carrots crosswise in inch slices, and with tin tube, small-sized apple corer will do, cut in little cylinders, and cook in separate saucepans in salted boiling water till tender; drain, and place in cold water till ready to use. Cook the beans, beets and pease as in recipes given in Vegetables, and then drain and finish as above; when canned pease and beans are used, merely drain them. To serve, place spoonfuls of each kind on a platter, tastefully arranging the colors, and pour over enough French Dressing to moisten nicely.

Salmon Salad.—To make from fresh salmon, broil two salmon steaks, or take cold boiled salmon, break into flakes, or cut in two-inch pieces and add little salt, pepper and two tablespoons lemon juice or vinegar, some add a little chopped onion, parsley, and salad oil, and let stand from one to three hours. Then half fill a salad bowl with lettuce, put in the prepared fish and garnish with hard-boiled eggs, stoned olives and a few spiced oysters. Or place the prepared salmon in a circle on the lettuce leaves, pour a Mayonnaise Dressing in center and sprinkle capers over the whole. Some season the lettuce with Italian Dressing before dishing. If salmon is boiled purposely for salad it can be made into neater slices by cutting before cooking, then put in wire basket and set in warm water to which a little vinegar and salt has been added, bring to a boil and simmer gently until tender. Pike, blue-fish and flounders make nice salads prepared same way. For *Canned Salmon Salad*, put three stalks celery, cut, in solid bowl, arrange neatly over it a half pound canned salmon, turn a Mayonnaise Dressing over, garnish and serve. Or arrange the salad on a cup chopped cabbage, spread in a dish, and pour over a mixture of teaspoon each salt, sugar, butter, and mustard and half cup vinegar, or the Eggless Cream Dressing is especially delicious for salmon. For another nice salad, season a quart cooked salmon with teaspoon salt, one-third teaspoon pepper, three tablespoons oil, one of vinegar and two of lemon juice; let stand on ice at least two hours. Arrange the salmon in center of dish with cooked asparagus points, drained and cooled, around it and cover the fish with a cup Mayonnaise Dressing. Garnish with points of lemon. Cooked green pease may be used instead of asparagus. Or make a dressing of yolks of three eggs, half cup each cream, and vinegar, two teaspoons brown sugar, salt, pepper, and celery seed to taste; boil thick like custard, and pour over the salmon. Another way of preparing is to set a can

salmon in kettle of boiling water, and boil twenty minutes; take out of can and put in deep dish, pour off juice or oil, put a few cloves in and around it, sprinkle salt and pepper over, cover with cold vinegar, and let stand a day; then take it from vinegar and lay on platter. Prepare a dressing as follows: Beat yolks of two eggs boiled hard and mashed fine as possible; add gradually tablespoon mustard, three of melted butter, or the best salad oil, a little salt and pepper (either black or cayenne), and vinegar to taste. Beat mixture a long time and some like addition of lemon juice and a little brown sugar; cover the salmon thickly with a part of the dressing, tear up very small the crisp inside leaves of lettuce, add them with remainder of mixture, and two or three large pieces of lettuce placed around the salmon, and serve. Pickled beets, sliced or cut in stars or other fancy shapes make a pretty garnish with sliced hard-boiled eggs, and slices of lemon are always appropriate, either alone or arranged alternately with the slices of beets. Salmon salad is nice served in Salad Shells.

Sardine Salad.—Wash the oil from six sardines, remove skin and bone and squeeze a little lemon juice over them, put a layer of lettuce leaves in salad bowl and over them the fish with two chopped, hard-boiled eggs scattered over and serve with Sardine Dressing. Or arrange sliced cucumber pickles and sliced hard-boiled eggs with the fish around the center of lettuce leaves and serve same. Or first place any kind of cooked fish on a bed of crisp lettuce and cover with the Sardine Dressing; split six sardines, remove bones and arrange them over the fish and dressing so that the ends meet in center of dish. Enrich the whole with thin slices of lemon and garnish with parsley or lettuce; or *With Tomatoes*, to one box sardines, take two or three large ripe tomatoes, sliced, and two medium-sized onions, cut fine; arrange in salad bowl and season with teaspoon each salt and Worcestershire Sauce, two tablespoons sugar, a little pepper, half cup vinegar and add chow-chow to taste. Toss up lightly and when very cold, serve. This is delicious. The Creole Dressing is also nice or any dressing may be used. Sardines used as described in Gelinola Salad make an ornamental as well as an appetizing salad.

Scallop Salad.—Soak twenty-five scallops in salt water half an hour; rinse them in cold water, and boil twenty minutes; drain, cut them in thin slices, mix with an equal quantity sliced celery, cover with Mayonnaise Dressing, garnish and serve.

Shrimp Salad.—When buying canned shrimps select those labeled simply shrimps, not potted shrimps, as the latter are chopped, and are not so nice for salad as the whole ones, even when they are to be chopped in preparing. For a plain salad take one and one-third bunches celery and one can shrimps; cut celery in fine pieces and wash; halve or chop the shrimps, or pick them in pieces

as preferred, mix, sprinkle with a little salt and pour a Mayonnaise Dressing over. Shred lettuce may be used instead of celery. If to be served whole take the shrimps carefully from the bag in which they are put into can, remove all bits of shell or black specks, taking care not to break their form, pile them high on a bed of shred lettuce or cut celery in salad bowl, pour Bavarian Dressing over and serve garnished with border of lettuce leaves or celery tops, with a tuft in center; or serve in the Salad Shells. Should be mixed just before serving or the fine appearance of the shrimp will be spoiled. Before mixing some shake the shrimps in a bowl with two tablespoons each oil and vinegar, to make them look shining and moist, and then put Mayonnaise on in strips lengthwise in center of each fish, but not covering them. When fresh shrimps are used, boil twenty-five minutes, or until they change color, putting them in wire basket, if one is at hand; open and throw away shells, and make the salad as above. Or put two or three sliced tomatoes on a layer of lettuce leaves in salad bowl, lay the shrimps on these and pour Red Mayonnaise Dressing over all. Shrimps are nice molded as in Gelinola Salad. Some add salt, a little lemon thyme, mint and a bay leaf to water in which shrimps are boiled.

Sweet-bread Salad.—Boil a calf's sweet-bread until tender and pick it into small pieces; shred two heads lettuce, and put in salad bowl alternate layers of lettuce, sweet-bread and Swiss Dressing with whites of hard-boiled eggs sliced on top.

Tomato Salad.—Take skin, juice, and seeds from nice, fresh tomatoes, chop what remains with celery, and add the French Dressing. Or arrange red and yellow sliced tomatoes alternately in glass dish on a bed of lettuce, pour over Cream Dressing, and dust a little pepper on top. Or sprinkle a teaspoon chopped tarragon over three sliced tomatoes, with a little chopped onion if liked, and cover with a Cream or Mayonnaise Dressing; or omit the tarragon and onion and serve a teaspoon Mayonnaise Dressing spread on each slice, neatly arranging on flat dish. May be garnished with a delicate border of parsley, with a few sprigs laid between the sliced tomatoes. Some dip the tomato into a mixture of three tablespoons vinegar to one of oil, pepper and salt; then drain well and mix them in the Mayonnaise Dressing. For a *Cucumber and Tomato Salad*, peel and slice a five-inch cucumber into very thin slices; put them in bowl with half teaspoon salt, and two tablespoons vinegar and set aside. Scald and skin one large or two small tomatoes and put them in cold water a few minutes to cool; line salad bowl with lettuce, drain cucumbers from the pickle and put them in bowl; wipe tomatoes and cut into slices; put them on top of the cucumber, pour a salad dressing over it, and serve. For *Creole Salad*, mix together equal quantities boiled onion, boiled potato and stewed tomato, add a little Creole Dressing and serve warm.

Tomato Salad.

Turnip Salad.—Peel and slice three or four turnips very thin and soak overnight; next morning change the water and soak three or four hours longer; then cut up very fine and dress as Cold Slaw, adding celery salt or seed, if liked, or pour over a French Dressing. A nice salad is made of *Turnip Tops* after they begin to sprout in the cellar, and some put them in a dark warm cellar for this purpose. When sprouts are three or four inches long cut them off; pick leaves from stems, and pour hot water over them; let remain a moment, then plunge into cold water; place sprouts in colander to drain and send to table with Bacon Dressing poured over.

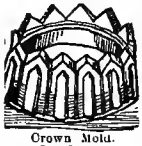
Vegetable Salad.—Take any cold vegetables left from a meal, such as potatoes, pease, string beans, shell beans, turnips, carrots, beets, etc., chill them on ice, cut the larger ones with vegetable-cutter, arrange on dish, cover with Mayonnaise Dressing or any preferred and serve. Or cut in dice six boiled potatoes, a small beet, half a small carrot and half turnip; mix all thoroughly, sprinkle with teaspoon salt, unless vegetables were salted in cooking and mix with a Lactiola Dressing. For *Red Vegetable Salad* take one pint each cold boiled potatoes and beets, a pint uncooked red cabbage, six tablespoons of oil, eight of red vinegar (the pickle from the beets) two teaspoons salt or as above, and half teaspoon pepper. Cut the potato in thin slices, the beets fine, and slice the cabbage as thin as possible, mix all together, let stand in cold place one hour and then serve with the French Dressing lightly mixed through. Red cabbage and celery may be used together. For a *Boston Salad*, arrange as many different kinds of vegetables as possible on a round plate, wheel fashion, each spoke being composed of one kind of vegetables, which may be repeated in regular order, with half a hard-boiled egg, cut crosswise, representing the hub, and the dressing encircling it for the rim. When only five ingredients are used, arrange in form of a star or as fancy dictates.

Water-Cress Salad.—Pick over carefully, removing leaves, root fibres and all large stems; wash, drain and place in salad bowl, chop a young onion fine and strew over, cover with a French Dressing and serve. Some cut the cress into inch pieces, mix the onion and dressing with it and serve in individual dishes. *Dandelion Salad* is made same, letting the dandelions stand in water overnight, adding two minced onions to two quarts; or first cook the dandelions as for greens, and then when cold, cover with any dressing liked. For a *Hop Salad*, gather hop sprouts before the heads develop, soak half an hour in slightly salted water, drain, boil ten minutes, plunge into cold water and serve with a French Dressing. May be served either hot or cold. If to be served hot reheat after draining from the cold water. For a nice garnish for any vegetable salad, cut a boiled beet into round slices and place around the dish, each slice overlapping another. At each corner place an olive with an anchovy twisted around each.

Cold Slaw.—Slice cabbage very fine, season with salt, pepper, and a little sugar; pour over vinegar and mix thoroughly. It is nice served in the center of a platter with fried oysters around it. Or cover the seasoned cabbage with a Potato Dressing. Or for *Whipped Cream Slaw*, chop cabbage fine and dress as above, then cover with plenty whipped cream, sweetened; it is nicer to first place slaw in the individual dishes and then cover about an inch deep with the whipped cream. Or for a *Cream Dressing*, take two tablespoons whipped cream and sugar, and four of vinegar; beat well and pour over cabbage, previously cut very fine and seasoned.

Cream Slaw.—Put half pint vinegar, tablespoon each sugar and butter in saucepan. When hot add half pint sour cream, previously mixed with one egg and half teaspoon flour; let boil and pour over two quarts cabbage cut fine and seasoned with half pepper and salt and a teaspoon ground mustard. Serve hot.

Jelly Border for Salad.—Pour enough liquid Aspic Jelly in crown mold to make a layer half an inch deep; when hard arrange on the jelly dainty shapes of cooked carrot and beet, cut with vegetable-cutter, and white of hard-boiled eggs in rings; add carefully two tablespoons more of the jelly, having kept it warm by placing in pan of hot water. When hardened, fill with remainder of jelly and set away until ready to serve. Wrap a towel wet in warm water around the mold, turn the jelly out very carefully and fill center with any nice salad. Boned Fowl or Marbled Veal can also be served in the center.


Crown Mold.

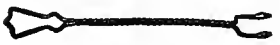
Kennebec Butter.—This is one of the nicest preparations to use in salad dressings, adding oil, vinegar and yolks of eggs as for Mayonnaise. To make take equal quantities chervil, tarragon, chives and pepper-grass, about a quart in all, add a little water and scald a minute or two, then drain very dry. Pound in bowl two each hard-boiled eggs, anchovies and small pickled cucumbers and a tablespoon capers, without any vinegar; add the herbs, a small clove of garlic and salt and white pepper to taste, with a pinch of cayenne; rub all through a puree sieve and mix well with it three-quarters of a pint best butter and tablespoon tarragon vinegar; if wanted a brighter green add a little Spinach or Parsley Coloring (page 180). Some add a tablespoon or two of oil. For a less piquant butter known as *Paris Butter*, omit the eggs, anchovies, cucumbers and capers and use half pint more butter.

Fringed Celery.—Cut stalks into two-inch pieces; stick several coarse needles into top of a cork; draw half of each piece of celery through the needle several times. When all the fibrous parts are separated, lay the celery in cold place to curl and crisp, and use as a garnish for salads, meats, chicken, etc.

SHELL-FISH.

To thoroughly enjoy and appreciate shell-fish one must live on the coast; and yet transportation has been so far perfected that they are found quite fresh in almost every place. Of course the canned goods are always obtainable. The oyster is more used than any of the others and there is not a lover of them who does not heartily sympathize with the boy who wanted to spell August "O-r-g-u-s-t," in order to bring it into the list of the months which contain an "r" in all of which oysters are in season. The delicious bivalves furnish an important, and, in most localities, a not expensive article of food; and the ease with which they are prepared for table, and great variety of ways in which they may be cooked and served, make them a great favorite with housekeepers. To judge whether clams and oysters are fresh insert a knife, and if the shell instantly closes firmly on the knife they are fresh. If it shuts slowly and faintly or not at all they are dying or dead; or another test is that when fresh, the shell is firmly closed; if open the oyster is dead and unfit for use. Oysters in the shell may be kept in a cool cellar, and occasionally sprinkled with salt water. The small-shelled variety have the finest flavor. For the freshness of canned oysters it is necessary to trust the dealer, but never buy cans the sides of which are swollen. In preparing them for cooking or for table, *carefully remove all bits of shell.* When cooking, some do not skim at all, others only slightly, claiming that a great deal of the rich flavor is lost by so doing; and with good fresh oysters, and none other should be used, it is not necessary. Never salt oysters for soups or stews till just before removing them from the fire, or they will shrivel up and be hard, and add but-

ter at same time as too much cooking makes butter oily. Roasting in shell best preserves natural flavor. *Always serve immediately after cooking*, no matter what method is used and do not cook long, never boiling more than a minute or two. This is also true of lobsters, etc., as long cooking toughens the meat. In handling oysters the wire oyster fork is nice as the short tines hold the oyster at the end of the fork, instead of allowing the tines to slip through and project beyond the oyster. As to nutritive qualities oysters rank much below meats, and it is even questioned whether they contain the phosphorus, or brain-food, which has been credited to them in company with the finny tribe in general. But, when properly cooked, they are easy of digestion, and very proper food for persons whose occupation is sedentary, and whose duties do not call for heavy muscular exertion. Even for invalids, they are nutritious and wholesome, when delicately prepared. For varieties, etc., of shell-fish see Marketing and to dress lobsters, terrapins, etc., for the different dishes given, see Cutting and Curing Meats. To open oysters, wash the shells and put on hot coals or upon top of a hot stove, or bake in a hot oven; or open on end with oyster knife or sharp iron, resting round part of oyster shell in left hand, using the knife with right, or open cans with can opener. From the middle of January to middle of March oysters are really in best condition and are also less expensive.



Wire Oyster Fork.

Can Opener.

Fried Clams.—Remove from shell large soft-shell clams; have the clams dried in a towel, single-bread them or dip in batter and fry (longer than oysters) in sweet lard or butter. Some prepare for cooking by cutting off the black head, splitting the long, tough neck and scraping.

Clam Chowder.—Chop fifty clams, peel and slice ten raw potatoes, cut into dice six onions and a half pound fat salt pork, slice six tomatoes (if canned use a coffeecup full), and have ready a pound pilot crackers; first fry pork in bottom of pot and partially cook onions in the pork fat. remove, and put plate in pot bottom side up; then put ingredients in layers, with pork at bottom, then onions, potatoes, tomatoes, clams and crackers, season with pepper and salt,

pour over this the liquor from clams and repeat the process, adding chopped parsley to taste. Cover with water and boil from half to three quarters of an hour. Some prefer to put the clams in whole, and the potatoes are often parboiled or cold cooked ones may be used. The tomatoes may be omitted and bread-crumbs used instead of crackers. Half oysters and half clams may be used, adding the liquor from both, or a third each fish, oysters and clams. Chowder can be made of either hard or soft-shell clams.

Clam Pie.—Take three pints either hard or soft-shell clams (if large, chop slightly), put in saucepan and bring to boil in their liquor, adding a little water if needed; have ready four medium-sized potatoes, boiled till done and cut in small squares; make a nice pie paste with which line medium-sized pudding dish half way down sides; turn small cup bottom up in middle of dish to keep up top crust; put in first a layer of clams, then a few potatoes and season with bits of butter, a little salt and pepper, and dredge with flour; add another layer of clams, and so on till dish is filled, adding juice of clams, and a little water if necessary (there should be about as much liquid as for chicken-pie). Cover with top crust, cut slits for steam to escape, and bake three-quarters of an hour.

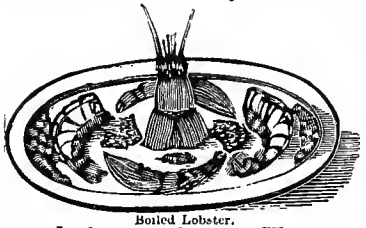
Clam Stew.—Take half peck hard-shell clams, wash shells clean, and put in kettle with about a cup water; steam until shells open, when take out of shell, strain juice, and return it with clams to fire; after they come to a boil, add pint milk or water, piece of butter size of egg, three crackers rolled fine, pepper, and salt if any is needed. Boil up once and serve hot. Nice poured over toast. Some use only the soft part of clams and first make a white sauce by mixing tablespoon each butter and flour over the fire, adding gradually pint hot milk or milk and water, and season with salt and pepper; then put in soft parts of clams, and simmer gently for fifteen minutes where they will not burn. For *Boiled Clams*, select thin-edged ones. Wash carefully and put in pot over hot fire, with very little water, so as to save their juices; when they open, leave juice in pot, remove clams from shells and put clams back in; add butter, pepper, and very little salt, and boil ten minutes. Serve hot.

Fried Crabs.—Procure soft-shell crabs, alive if possible, as shells harden within twenty-four hours after being killed. To prepare for cooking, lay the crab on its back, lift up the apron or flap near the back of the shell, take out all spongy and fibrous portions, and by lifting the shell at both sides remove same substance from the back, cut a semi-circle from the head, including the eyes and sand-bags. Wash in cold salted water, dry on clean towel, season inside and out with salt and pepper and fry light brown in fresh butter or lard. Or double-bread them and fry by immersion. Some bread them by dipping into milk for first wetting. Serve garnished with crisped parsley or sliced lemon. Mayonnaise Sauce is nice

with this dish. *Broiled Crabs* are nice if first dipped in melted butter, seasoned with pepper and salt. Some drop them into hot water for one minute, then broil. Serve with Drawn Butter or Tartare Sauce.

Deviled Crabs.—Pick the meat from boiled crabs, cut in fine bits and mix with all the creamy white substance and green fat, add one-third as much bread-crumbs, two or three chopped hard-boiled eggs, and lemon juice; season with pepper, salt, and butter, and add enough cream, stock or water to moisten. Clean shells nicely and fill with the mixture, sprinkle over with bread-crumbs and small bits of butter, and brown in oven. Must be served either very hot or perfectly cold. Arrange shells on platter with sprig parsley in top of each, and send cream crackers on with them. *Lobsters* may be prepared and served same. Some like the addition of a very little shallot and parsley chopped fine.

Boiled Lobster.—Put in boiling water, with little salt, and boil till cooked through and shell turns red; rub shell with sweet oil after wiping to brighten color. Split body and tail through, crack claws and it is ready to serve, but must be cut up fine before eating.

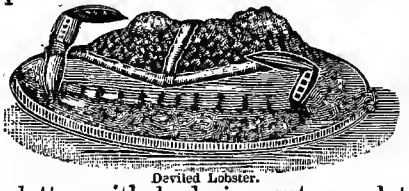

Boiled Lobster.

A dressing made of salt, mustard, oil, cayenne pepper and vinegar, mixed with the yolk of an egg, is usually prepared for it. The white of a hard-boiled egg may be minced fine and strewn over it. *Boiled Crabs* are prepared and served same, procuring the hard-shelled, and being careful to remove eyes, soft fins, etc., before cooking. The meat is often picked from shell before sent to table and served with salt, pepper, lemon juice or vinegar, or any good table sauce, or heat it in White Sauce, or with butter, vinegar and a rather high seasoning.

Broiled Lobster.—Cut tail part of lobster in two, rub a little sweet oil over the meat and broil. When done, brush a little butter over it with juice of half a lemon and a very little cayenne. Put meat back in shell and send to table with dish of broiled tomatoes and fresh baked potatoes. Or cut tail in square pieces, cut a few thin slices bacon into squares a little larger than the lobster; place on a skewer alternately and broil; baste as above and send to table on bed of water-cresses.

Deviled Lobster.—Take the meat from boiled lobsters as directed in Lobster Salad and chop fine, or cut into fine dice, reserving the coral. Rub the coral smooth, moistening with vinegar until thin enough to pour easily. Season the lobster meat highly with mustard, cayenne, salt, and sharp sauce. Toss up with a fork until

mixed, and put in covered saucepan with only enough hot water to keep from burning; boil up once and stir in prepared coral, add tablespoon butter and when it reaches boiling point take from fire. Do not cook too much or meat will be tough. May be served hot in deep dish or put back in shells, or in baking dish, covered with bread-crumbs and bits of butter and browned in oven. If to be served in shells, be careful in opening not to break the body or tail of shells, which must be washed and dried, rubbed with oil, and if two lobsters are used may be put together in form of a boat. Some chop a little parsley and shallot with the meat, add a few drops essence anchovies, tablespoon vinegar, cayenne pepper and salt, and a little Cream or Bechamel Sauce; boil all well together, add beaten yolk of an egg, put in the shells, cover with bread-crumbs and bits of butter and brown twenty minutes in oven. Or, boil a pint of cream or milk and stir with it two tablespoons flour and one of mustard mixed smooth with three tablespoons hot cream; cook two minutes, add meat from two lobsters with salt, pepper, and pinch cayenne, boil one minute, put in shells as above, brown in oven and serve on long narrow platter, with body in center and tails at each end, garnished with parsley and sliced lemon. The prepared meat left over is nice re-heated and served on slices of toast for breakfast. For *Scalloped Lobster*, omit the mustard in last recipe, put the mixture in buttered dish or scallop shells and finish as above. White Stock or water may be used instead of milk or cream and some prefer to thicken with corn-starch. Canned lobster may be used in any of above recipes.


Deviled Lobster.

Roasted Lobster.—When lobster is half cooked, remove from water and rub thoroughly with butter, put in heated pan in hot oven and baste constantly with butter until it has a fine froth and shell is dark brown. Place on dish and serve with melted butter.

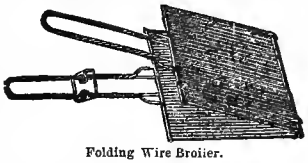
Lobster Croquettes.—Chop meat of a boiled lobster fine with quarter as much bread as meat; add pepper, salt, and mace if liked, make into pointed balls with two tablespoons melted butter, single-bread them and fry in butter or lard. Serve dry and hot and garnish with crisp parsley. Delicious entree, or supper dish.

Lobster Cutlets.—Prepare the cutlets as directed in Cape May Salad, single-bread them, taking care to have every part covered, place in frying basket and fry in hot fat till a rich brown—about two minutes. Drain, arrange on hot dish with part of a claw in each to represent bones in cutlets, and garnish with crisped parsley. White or Bechamel Sauce may be served around cutlets if liked.

Ragout of Lobster.—Cut meat of boiled lobster in small pieces; pound spawn to a smooth paste, with two tablespoons butter, salt,

pepper and a little mace. Put a gill water in saucepan, thicken with two well-beaten eggs; add the spawn and stir over fire briskly ten minutes. Add lobster meat, boil up once and serve very hot.

Broiled Oysters.—Dry large, selected oysters in a napkin, salt and pepper them and broil on a fine folding wire-broiler, well buttered to prevent sticking, turning frequently to keep the juice from wasting. Serve immediately in hot dish with bits of butter on them. Or, dry the oysters in a napkin, dip each in butter previously salted and peppered, roll well in sifted cracker-dust or bread-crumbs, let lie a few minutes, dip again in melted butter, roll in crumbs and broil over good fire from five to seven minutes, not very brown or they will not be so juicy, and serve immediately in hot dish with butter, pepper and salt, or on nice diamond-shaped pieces of toast, with little melted butter on each. For *Broiled Oysters in Shell*, select large shells, clean with a brush, open, saving juice, and put oysters in boiling water for a few minutes; remove and place each oyster in a half-shell, with juice; place on gridiron over brisk fire, and when they begin to boil, season with butter, salt and pepper and some add a drop of lemon juice. Serve on half-shell. Or, remove from shell and heat two dozen oysters in their own liquor, drain and add to oysters in pan a lump of butter, little chopped parsley and shallot, pepper and salt and scald but do not boil; then put back in shells with a few drops lemon juice, cover with bread-crumbs and broil; when they boil in shell take from fire and serve at once. Or, open oysters, leaving them in their deep shell, taking care not to spill the juice, season with small piece butter, a little cayenne, salt, and lemon juice if liked; place on gridiron over brisk fire and broil about three minutes. Serve with bread and butter.



Folding Wire Broiler.

Creamed Oysters.—Put pint cream in custard kettle with a slice of onion and bit of mace and let boil; add tablespoon flour mixed smooth with little cold milk or cream, and salt or pepper to taste; have the oysters scalded in their own liquor, skimmed if necessary, drain and add them to the boiling cream. Skim out mace and onions and serve very hot on slices of hot buttered toast. Some do not scald the oysters before adding to cream and add their liquor also. The onion and mace may be omitted.

Curried Oysters.—Put liquor drained from a quart oysters in saucepan, add half cup butter, two tablespoons flour, and one of curry-powder, well mixed; let boil, add oysters and a little salt; boil up once and serve. Or *With Onions*, open three dozen oysters, leaving them in their own liquor; cut one medium-sized onion in, small dice, and lightly fry in stewpan with tablespoon butter. When done, mix in one teaspoon curry-powder and little flour, add oysters

with their liquor, and keep stirring over fire until the oysters become enveloped in a thick sauce, when turn out upon dish and serve with boiled rice.

Deviled Oysters.—Wipe oysters dry, lay in a flat dish and cover with a mixture of melted butter, cayenne pepper (or pepper sauce), and lemon juice. Let them lie in this for ten minutes, turning frequently; take out, roll in cracker crumbs, then in beaten egg, then in crumbs, and fry in hot lard and butter, half and half.

Fried Oysters.—This, next to soup, is the way in which oysters are most generally served and we give a number of recipes; for all of them, the oysters must be drained thoroughly in colander and *all bits of shell* removed; to do which it is sometimes necessary to take up each oyster, and some dry on a soft white cloth, although it is best to handle them as little as possible as it tends to toughen them. They can be breaded in any of the ways given on page 299 and bread-crumbs may be used, but it is then very necessary that they be wiped dry before dipping, but with cracker-dust draining is all that is needed. Where one is near a large bakery, it is nicer to buy the latter rather than prepare it one's self and is even more economical. For *Buckeye Fried Oysters*, take medium-sized oysters, prepare as above, sprinkle with pepper and salt, and set in cool place for ten or fifteen minutes. Then pour them into a pan of finely-rolled crackers, add liquor, mix well, and let stand five minutes, add a *little* salt and pepper, mold into small cakes with two or three oysters in each, roll in dry cracker-dust until well encrusted, and fry in hot lard and butter, or drippings. Serve hot in covered dish. Or if large oysters dip each in yolk of eggs, well seasoned and beaten, then in corn meal with a little baking powder mixed with it, and fry like fritters; or put in frying basket and place in the hot lard; or take two parts rolled crackers and one part corn meal, and treat as above. For *Boston Fried Oysters*, when oysters are ready, put in hot frying-pan, turn so as to brown on both sides, taking away the liquor as fast as it collects. They cook in this way in a few moments, and the peculiar flavor of the oyster is well preserved. Serve on a hot covered dish, with butter, pepper and salt, or add a little cream just before serving, and serve as above on toast. For *Superior Fried Oysters*, take two dozen large oysters prepared as above, have cracker-dust seasoned with teaspoon salt; take one oyster at a time, roll in cracker-dust, and lay on a meat board or platter by itself until all are so encased, and laid in rows; let remain fifteen minutes, now take oyster first rolled in cracker-dust and dip in beaten eggs (yolk and white beaten together), then the second oyster, and so on until all are dipped, then roll in cracker-dust, following same order as before. Let them remain from half to three-quarters of an hour. It is important to follow the same order in each operation, to give liquor of oyster time to drain out and be ab-

sorbed by the cracker-dust; now heat in frying-pan one pound of clarified fat or lard; when the blue smoke arises (which indicates a heat of 375 °, the proper cooking point), drop into it a peeled potato or piece of hard bread, which has the effect of preventing the fat growing hotter, drop in oysters very lightly, and when a light brown turn to brown the other side; and then skim out into colander to drain a moment, or lay upon a piece of brown paper, which will absorb superfluous grease; or have dripping-pan lined with brown paper, place in that and put in oven. In that way they can drain and be kept hot till ready to serve. The time for cooking is about three minutes. Serve hot on a hot platter. Fried oysters, to be at their best, must be eaten as soon as cooked; and when it is possible, if a second supply is to be needed, it should be cooked while the first is being served and eaten. For reason given above use the hands as little as possible; all the rolling and dipping may be done with a fork, without mangling the oyster. *Philadelphia Fried Oysters* are prepared by rolling them in flour, seasoned with salt and pepper, dropping them into an equal mixture of lard and salad oil made smoking hot in frying-pan, and serving them the instant their edges begin to curl. For *Gopher Fried Oyster*, beat three or more eggs, according to number of oysters to be fried, add equal bulk of rich cream and season with salt and pepper; dip oysters, one by one in this and then roll carefully in either sifted bread or cracker-crumbs. Let stand in a cool place till ready to fry, an hour or so will not hurt them, fry in frying-pan or like fritters. *With Oil*, beat the yolks of six eggs with three tablespoons salad oil and season with teaspoon salt and pinch cayenne, dip in this, then roll in cracker-dust and let stand ten minutes, then dip in mixture, lastly roll in sifted bread-crumbs and fry as above. For *Italian Fried Oysters*, boil three dozen oysters for one minute in their own liquor, and drain them; fry them in two tablespoons butter, one of catsup, a little chopped lemon peel and parsley; drain, place on dish, and garnish with fried potatoes and parsley. This is a delicious delicacy. Or some bread them, seasoning the crumbs with finely-chopped parsley, grated lemon rind and nutmeg and a pinch cayenne, and fry as Gopher Fried Oysters, seasoning with celery salt just before serving. For *Manhatten Fried Oysters*, after draining, season with salt and pepper, roll in cracker-crumbs or dust and cover the bottom of a frying-pan in which a tablespoon or two of butter has been made very hot; fry brown, turning as needed and serve on dry toast. One of the most ornamental ways of serving fried oysters is as follows; cut off top from a brick-shaped loaf of bread scraping off the inner crumbs from the top and the remaining part of loaf, leaving crust half an inch thick; place in stove until thoroughly heated, then put in the fried oysters, cover with top, tie around it ribbon, corresponding with table decorations, place on platter and serve, garnished with slices of lemon and sprigs of pars-

ley. The loaf may be used several times if cared for carefully; or prepare small rolls in same way, cutting them in two lengthwise, fill, tie, and serve individually. These are also nice filled with any salad or chopped meats. Always serve pickles, slaw, grated horse-radish, etc., with fried oysters.

Fricasseed Oysters.—Drain liquor from a quart oysters, strain pint of it into stewpan and when it boils put in oysters; when they begin to swell add tablespoon flour rubbed smooth with two of butter and cook until oysters are white and plump, add a gill cream with white pepper and salt to taste and serve hot; some add beaten egg and juice of a lemon, sprinkling a little chopped parsley over the fricassee, after dishing and just before serving; or omit liquor, put drained oysters in a hot frying-pan with tablespoon butter, then finish as above adding an egg or two with the cream. For a richer fricassee, parboil or swell fifty fine oysters in their own juice. Remove scum, and place juice and oysters in a hot tureen, cover and keep in a warm place. Rub together six tablespoons butter, three of flour and a half gill hot cream till a smooth paste; add this to a quart and a half hot cream in stewpan over fire, and stir constantly; season to taste with salt, white pepper, allspice, mace and a little nutmeg; stir until mixture begins to thicken, then add the well-beaten yolks of six eggs. Strain mixture over oysters, stir well, then cover thickly with bread-crumbs, on top of which lay a few bits of butter. Place in quick oven until top is of a very rich brown. Serve very hot. Some like the addition of a teaspoon chopped parsley, and if served in an open dish garnish with squares or rounds of fried bread and sprigs of parsley. Or take a slice of raw ham (corned and not smoked), soak in boiling water half an hour, cut in very small slices and put in saucepan with two-thirds pint veal or chicken broth, strained, the liquor from one quart oysters, a small onion minced very fine, and a little chopped parsley, sweet marjoram and pepper. Let these simmer twenty minutes, boiling rapidly two or three minutes. Then skim well and add scant tablespoon corn-starch mixed smoothly in one-third cup milk, stir constantly, and when it boils add oysters and tablespoon butter; just let it come to a boil, remove oysters to a deeper dish, then beat one egg and add to it gradually some of the hot broth, and when cooked stir it into the pan; season with salt and pour all over the oysters. Some squeeze over the juice of a lemon.

Hidden Oysters.—Cut as many thin slices of fat bacon as there are oysters, large New York Counts, dust a little cayenne on each oyster and wrap a slice of bacon around it, keeping in place with wooden toothpicks; heat a frying-pan, put in bacon and oysters and keep over quick fire until bacon is browned on all sides, being careful not to burn; take out the toothpicks or not as preferred, and serve singly on small squares of toast. Must all be prepared very quickly and served very hot.

Panned Oysters.—Cut stale bread in thin slices, then round them, removing all crust, to fit patty-pans; toast them, butter, and place in pans; moisten with three or four teaspoons oyster liquor; then place on toast a layer of oysters, sprinkle with pepper, and put on top small piece butter; place pans in baking pan and put in oven, covering with tin lid, or if latter is not large enough, another pan to keep in the steam and flavor; have a quick oven, and when cooked seven or eight minutes, until edges curl, remove cover and sprinkle with salt; replace cover and cook one minute longer. Serve in the patty-pans. Using Paper Cases or Patty Shells look nicer in serving, and the latter can be eaten with the oysters. If wanted panned in their own juice, select two dozen of the freshest oysters, have a small pan about an inch deep with a handle; open oysters into pan and add as much more juice. Add tablespoon butter, pinch of salt and black pepper, and sprinkle a little cracker-dust on top. Place on quick fire, and when oysters begin to swell they are done. Serve on toast. Or *With Cream*, place in stewpan, add some pepper, a little mace, two cloves, and four or five tablespoons cream. Set over fire until oysters swell. Then pour over toast and add a few bits of butter. Put tablespoon flour with liquor from oysters, mix smoothly together and bring to a boil. Pour this over the oysters and toast, put in very hot oven and brown top a little. A few bread-crumbs may be sprinkled on top dish with bits of parsley before baking. To pan oysters *In the Shell* select the largest ones, wash both shells perfectly clean, put in baking pan with round side down, and place in oven. In a few minutes the shell will slightly open; then take from fire, remove top shell carefully and retain all juice possible. Place on each oyster a piece of butter, sprinkle of salt and pepper, and a few bits of toast cut in half-inch squares. Serve in shells placed on a folded napkin.

Pickled Oysters.—Place oysters in saucepan and simmer gently in their own liquor about ten minutes. Take them out one by one, place in jar, cover, and when cold add a pickle made as follows: Measure the oyster liquor, add to it same quantity of vinegar, one blade pounded mace, strip of lemon peel and whole cloves and boil five minutes. When cold pour over oysters and cover and tie very closely. Or to the liquor from a hundred oysters add a teaspoon black pepper, a pod of red pepper broken in bits, two blades of mace, teaspoon salt, two dozen cloves, and half pint best vinegar, when hot remove scum, add oysters and simmer gently until the edges curl, take out and put in small jars with the spice; then boil the pickle, skim, and pour over them. Thin lemon slices may be scattered through the jars with oysters. This pickle will be ready for use after standing overnight, but may be kept four or five weeks. Keep pickled oysters in cool, dark place and when a jar is opened use all at once, or as quickly as possible lest they spoil. Some plump the oysters in clear boiling water, then put in cold water to set color and keep

them plump; drain, place in jars and pour above pickle over them. The pickle is nicer if the liquor is boiled, skimmed and strained before adding vinegar, and some boil with it a bit of alum size of filbert, putting spices in jars with oysters instead of first adding them to the pickle. For *Spiced Oysters*, scald one hundred fine large oysters in their own liquor; take out and lay on clean cloth to cool; strain liquor from oysters and add to it as much water as their is liquor. Set over fire, and as it boils remove the scum, then add six or eight blades of mace, half ounce allspice, half teaspoon black pepper, six large cloves, a pint and a half vinegar, and a few small pickles cut up fine. Boil this three minutes. Put the oysters into a stone-ware pot, pour the pickle over them, cover closely, and set in a cool place. Will be ready for use next day.

Raw Oysters.—Procure oysters as nearly of a size as possible, and have the shell scrubbed with a brush till free from sand or dirt; open as directed in preface, detaching the flat shell, loosen the oyster from the round or deep shell, but leave in it, and serve half dozen on a plate, with quarter of lemon and a bit of parsley in center. Eat with salt, pepper and lemon juice or vinegar. Some season in the shell before serving with a dust of cayenne and a little lemon juice, while others serve only in their own liquor with the dust of cayenne and accompanied with quarters of lemon, brown bread and butter. In serving them without the shells the most attractive way is in a dish of ice, made by freezing water in a tin form shaped like a salad bowl, or in a *Boat of Ice.* Select a large block of ice, of crystal clearness; with a hot flat iron melt a large enough place in the top to hold oysters, then chip from sides until shaped like a boat. Keep it where it may not melt. The oysters should be well drained, seasoned with pepper and salt, and placed in the ice-boat. Just before dinner is served, arrange a bed of fresh green geranium leaves or parsley or any green upon a low platter and place the boat upon it, propping it up if necessary with a few small lumps of ice hidden among the leaves. Twine delicate green vines prettily over the boat and arrange a circle of vivid scarlet geraniums upon the platter around the base of the boat and place on upper edge halves or quarters of lemon as a garnish. Two folded napkins may be placed on platter to prevent the boat from slipping, then cover as above. This is a very elegant manner of serving, much more pleasing in appearance than the shells. It may be served merely on a square block without being chipped. A still more elaborate way is to have individual dishes of ice also; they can be made in same manner, some using an ordinary window weight, heated, to hollow them out and chipping the outside of the small blocks into eight-sided dishes or any shapes wished. A simpler and equally delicious way is to drain oysters well, sprinkle with salt and pepper, place in a dish and put on ice or in pan of cold water for half an hour before serving, adding bits of ice on top. Serve with horseradish, Chilli Sauce, slices

of lemon, or simply vinegar. Raw oysters are served with brown bread and butter as above for luncheon, but more frequently with thin slices of toast before soup at dinner. *Frozen Oysters* are esteemed a great delicacy by some; leave them where they will freeze, then open and serve in the half-shell.

Scalloped Oysters.—This is another method of cooking oysters by which most of their fine native flavor may be retained, and is a very satisfactory dish. Butter and bread a baking dish, using only the sweetest of bread-crumbs and butter. On this place a layer of extra fine oysters, season with salt and pepper, and put in another layer of crumbs and another of oysters, and repeat this until the dish is full, having the last layer bread-crumbs, butter and seasoning; add oyster liquor with a small dash cayenne pepper over the top. Be sure to use plenty of butter, place in a hot oven for thirty minutes, baking a rich brown and serve *hot*. Or take crushed crackers, not too fine; drain liquor from quart of oysters and carefully remove all bits of shell; butter a deep dish or pan, cover bottom with crackers, put in layer of oysters seasoned with salt and pepper and bits of butter, allowing about a tablespoon to each layer, then a layer of crackers, then oysters, and so on until dish is full, finishing with crackers covered with bits of butter; pour over the oyster-liquor, added to one pint boiling water, boiled and slightly skimmed, place in a hot oven, bake fifteen minutes, add another pint of hot water if needed, or half pint water and half pint of milk, in which a small lump of butter has been melted; bake another half hour, and, to prevent browning too much, cover with a tin or sheet-iron lid. A mixture of crackers and bread-crumbs may be used when more convenient. As amount of liquor in oysters varies, and the proportion of crackers or bread-crumbs to the oysters also varies, the quantity of water must be increased or diminished according to judgment and taste. Some cook only half an hour in all. The souffle dish is especially nice in which to cook and serve Scalloped Oysters or anything which is best served in dish in which it is cooked. One can have two inner dishes and so keep one hot in oven ready to place in the ornamental receptacle when first one is empty, as Scalloped Oysters to be in their prime *must be hot*. Instead of this dish one can use two ordinary quart baking dishes, placing on the Knitted Cover when serving. Cream or milk may be added instead of water, to liquor poured over the top, and some add with each layer a little of the liquid, as in this way it is all thoroughly moistened; a little powdered mace or grated nutmeg may be added if liked, and it is made richer by also pouring over the top a cup milk in which a well-beaten egg has been mixed. *Scalloped Clams* are prepared same way, first chopping them if preferred. For *Saratoga*

Inner Dish.

Ornamental Receptacle.

Scalloped Oysters, cover bottom of well-buttered baking dish with layer of crumbs, and moisten with half cup cream or milk, put on spoon by spoon, add salt and pepper, and bits of butter; put in one quart of oysters and liquor with more pepper and bits of butter, cover thickly with crumbs and on them place more pieces of butter. Place in oven and cover—this is very important, as the flavor is thereby not allowed to escape—and bake till the juice bubbles up, from half to three-quarters of an hour. Remove cover and brown in upper part of oven for a few minutes, not long; or use the salamander or a hot shovel. Serve in dish in which it was baked. To serve in *Scallop Shells*, drain all the liquor from a quart oysters in stewpan, boil and skim and add half pint cream or milk with which two tablespoons flour should first be mixed; boil two minutes, add tablespoon butter, salt, pepper, little nutmeg and the oysters, and take from fire almost immediately; taste, and if needed add more seasoning. Have the shells buttered and sprinkled lightly with crumbs; nearly fill them with the prepared oysters and cover thickly with crumbs. Put shells in baking pan and bake fifteen minutes. Serve very hot on large platter garnished with parsley. This quantity will fill a dozen shells of ordinary size. *Clams* may be served same, chopping them and stewing a half hour in the cream. Some first fry a chopped onion light brown in butter, then add cream, etc., and after taking from fire add well-beaten yolks of eggs and put into shells as above. Shells are of tin, granite iron-ware, plated-silver and china.

Scallop Shell.

Skewered Oysters.—Take metal skewers and place on each a half dozen oysters alternately, with half dozen thin slices bacon, size of oysters. Put skewers between bars of buttered wire broiler, broil and serve one skewer to each person. Or string on hair-pin shaped wire, first an oyster, then slice of pork, and so on until wire is filled; fasten ends of wire into a long wooden handle, and broil before the fire. Serve with the pork, if liked, seasoning slightly with pepper. For another, blanch oysters in two waters, and drain. Put in stewpan some chopped onions, mushrooms, and parsley, with butter and little flour; warm oysters in the mixture, and stir in yolks of eggs to make it firm enough to adhere to oysters. String oysters on silver skewers, about six on each, the sauce adhering to oysters and setting around them. Bread them and broil. Dish up on napkin.

Steamed Oysters.—Lay oysters in the shell in patent steamer or air-tight vessel, placing the upper shell downward so the liquor will not run out when they open. Set over a pot of boiling water and boil hard for twenty minutes; if the oysters are open they are done; if not, steam till they do open. Serve at once and eat hot, with salt and a bit of butter. Or, wash and drain one quart select oysters, put in pan and place in steamer over boiling water, cover and steam

till oysters are plump with edges ruffled; place in heated dish with butter, pepper and salt, and serve.

Stuffed Oysters.—Grate yolks of three or four hard-boiled eggs, mix with them half as much fat salt pork or bacon, season with pepper and chopped parsley and add a raw egg to make a paste of mixture. Have ready a dozen of the largest oysters on a napkin, insert a penknife at the edge, split each up and down inside without making the opening very large, and push in a small teaspoon of the prepared force-meat. Double-bread them, using melted butter instead of egg, and broil over clear fire. For *Truffled Oysters*, prepare a force-meat by chopping and then pounding to a paste the breast of a cooked chicken with half as much fat salt pork, raw, adding a small can of truffles cut to size of pease and quarter pod red pepper, finely minced. Prepare and stuff oysters as above, roll them in flour, dip in beaten egg, and fry by placing in frying basket immersing in hot fat three or four minutes, or until a golden brown. Drain, dust lightly with fine salt and serve on diamond-shaped pieces of toast, four oysters on each.

Walled Oysters.—Make a wall one and one-half inches high and three-quarters wide of one quart nicely mashed and seasoned potatoes, just inside raised edge of platter, glaze it by covering with beaten egg and placing in oven for a few minutes. Place the liquor from one quart oysters in porcelain kettle, let boil, skim well, then add oysters seasoned with salt, boil up once, skim out oysters (milk or water can be added to the liquor, then seasoned with butter and pepper, and served as soup), and add them to a cream dressing made by putting a cup rich cream, butter size of half an egg, and a little pepper and teaspoon salt in a pan placed within a vessel of boiling water; when hot add two ounces of flour mixed smooth in some cream or milk, and let cook till thickened, then place oysters and dressing within the potato and serve immediately. Fried oysters may be served in same way. Or a more elaborate way is as follows: pare and boil five large potatoes and mash through a colander; add third of a cup milk, salt and pepper to taste, tablespoon butter, and whites of three eggs, beaten to stiff froth. Have a two-quart Charlotte Russe mold well buttered, and sprinkle bottom and sides with bread-crumbs; there must be butter enough to hold the crumbs in place. Line mold with a *thick even coat* of the potato, and let stand a few minutes. Put a pint cream and a slice of onion on to boil; mix two heaping tablespoons corn-starch with a little cold milk or cream and stir into the boiling cream. Season with salt and pepper and cook ten minutes. Bring a quart oysters to a boil in their own liquor, skim and drain off all liquor; take piece of onion from cream, add oysters and pour carefully in the prepared mold. Cover with remainder of potato, being careful not to put on too much at once, as in that case the sauce would be forced to the top and take care

not to leave any openings, or the sauce will run through and spoil the dish. Bake half an hour in hot oven. When done, remove from oven and let stand a few moments, then place a large platter over the mold, turn dish and mold together, and remove the mold very carefully. Garnish with parsley.

Oyster Chowder.—Fry three slices fat pork in pot and add three potatoes and two onions in slices; boil until nearly done; soak two or three dozen crackers in cold water a few minutes, and put in the pot with half a can of oysters and quart milk. Boil together a few minutes; season with salt, pepper and butter.

Oyster Croquettes.—Scald and chop fine the hard part of oysters (using the other part and liquor for soup), and add an equal weight of mashed potato; to one pound of this add lump of butter size of egg, teaspoon salt, half teaspoon of pepper, and quarter of cup cream. Make in small rolls or cakes, single-bread and fry as directed in Croquettes. Some add also half teaspoon mace.

Oyster Fritters.—Select large plump oysters, drain off liquor, strain, boil, skim, and to each cup add cup milk, two or three eggs, salt and pepper and flour enough to make rather thick batter; to fry, take an oyster in large spoon, dip into batter and fry in hot fat as directed in Fritters. Some beard and others chop the oysters and stir them into the batter, for which another rule is two eggs and half pint milk for each half pint oysters, with pepper and salt to taste and little nutmeg if liked. Or for a pint oysters, sift pint flour with level teaspoon salt, add yolk of egg, tablespoon salad oil, quarter saltspoon pepper; and use enough strained liquor from oysters to make batter thick enough to drop. Beat white of egg to stiff froth and mix this and the oysters lightly with batter and drop at once in large spoonfuls into frying kettle, half full of smoking hot fat. As a rule by the time fritter floats it is done. If there is not enough oyster liquor to make batter, add water, and some use two eggs instead of one yolk and chop oysters. Serve hot on napkin.

Oyster Omelet.—Add to a half cup of cream six eggs beaten very light, season with pepper and salt, and pour into a frying-pan with tablespoon butter; drop in a dozen large oysters cut in halves, or chopped fine and fry until a light brown. Double it over and serve immediately. Chopped parsley may be added to the omelet, if liked, which will be much nicer if whites and yolks of eggs are beaten separately and the whites stirred in last.

Oyster Pancakes.—Strain pint liquor, sift together heaping cup flour, level teaspoon salt, heaping teaspoon baking powder; have pan or griddle hot, and quickly stir into the flour enough oyster liquor to make a thick batter. Fry cakes as fast as possible.

Oyster Patties.—Have ready some Patty Shells, see Pastry, and fill with oysters prepared as follows: Heat half pint cream to boiling, stir in tablespoon flour, made smooth with a little cold milk, and season with pepper, salt, and grated lemon rind, pounded mace, or any spice liked, with a beaten egg or two if wished. While this is cooking bring the oysters to a boil in their own liquor, skim carefully, then dip out oysters, put them in the hot cream, boil up once, and serve immediately in the patty shells. The above quantity will fill a dozen and a half shells. Some strain the oyster liquor and add to the cream with a little more thickening, and the oysters may be bearded and cut up if preferred, some even chopping them. They may also be dressed without cream using only their liquor with a little butter and thickening and the grated yolk of a hard-boiled egg, with seasoning to taste. Layer or Pyramid Shells may be used and with the latter, when adding the tops it is nice to place small sprigs of parsley between the shell and the tops. These are known as *Oyster Vol-au-Vents.* Or, line patty pans with puff paste, and put four or six oysters in each, according to size, with bits of butter and pepper and salt, sprinkle over a little flour and chopped hard-boiled eggs, allowing two eggs for six patties, cover with an upper crust and bake. May be served in the pans, or turned out and placed on platter. For *Fritter Patties,* cut a loaf of stale bread in slices an inch thick. With a cutter two inches and a half in diameter cut out as many pieces as patties wanted, and with an inch and a half cutter, press in center half through each piece. Put pieces in frying basket and plunge into boiling fat for half a minute. Take out, drain, and with a knife, remove the centers and take out soft bread; then fill with following mixture; put two tablespoons butter in frying-pan, and when hot, add one of flour. Stir until smooth and brown, add cup oyster liquor, boil one minute, and stir in one pint chopped oysters. Season with salt, pepper, and a little lemon juice. When hot, fill the crusts. Veal or any kind of meat or fish may be used with any kind of stock for the liquid.

Oyster Powder.—Beard fresh large oysters and place in vessel over fire a few moments to extract their juice; cool them and chop very fine with sifted biscuit or bread-crumbs, mace and finely minced lemon peel, then pound in mortar to a paste; shape into thin cakes, place on buttered paper and bake in slow oven until quite hard. Take out and pound them to a powder, which put in air-tight tin box and keep in dry place. Nice for flavoring fish, soups, stews and sauces.

Oyster Pie.—Line a pudding dish with Puff Paste; dredge with flour, pour in pint oysters, season well with bits of butter, salt and pepper, and sprinkle over flour; pour on some oyster liquor, and cover with a crust having an opening in center to allow steam to escape. Or, line dish half way up with good paste, fill dish with

pieces of stale bread, place a cover of paste over this, and bake about twenty minutes in brisk oven; take off crust, remove bread, have ready some oysters prepared as for patties, fill the pie with them, replace the crust and serve at once. Some simply make a rich oyster stew, put in dish, cover with Puff Paste and bake. Or, line dish with a paste, place an extra layer around the edge, and bake in a brisk oven; fill with oysters, season with pepper, salt, and tablespoon butter, sprinkle slightly with flour, and cover with a *thin* crust of paste; bake quickly and when top crust is done, the pie will be ready to take up. Serve promptly, as the crust quickly absorbs the gravy. Another way is to butter a large dish, and spread a rich paste over the sides and around the edge, but not on the bottom; drain off part of liquor from oysters, put them in pan, and season with pepper, salt, spice and butter; have ready yolks of three hard-boiled eggs chopped fine, and grated bread-crumbs; pour the oysters with enough of their liquor to moisten well, into the dish with the paste, strew over them the chopped eggs and grated bread, cover with the paste and bake in quick oven. Nice also, with gill of cream added, and a little flour. For a *Chicken and Oyster Pie*, parboil a chicken, cut up and place in baking dish, season and cover with a layer of oysters, season them with butter, pepper and salt, put two hard-boiled eggs, cut in slices, with piece of butter size of egg in center, sift flour over the whole, add a half pint milk, cover with the paste and bake three-quarters of an hour in moderate oven.

Oyster Roll.—Cut a round piece, say six inches across, from top of well-baked round loaf of bread, remove inside from loaf, leaving crust half an inch thick; make a rich oyster stew, and put in the loaf first a layer of it, then of the bread-crumbs, then oysters, and so on; place cover over the top, glaze loaf with beaten yolk of an egg, and place in oven a few moments. Serve very hot. Or put in all of the oysters with layer of crumbs over the top, then finish as above. Or after preparing the loaf as above, break up crumbs very fine, and dry them slowly in an oven; then quickly fry three cups of them in two tablespoons butter, stirring all the time. As soon as they begin to look golden and are crisp they are done. Put quart cream on to heat, and when it boils stir in three tablespoons of flour, mixed with cup cold milk. Cook ten minutes, season well with salt and pepper; put a layer of this in the loaf, then a layer of oysters, which dredge well with salt and pepper; then another layer of sauce and one of fried crumbs. Continue this until the loaf is nearly full, having the last layer a thick one of crumbs. Three pints of oysters are required for this dish, and about three teaspoons of salt and half teaspoon pepper. Bake slowly half an hour. Serve on a fringed napkin with a garnish of parsley around the dish. Or to serve individually remove a slice from top of small rolls, scoop out the crumb and fill them with oysters slightly stewed with butter

or cream, and some bread-crumbs; replace tops of loaves and bake till crisp. Glaze with beaten egg.

Oyster Soup.—Pour a quart oysters in colander, rinse by pouring over them pint cold water, put this in porcelain kettle, add a pint boiling water, let boil, skim, season with pepper and piece of butter size of large egg; then add oysters, having removed all shells let boil up once, season with salt and serve. Or *With Milk*, pour quart cold water over quart oysters if solid; if not solid, use pint water, drain through a colander into kettle, and when it boils skim; add pepper, then the oysters; season with butter and salt, then add one quart cream or rich new milk brought to boiling point in a tin pail set in a pot of boiling water, let boil up and serve at once. Or, instead of adding the milk, place it, boiling hot, in tureen, pour the soup over it and then serve. A small piece of lemon peel boiled with the oyster liquor and taken out before cream is added is considered an improvement by some. Or for an individual stew, put one dozen fine oysters and their liquor in saucepan with a little water; let boil, season with salt and pepper and pour into a dish in which there is a tablespoon butter; add three-quarters pint boiling cream and serve at once; or the cream may be omitted using more water. Some do not let it quite boil, thinking it impairs the delicate flavor.

Oyster Stew.—Put liquor from oysters on stove, let boil, skim, and season with butter and pepper, add oysters, let *only come to a boil*, season with salt and serve. This is pronounced a "royal stew." If to be served individually line each bowl with toast, pour in oysters, add teaspoon lemon juice, sprinkle a few bits of parsley over and serve. Or put oysters in stewpan with equal quantities water and juice, place over brisk fire, season with white pepper, bring to a boil, remove scum, add salt to taste, and pour into bowls with teaspoon butter in each. Cover bowls with plates and serve. A *Cream Stew* is made same way, adding cream instead of water. A *Stew With Celery* is made same as third recipe, adding a few stocks of celery cut up fine and a little mace. While cooking add teaspoon or two powdered cracker-dust and cup beef broth. Bring to a boil and pour in bowl lined with toast, well buttered and cut in half-diamond shape. Or put in stewpan a pint each best beef broth and rich sweet cream; add four tablespoons choice butter, three teaspoons salt, two of white pepper, two of ground mace and the cut celery, or, if this is not to be had, teaspoon celery extract; stir in sifted cracker-dust to thicken slightly and when cooked, pour the sauce over fifty fine oysters, previously parboiled in their own juice and placed in tureen. Serve very hot.

Oyster Toast.—Chop a dozen and a half good-sized oysters, season with white pepper and little nutmeg; boil a half pint cream, put in oysters, let boil up once, take from fire, add salt to taste, stir

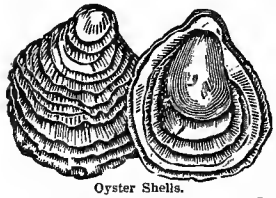
in well-beaten yolks of four eggs and pour over slices of buttered toast. Or beard and pound oysters in mortar to a paste, add a little cream, and season with pepper. Spread this on small slices of toast, and place for a few minutes in oven to heat. A little finely chopped lemon peel may be sprinkled upon the tops. *Oyster Cream Toast* is a nice way of using the liquor when oysters are fried; heat it and make a sauce by mixing over fire tablespoon each butter and flour until they bubble, then gradually stirring in the hot oyster liquor, adding if necessary a little boiling water to make a sauce of consistency of cream. Boil a minute or two, season with salt and white pepper and pour on slices of toast. For *Oyster Sandwiches*, cook oysters in a very little water with butter and salt to taste, and put a layer of them between two thin slices of dry toast, buttered slightly if wished. Oysters prepared in this way make a delicious *entree* to be sent to to the table with game of any kind.

Oyster Vol-au-Vent.—Prepare the large vol-au-vent case as directed in Pastry. Scald a quart oysters in their own liquor, skim well, drain the oysters and return half pint of strained liquor to saucepan. Rub tablespoon flour smooth with two of butter and pour the hot oyster liquor over it; season well with pepper and salt and a very little nutmeg or mace, if liked; boil up once, add three tablespoons cream and the oysters, stir over the fire a minute, fill the vol-au-vent case, put on the cover and serve immediately. Beaten eggs may be added if wished richer.

Oysters and Macaroni.—Lay some stewed macaroni in a deep dish and put over it a thick layer of oysters, bearded, and seasoned with cayenne pepper and grated lemon rind. Add a small cup cream. Strew bread-crumbs over the top, and brown it in a pretty quick oven. Serve hot, with Piquant Sauce. Or have ready a third of a package macaroni, two dozen oysters, cup milk, an egg, tablespoon flour, pepper and salt; put the macaroni in boiling salted water, boil twenty minutes and drain dry; butter the bottom of three-pint baking dish, put in half the macaroni, strew oysters over it, and dot with butter, in small pieces, dredge with salt and pepper and cover with rest of macaroni; moisten the flour with a little milk, beat in the egg, then the rest of milk and oyster liquor, and pour in the dish and bake about twenty minutes or until set. Grated cheese, sprinkled between the layers of oysters and macaroni is a nice addition. If a larger dish is wanted, put in three layers each of oysters and macaroni, and some alternate also with layers of bread-crumbs, finishing with these on top. Scald the oyster liquor, strain, add sufficient milk to moisten the whole well and pour over the top, dot with bits of butter and bake about twenty minutes. Prepare *Chicken and Macaroni* same, first steaming chicken tender.

Oysters in the Shell.—Select large shell oysters. Wash shells until clean as polished marble. Place in dripping pan with round

shell down and set in hot oven twenty minutes. Do not remove top shell, but cook in both shells, and when done serve on upper part of shell instead of lower. Season highly with a bit of butter, cayenne pepper and teaspoon lemon juice. Or open shells with knife as directed, keeping deepest ones for use and loosen oysters entirely from shell, or they will draw to one side. Dredge fine bread-crumbs in shells, replace oysters, cover with bread-crumbs, and bake. When lightly browned, pour teaspoon melted butter over each, moistening crumbs well and dust with salt and pinch cayenne. It hastens the browning to have the bread dry. Serve four or five on a plate, with a quarter of lemon in center. Or melt some butter, season with minced parsley and pepper, and when slightly cooled, roll each oyster in it, taking care that it drips but little, and lay in the shells. Add to each shell a little lemon juice, cover with grated bread-crumbs, place in baking pan and bake in quick oven; just before done, add a little salt. Serve in shells. Or, having washed empty shells, place them in pan in very hot oven and when hot put in each a bit of butter and dust of pepper with a large oyster or several small ones; put pan in oven till edges curl, then take shells up on hot dish and serve at once. Some turn oysters over just before serving. For *Boiled Oysters*, wash shell oysters perfectly clean, place in small wire basket, drop in kettle of boiling water, and when shells open, lift basket, and serve.


Oyster Shells.

Frying Basket.

Scallops.—As sold in market scallops are generally ready for cooking; if bought in shell, boil and take out the muscular part or heart, as that is the only part used in cooking. For *Baked Scallops*, boil tender, drain, add some White Sauce and place in buttered baking dish, covering the top with a layer of bread-crumbs and brown in oven. For *Chinese Scallops*, boil till tender, drain and tear apart in little shreds. Beat three eggs a few minutes; have frying-pan hot, with one tablespoon either butter or lard, add eggs, then scallops and stir like scrambled eggs. For *Fried Scallops*, wash in cold salted water, drain and dry as oysters; roll in corn-meal seasoned with salt and pepper, fry pieces of pork, skim out, and fry scallops in the drippings or bread them and fry in smoking hot fat like doughnuts. *Southern Fried Scallops*, roll in flour seasoned with salt and pepper and fry in half lard and half butter, one-half inch of depth of smoking hot fat in skillet. A nice dish is *Stewed Scallops*, wash and cook in boiling water to cover, till tender, almost five minutes, drain, and dress with a White Sauce made by stirring one tablespoon each butter and flour over the fire till well mixed and then slowly add one cup boiling water at a time till a pint has been used; season with salt and pepper and let boil once;

then add the Scallops, take from the fire and stir in an egg yolk. If a Drawn Butter Sauce is wished, add two heaping tablespoons of butter to the White Sauce.

Stewed Shrimps.—Put a pint shelled shrimps in stewpan with three-fourths pint stock, add thickening of butter and flour, season with salt, cayenne and nutmeg to taste and simmer gently three minutes. Serve garnished with croutons of fried bread. Or stew the shrimps in Cream Sauce. For *Curried Shrimps*, put half pound butter in stewpan, add three or four sliced onions and fry golden brown, then stir in two tablespoons more butter. Have tablespoon curry-powder warmed in oven and mix well with onions; add quart shelled shrimps and cook gently five or ten minutes, stirring often, taking care not to let it get dry, adding more butter if needed. Salt to taste and add a little lemon juice and sugar just before serving. Serve boiled rice with it in separate dish. Nice for luncheon. For *Shrimp Pie*, to one quart shelled shrimps, add cup each vinegar and catsup and two tablespoons butter, season with salt and pepper, scald and pour in earthen dish, strew top with bread-crumbs and bake twenty minutes.

Potted Shell-Fish.—Boil fish in salt and water, take all meat from claws and tails, put in stewpan with chopped mushrooms or truffles, and a little butter, and simmer gently over fire ten minutes, or till they appear to be done. When almost done, add well beaten yolks of three eggs, with teacup cream, and a little well-chopped parsley. Stew all together a little while, until consistency of moderately stiff paste. Press into pots, and cover with clarified butter. *Shrimps* may be potted as above or put pint shelled shrimps in stewpan with quarter pound clarified or fresh butter, blade pounded mace, cayenne to taste, and if liked a little nutmeg; heat gradually but do not boil, and when heated through pour into small pots or jars; when cold cover with melted butter and put away as directed in Potted Meats.

Fricasseed Terrapin.—Cut up the prepared meat from a good-sized terrapin and place in saucepan, always adding the juice that escapes; let stew a few moments and add a dressing of a gill cream, two tablespoons butter, teaspoon flour, powdered yolk of a hard-boiled egg with seasoning of salt, pepper and pinch of cayenne, let boil and just before serving add a gill of Tarragon Vinegar. For *Terrapins in the Shell*, to the prepared meat add a tablespoon or two of above vinegar, place in the shell, cover with bits of butter and a layer of bread-crumbs or cracker-dust, and bake ten or fifteen minntes in oven. For *Stewed Terrapin*, let the cut up meat lay in a marinade of spices, a chopped onion, tablespoon catsup, seasoned with salt and pepper, for half an hour or so, then add as much milk as wished, and when it boils add four tablespoons butter and two of flour rubbed smoothly together; simmer gently fifteen or twenty minutes, then add the Tarragon Vinegar and serve on slices of toast.

SOUPS.

"Once upon a time" soups were only made now and then among American housewives, but now most every dinner table has its soup two or three times a week, and many every day, which is as it should be, as soup is so nutritious, wholesome, palatable and economical that as an article of diet it should rank only second to bread, and to make it with flavors properly commingled, is an art which all should master; it requires study and practice, but it is surprising from what a scant allotment of material a delicate and appetizing dish may be produced, and there are enough scraps of bones, cooked and uncooked meats, trimmings of meats and vegetables in every household that would otherwise go to waste, to supply a nutritious soup for every day in the year, with only a slight expense for additional material. The best basis for soup is lean uncooked meat, *a pound of meat* (with the bone) *to a quart of water*, being a generally accepted rule to which may also be added chicken, turkey, or mutton bones well broken up; a mixture of beef, mutton and veal, with a bit of ham bone with meat all cut fine, makes a a higher flavored soup than any single meat; the legs of all meats are rich in gelatine, an important constituent of soup, although not adding any special nutriment to it. It is very essential that the meat be *perfectly fresh* as the least taint, or even if a little old, impairs the flavor of the soup, and the meat does not want to "hang," for the fresher it is the *better the soup*; it may be coarse and tough and refuse bits and scraps may be used if *fresh*, all comprising to make a dish of soup which will meet with favor from every one. There are two classes of soup, a thin or clear one and a thick or rich; the former precedes a heavier course of meats, etc., at dinner and refreshes one, acting as an appetizer for the rest of the meal;

while the latter with only a few additional dishes makes a very satisfactory and easily prepared dinner. Thick soups require more seasoning than thin ones and if wanted very delicate may be strained, and should be about the consistency of cream while clear soups should be perfectly transparent, For all soups a *pinch of sugar* should always be added. The variety of soups is without limit, and by adding "here a little and there a little" one can produce a new and distinctive variety whenever wished; but the usual distinction given them is seven divisions; Clear, Fruit, Mixed, Plain, Thick, Vegetable and White Soups, and we give a large variety of the different kinds in the recipes that follow. The Fruit Soups, which are largely used abroad, are made of any of the berries or larger fruits and are very delicious, served hot in winter or cold (iced) in summer; they are very easily prepared, and when made of the highly colored raspberry or strawberry and served, with a spoonful of whipped cream in each dish, make an appetizing and elegant first course.

Making Soup.—Always use cold water in making all soups that the juice may be more readily extracted from the meat; skim well, especially during the first hour, and cook slowly. There is great necessity for thorough skimming, and to help the scum rise, pour in a little cold water now and then, and as the soup reaches the boiling point, skim it off. Use salt at first sparingly, seasoning with salt and pepper when done; allow one quart soup to three or four persons. When remnants of cooked meat are used, chop fine, crush the bones, add a ham bone or bit of ham or salt pork and all ends of roasts and fatty parts, and the brown fat of the roast; make the day previous to use, strain, set away overnight without covering, skim off fat (which clarify and save for drippings), and it is ready to heat and serve. If soup is wished same day it is made and it is too greasy add a little cold water when done and the grease can be easily removed; or place on the top pieces of brown paper and they will absorb the fat. In using fresh meat throw pieces as cut into required quantity of *cold* water and let stand until juices of meat begin to color it, then put on to boil; in this way juices are more readily drawn out. The soup is done when meat is juiceless. When soup is desired for a daily first course, a stock-pot should be especially provided, with a faucet to draw off the clear soup to be seasoned and flavored for each day; and all bones and bits of meat left after dinner can be thrown into kettle, also bits of vegetables and bread, and gravies that are left from roast meats and cutlets. In this way there will be nothing lost, and the soups can be varied by seasonings and thickenings of different kinds. Every two or three days, however, the contents of the kettle should be turned out, after all liquid has

been drawn off, and kettle washed clean and scalded, for if this is not attended to, the soups will soon lose their piquant flavor and become stale; there is also for making soups, a soup-kettle (which has a double bottom), or a large iron pot with a tight-fitting tin cover with a hole size of a large darning-needle in it at one side of handle. Keep kettle *covered closely*, that the flavor may not be lost, and simmer slowly, so that the quantity may not be much reduced by evaporation, but if it has boiled away (which may be the case when the meat is to be used for the table), pour in as much hot water as is needed, and add vegetables, noodles, or any thickening desired. Vegetables should be added just long enough before soup is done to allow them to be thoroughly cooked, adding them in the order of length of cooking, as after they are done they absorb a portion of the soup. An excellent soup for a small family may be made from the bones and trimmings cut from a steak before broiling. The bones from a rib roast, which are generally cut out and thrown away by the butcher, after weighing, should always be ordered sent with roast and used in soup. When the standard soup bone is used always recook the second day as a less strong but very nice soup is thus made. Rice, sago, pearled barley, vermicelli, macaroni, oatmeal, bread-crumbs, pease, beans, parsnips, carrots, beets, turnips, garlic, shallots, and onions are desirable additions to meat soups. The first three are used in the proportion of half teacup to three quarts soup, wash and soak. Rice requires half to three-quarters of an hour, boiling it in soup; sago cooks in fifteen minutes; barley should be soaked overnight, or for several hours; boil by itself in a little water till tender; add to soup just before serving. Vermicelli and macaroni should be broken up small, and washed thoroughly and boiled in soup half an hour; or some prefer to cook till tender in slightly salted water. If a soup is wanted without any addition of vegetables, but thickened, arrowroot or corn-starch is used in the proportion of two rounded teaspoons of latter and two scant teaspoons of former to a quart soup; mix with a little water until smooth, and add when soup is nearly done. Wheat flour is also used for thickening, but it requires three rounded tablespoons to quart. If not thick enough to suit the taste more may be added. Browned Flour does not thicken, the starchy property having been removed in the browning process. A piece of boiling beef pounded to a pulp, with a bit of butter and flour, and rubbed through a sieve, and gradually incorporated with the soup, will be found an excellent addition. When the soup appears to be *too thin or too weak*, it will be necessary to remove the cover of the boiler and allow contents to boil till some of the watery parts have evaporated; or some of the thickening materials above mentioned should be added.

Seasoning Soup.—Seasonings for soups may be varied to suit tastes. The simplest may have only pepper and salt, while the richest may have a little of every savor, so delicately blended that

no one is conspicuous. The best seasoning is that which is made up of the smallest quantity from each of many spices. No measure can be given, because the good soup maker must be a skillful taster. There must be a flavor of salt, that is, the water must not be insipid (less is needed if bits of salt meat are used), there must be a warm tone from the pepper, but not the taste of pepper; in short the spicing should be delicate rather than profuse. For Brown Soups use the dark spices and all kinds of vegetables including carrots, tomatoes, etc.; a richer flavor is given the soup to brown the vegetables and where bacon and ham, which give a flavor liked by many are used, the former can be fried in the fat after the meat is browned or if latter is not used, simply brown in butter, or use the fat from off soup stock. For White Soups, mace, aromatic seeds, white pepper, cream, curry-powder, onion, potato, white turnip, celery, parsnip, salsify, rice, macaroni, etc., give the best desired results. In general soup many herbs, either fresh or dried are used as seasoning, also different spices such as bay leaves, tarragon, chervil, burnet, allspice, cinnamon, ginger, nutmeg, cloves, black pepper, essence of anchovy, lemon peel and juice, and orange juice, are all used. The latter imparts a finer flavor than the lemon, and the acid is much milder. Mushroom Catsup, Harvey's Sauce, Chilli Sauce, and seasoning of different catsups and sauces may be combined in various proportions in an almost endless variety of excellent soups. Then there is cress-seed, parsley, common, lemon and orange thyme, knotted majoram, sage, mint, winter savory and celery, or celery-seed pounded. The latter, though equally strong, does not impart the delicate sweetness of the fresh vegetable, and when used as a substitute, its flavor should be corrected by the addition of a pinch of sugar. Delicate flavors such as aromatic spices, any fruit extracts, orange and lemon juice, etc,, should be added just before serving, as their flavors are evaporated by the heat, and some only put them in the tureen or individual dishes and pour the soup over them. Bay leaf is among soups and meats what vanilla is among sweets. Skillfully used it gives that flavor of French cookery that is recognized as something different from the ordinary home-made article, even by those who cannot tell wherein the difference consists. Of course there are many others, just as there are other flavors for ice-cream besides vanilla; we speak of its relative importance to advise a particular discretion in its use. One large bay leaf will flavor two gallons of soup, and only a small piece is wanted in a soup for a family dinner. For both coloring and flavoring soups, use Caramel, Browned Flour, meat with cloves in it, or browned with butter and sliced onions, fried with butter and flour till they are browned, and then rubbed through a sieve. Poached eggs are an excellent addition to some soups. They should be added just before serving, one for each person, and they may be poached in water or dropped into the boiling soup, or to shape them nicely; break one in a but-

tered cup and place cups in frying-pan, pouring water around and in the cups; when done take out carefully and add to soup. This is a nice way to cook them to be served alone, only bake them in oven and omit the water from the cup, putting a little salt and pepper on top of egg; bake three minutes and serve at once in the cups; or two or three eggs, well-beaten and added just before pouring in tureen, make a nice thickening. Cayenne pepper or a bit of red pepper pod, is considered an improvement in soup, but must be cautiously used. Forcemeat Balls, and Croutons, dice of fried or toasted bread, are also used. If soup is salted too highly, add a teaspoon sugar and a tablespoon vinegar, and it will help modify it.

Soup Stock.—This is to soup what yeast is to bread and although many soups are made as above, without any stock, yet when one has learned the art of making the latter she will always find herself ready to prepare a dish of delicious soup at almost a minutes' warning, aud the mystery which seems to surround the simple word of "stock" will be unravelled with her first attempt. To make a *Plain Stock*, take in proportion of one pound meat and bones to one quart cold water, unless it is to be boiling seven or nine hours making a *Jelly Stock*, when add a little more water. It is better to cut the meat from the bones, cutting it in small pieces and breaking the bones fine, some indeed believe in crushing them almost to a powder and when so treated a little water must be added as they are being crushed, and they must then be placed in a sack. But simply breaking them, or rather having the butcher do it, is all that is necessary, as that allows the quicker freeing of the gelatine of which the bones are chiefly composed, two ounces of them containing as much gelatine as a pound of meat; so that when equal portions bones and meat are taken, the stock when cold will be a jelly, but if only meat is used and but little bone the stock will be liquid. Stock made only of bones lacks in flavor as they do not contain a particle of *osmazome* which is that part of the meat which gives flavor to the stock. The flesh of old animals contains more osmazome than that of young ones, and dark meats more than white, and make the stock more fragrant. By roasting meat the osmazome appears to acquire higher properties; so by putting the remains of roast meats into stock a better flavor is obtained. There is also contained in the meat, fibres, fat, and albumen; the fibres are inseparable and constitute almost all that remains of the meat after it has undergone a long boiling; most of the fat dissolves by cooking and the albumen is of the nature of the white of eggs; it can be dissolved only in cold or tepid water, and coagulates when it is put in water not quite at the boiling point. From this property in albumen, it is evident that if the meat is put into hot or boiling water or the water is made to boil up quickly afterward, the albumen, in both cases, hardens. In the first it rises to the surface, in the second it remains in the meat, but in both it prevents the gelatine and osmazome from

dissolving; and hence a thin and tasteless stock will be obtained. It ought to be known, too, that the coagulation of the albumen in the meat, always takes place, more or less, according to the size of the piece, as the parts farthest from the surface always acquire *that degree* of heat which congeals it before entirely dissolving it, for this reason the meat is better cut in small pieces.

The meat must be *fresh as possible* (the same as for soup) to obtain finest flavored stock, and should be cooked from three to eight hours; the shorter time making a *Liquid Stock* the latter a *Jelly Stock*. Cook very slowly, letting it heat gradually as the soaking of the meat in the cold water while it is being heated extracts the juice better and the latter mingles more perfectly and so gives a finer flavor, and for that reason, letting the meat stand an hour or so in the kettle of water before placing it on stove is recommended by some. The proportion of salt used in making stock is about one tablespoon, not more, to a gallon of water, being used for the purpose of separating the blood and slime from the meat; the latter will rise just as boiling commences, in the form of scum and should be removed immediately as the agitation of the water breaks it, and it will mingle speedily with the stock and make the latter cloudy; a dash of cold water added to kettle just as stock boils will assist the scum to rise, skim often, set back and let stock boil gently on one side or in one place, and not all over; "the pot should smile, not laugh," is a trite but true saying as rapid boiling hardens the fibre of the meat and the savory flavor escapes with the steam; the simmering also assists in clarifying and if gently cooked, stock will often be quite clear after straining. As regards *time of cooking*, if prepared and made as above the juices, etc., will be well extracted in two or three hours and the flavor is injured by too much cooking. If a Jelly Stock is wished cook the seven or nine hours. When any stock is done, strain carefully through a clean towel folded several times, and laid in a colander set over a stone crock or jar; never allow it to stand and cool in pot in which it was cooked, but always strain in the crock as directed. Do not squeeze towel through which it is strained—simply let the stock run through it, and let cool without covering, except with a sieve or cheese cloth cover—if it were covered with a plate, or any other covering which would confine the steam, it would be injured, because the steam condensing upon inside of cover would fall back into it, and, in warm weather, this might cause it to sour. Let it cool *quickly* as the sooner it is cold the *finer the flavor* and the longer it will keep. In cold weather it may be kept a week but in summer it will need thorough *scalding* every other day probably; letting it boil a few moments, not simply warming it, as that only causes it to sour more quickly. Before stock is first cooled some add salt till nicely seasoned, thinking it aids in the preservation of the stock. After it has cooled, letting it stand overnight is

best, remove the cake of grease that forms on top and then clarify, if necessary, as described hereafter; although as the cake assists in excluding the air it is well to let it remain on the stock till some of the latter is needed. If stock is wanted shortly after straining, add a little cold water and the grease will rise and can be readily skimmed off and then reheated. From this can be made all the various kinds of soups adding vegetables and flavoring as given in Making and Seasoning Soups. Where a Jelly Stock is made it is nice to put some in pint self-sealing glass cans, as it can be readily melted by placing can in hot water, and then poured in kettle and water, etc., added as needed. When the jelly is sliced off for use, after being kept in a crock, scrape off any sediment that may be at bottom. In using any stock, whatever is added in making the soup, as rice, tapioca, vegetables, etc., should first be cooked tender as much boiling injures the flavor of the stock and for that reason, the better way in making any Vegetable Soup, is to cook the vegetables tender in water, then add stock till as rich as wished and flavor and season as preferred. A *Complex Stock* is made of two or more kinds of meat, or fowl cooked together, and the flavor may be varied by using in it a little ham, anchovy, sausage, or a calf's foot. Sprigs of herbs, and whole spices may be used in seasoning, and afterwards strained out, and whole vegetables such as onions, turnips, carrots, tomatoes, etc., may be added when making stock after it has been skimmed, and cooked with it, skimming out before straining; but they cause it to sour much more quickly and unless to be used soon are not advisable. Turnips should certainly be omitted in summer as they will cause sourness quicker than any other vegetable. *White Stock* is made as Plain Stock using veal, poultry or any light meats. As some make with vegetables we give a recipe or two. *Fish Stock* for soup is made in the same manner as that of meat; a good rule being two pounds of beef or veal, or if plenty of fish omit the meat, any kinds of trimmings of White fish, cut up, when preparing them for table; put in two quarts cold water, skim and add two onions, bunch of sweet herbs, two carrots, and rind of half a lemon; simmer two hours, strain and finish as any stock. When a richer stock is wanted fry the vegetables and fish before adding the water. Fish Stock sours much more quickly than any other stock, so do not make long before wanted. Ironing and baking day is the best time for making all stock and in making a Complex Stock the Kitchen Queen may use any combination of meats, bones, etc., at command and with care, will have the foundation of a savory dish with which to tempt the appetites of her subjects, furnishing them with something in which every particle of nourishment in the ingredients used has been extracted; and they are at once refreshed almost as soon as one who depends upon his glass of wine as a stimulus. For *Ecomonical Stock*, make of steak or roast beef bones

with the meat on them, after cooking, adding a little piece of fresh meat, or none at all, and allowing it to simmer at least five hours; strain, remove all fat the next day, and it will be ready for use. Or to a soup bone add any trimmings of fresh meat or poultry, roast beef bones, an onion stuck with eight or ten cloves, a turnip, two carrots, tablespoon salt, bunch of herbs as given in Meats, teaspoon sugar and cold water in proportion given. Let simmer gently and strain and finish as directed. For a *Medium Stock* take four pounds shin of beef or four of knuckle of veal or two pounds each with trimmings of poultry, etc., and quarter pound lean bacon or ham, with vegetables as above, adding half dozen stalks of celery, and a tomato or two gives a delicious flavor. Make as above or cut up meat and bacon or ham into two-inch squares; rub two tablespoons butter on bottom of kettle, add meat and other ingredients with half pint cold water; cover and cook till the bottom has become lined with a pale jelly-like substance; then add four quarts cold water, skim as needed and simmer gently four or five hours and finish as above. For a *Rich Stock* take four pounds each shin of beef and knuckle of veal, half pound lean ham or a ham bone and a calf's foot, with the vegetables given above, or not, as wished. For a *White Stock*, cut up five pounds shin of veal and one chicken, put in pot with the bone and a gallon and a half water. Some fry the meat in the pot with a little butter fifteen or twenty minutes before adding water. Skim as directed, then simmer two or three hours, add three stalks celery, one onion, white turnip, blade mace and any other vegetables wished that are given in the list used in White Stock or Soup. The chicken can be omitted, but veal, chicken, fish, oysters, etc., either singly or two or more combined always form the basis of above.

Clarifying Stock.—To clarify a gallon of stock, take whites and shells of two or three eggs with tablespoon cold water to each egg; break up shells and beat with the whites and cold water, place in saucepan, pour the cold stock upon them, set over fire, and let slowly reach boiling point, stirring it four or five times to loosen the egg from the bottom; as it boils the egg will harden and rise to surface in a thick scum. When stock appears quite clear under the scum pour it very gently into a folded towel laid in a colander, which must be set over a large bowl, and allow it to run through the towel without squeezing it. This clarified stock is also called *Clear Soup* or *Consomme.*

Almond Soup.—Boil four pounds beef, or veal, and half a neck of mutton, gently in water to cover till stock is strong and meat very tender; strain, and set it on fire, adding ingredients in proportion of half pound vermicelli, four blades mace, and six cloves, to two quarts stock. Let it boil till it has the flavor of the spices. Have ready half pound almonds, blanched and pounded very fine, yolks

of six eggs boiled hard; mixing the almonds, whilst pounding, with a little of the soup, lest the former should grow oily; pound them till they are a mere pulp, and keep adding to them, by degrees, a little soup until they are thoroughly mixed together. Let soup be cool while adding above and stir till perfectly smooth. Just before serving add gill thick cream. Or take a quart of jellied White Stock; let heat and add to it water if needed, and a pint of cream made hot in custard kettle flavored with rind of a lemon. Add the almonds and a thickening of two tablespoons butter and three of flour, with a seasoning of salt and pepper and a little mace. Let cook twenty minutes, and serve.

Apple Soup.—Peel, quarter and core about two pounds good cooking apples and stew gently in three quarts stock till tender; rub all through a puree sieve, add six cloves, white pepper, cayenne and ginger to taste, boil up once and serve. Or slice half dozen pared apples and cook till tender in a very little water adding tea-cup sugar and juice of one lemon; take off and let cool. Slice twelve apples and put into two quarts water with third of a pound each currants and seeded raisins and cook till soft, add cup sugar and strain through a cloth or puree sieve; pour this over the cooked sliced apples, adding juice of another lemon, if wished, and serve when cold, with a piece of ice in each dish. Or *With Dried Apples*, to three quarts water add cup prunes or part raisins; cook an hour, add cup dried apples, soaked if necessary, two tablespoons sago and a small stick cinnamon; when apples are tender, in about an hour, add juice of one lemon, or slices of a pared lemon; sweeten to taste and serve hot in winter or iced in summer. Corn-starch may be used instead of the sago, adding it just before serving; if too thick add water till consistency of good cream. Can be made same with fresh apples, and is a delicious soup with either.

Amber Soup.—Slice a medium-sized onion, carrot and half a white turnip and fry with some ham or salt pork, cut in dice, fifteen minutes; put in soup kettle, add a bunch of sweet herbs and a gallon of any stock made without vegetables. Cook three-quarters of an hour, strain, clarify, reheat, add teaspoon Caramel, season to taste and serve.

Artichoke Soup.—Put a turnip and onion cut in thin slices, into saucepan with half head cut celery, three slices lean bacon or ham and three tablespoons butter, and place over fire fifteen minutes, stirring to prevent scorching. Wash and pare four pounds Jerusalem artichokes, cut into thin slices and add the other ingredients with pint of White Stock. Stew all to smooth pulp, add another pint and a half stock, stirring in well, with seasoning of salt, cayenne and sugar to taste. Put through puree sieve, return to saucepan and simmer five minutes, skimming well, add half pint boiling cream, or pint hot milk, and serve with Croutons.

Asparagus Soup.—Cut tops from thirty heads asparagus in about half inch pieces and simmer them gently in slightly salted water to cover; boil the stalks left and strain through a sieve, rubbing through any tender parts of stalks, adding a little salt and some like a very little sugar; warm three pints White Stock, add a small lump butter and teaspoon flour previously cooked by heating butter and slowly stirring in flour; then add asparagus pulp. Boil slowly quarter of an hour, stirring in two or three tablespoons cream; color soup with teaspoon Spinach Coloring and just before serving, add asparagus tops with the water in which they were cooked. Some use only a quart stock, and add a pint more cream or milk, making *Cream of Asparagus Soup.* When so much cream is added water may be used instead of stock. The Spinach Coloring is used to heighten the color, but is not a necessity. Or omit all cream and add a few leaves of white beet and lettuce, a little mint, sorrel and marjoram, and serve poured over the crust of a French roll. To make *With Pease*, boil a pint and a half split pease till tender, rub through sieve and add cup stock, stew half pint asparagus, cut small, in three quarts water with four young onions, a head of lettuce, shredded, and half head cut celery till tender, then put all together, stew a few minutes, add half pint cream and little Spinach Coloring and serve. The pease will require cooking about two and one-half hours and other vegetables an hour. Fresh Pease may be used same way cooking till tender.

Barley Soup.—Put into a pot two pounds shin of beef, quarter pound pearled barley, large bunch parsley, four onions, six potatoes, salt and pepper to taste and four quarts water. Simmer gently four hours, rub through sieve, boil up once and serve. For *Cream of Barley Soup*, put a cup pearled barley with an onion and small piece each mace and cinnamon in three pints chicken stock and cook slowly five hours; rub through sieve and add one and a half pints boiling cream or milk; if milk, add also two tablespoons butter; season to taste. If liked richer beat yolks of four eggs with little milk and stir into the hot milk or cream a minute or two before adding it to soup.

Bean Soup.—Boil a small soup bone in about two quarts water until meat can be separated from bone, remove latter, add a large cup white beans soaked for two hours, boil for an hour and a half, add three potatoes, half a turnip and a parsnip, all sliced fine, boil half an hour longer, and just before serving sprinkle in a few dry bread-crumbs; season with salt and pepper, and serve with raw onions, sliced very fine, for those who like them. For *Turtle Bean Soup*, soak one pint black beans overnight, then put them in three quarts water with beef bones or a small piece of lean salt pork and some add carrot and an onion, boil three or four hours, strain, season with salt, pepper, cloves and lemon juice. Put in a few slices of lemon, and if

wished add slices of hard-boiled eggs. Serve with Croutons placed in the tureen. Or make a *Saturday Soup;* for as baked beans and brown bread form a Sunday breakfast for so many it will be a useful and economical soup for Saturday dinner. Put on the pot with more beans, soaked overnight if wished than enough for Sunday's breakfast, with water, and slice of salt pork; parboil till beans are ready to be put in oven. Take out pork and part of beans, leaving enough for the soup; place pot on back of stove and keep hot. Three-quarters of an hour before dinner heat soup,and add more water and vegetables as in "Bean Soup;" a carrot may also be added. For *White Bean Soup*, boil till tender a quart of white beans in water. Divide in halves, mashing one half, thin with a little stock and rub through a sieve. Boil again with a head of celery cut fine and a little more stock till a smooth soup is obtained. Now add the half of beans that has been reserved, together with a mild seasoning of sweet herbs, salt, pepper, and chopped parsley. Boil fifteen minutes and serve. A *Meatless Bean Soup* is made by parboiling one pint beans, drain off water, add fresh, let boil until perfectly tender, season with pepper and salt, add a piece of butter size of a walnut, or more if preferred; when done skim out half the beans, leaving the broth with the remaining half in the kettle; now add a teacup sweet cream or good milk, and dozen or more crackers broken up; let it boil up, and serve. For any bean soup an onion may first be fried brown in kettle with some ham or bacon fat, then the beans, water, etc., added; and when tender all may be rubbed through puree sieve, reheated and a little thickening added if needed.

Beef Soup.—Take cracked joints of beef, and after putting meat in kettle and covering it well with water, let it come to a boil, when it should be well skimmed. Set kettle where meat will simmer slowly until it is thoroughly done, keeping it closely covered all the time. The next day remove fat which hardens on top of soup. This gives a plain stock. Peel, wash, and slice three good-sized potatoes and put them into soup or stock; cut up half a head of white cabbage in shreds, and add to this a pint of dried corn that has been soaked overnight, two onions, one head of celery, and tomatoes if desired. When these are done, and they should simmer slowly, care being taken that they do not burn, season with salt and pepper, strain (or not as preferred) and serve. The different varieties of beef soup are formed by this method of seasoning and using different vegetables, Besides onions, celery, cabbage, tomatoes and potatoes, many use a few carrots, turnips and beets; sago, rice or barley will give the soup consistency, and are to be preferred to flour for the purpose. Parsley, thyme and sage are the favorite herbs for seasoning, but should be used sparingly and Force-meat Balls are always an improvement. A *Steak Soup* is made by putting fresh bones and trimmings from a sirloin steak over fire after breakfast in three quarts water, and cooking steadily until about an

hour before dinner, when add two onions, one carrot, three common-sized potatoes, all sliced, some parsley cut fine, a red pepper and salt to taste. This makes a delicious soup, sufficient for three persons. All soups are more palatable seasoned with onions and red pepper, using the seeds of latter with care, as they are very strong. For *Economical Soup*, take a soup bone (any piece of beef not to fat will do), wash well, place in kettle with sufficient cold water for soup; let it boil, skim thoroughly and continue to boil slowly from three to six hours, according to size and quality of meat; one hour before dinner, put in cabbage cut in quarters, sprinkling it with salt; quarter of an hour after add turnips halved or quartered according to size; quarter hour after adding turnips, add potatoes whole, or cut in two if large (turnips and potatoes should be pared and laid in cold water half an hour before using). When done take out vegetables and meat, small pieces of former will remain to be served in soup, place in heater, or if you have no heater, place plates over a pot or skillet of boiling water. If there is not enough soup, add boiling water, stir in a little thickening of flour and water if needed, let it boil thoroughly; season to taste with salt and pepper and serve at once. The soup will be excellent, and vegetables and meat will make a nice *Boiled Dinner*. A much prized southern dish is *Okra Beef Soup*, fry one pound round steak cut in bits, two tablespoons butter, and one sliced onion, till very brown; add to three or four quarts water in soup kettle, and boil slowly one hour; then add pint sliced okra, and simmer three hours or more; season with salt and pepper, strain and serve. Some add with the okra five tomatoes and a finely-chopped pepper. If wished richer use Plain Stock instead of water.

Black Soup.—Take the neck and any trimmings or pieces of tame goose, when cutting it up for frying; put it in two quarts cold water with a very little salt, let cook slowly, skim, and add a carrot, parsnip, onion with half dozen cloves stuck in it, half a turnip and cook till all are tender; strain, return to kettle, and place on back of stove, To kill the goose pick off a few feathers at neck, then insert a sharp knife, and let the blood drip in a cup, strain and stir two tablespoons flour in smoothly. Add this to kettle of broth, *stirring well all the time* till served; let just boil, add a little nice syrup and powdered cloves to taste, then two or three tablespoons vinegar, the chopped meat from the goose and serve at once. Made from pork in same way, being careful to stir the blood all the time when running. A dish which is often served as a dessert with this soup is a *Swedish Pudding*, for a quart of blood from beef or pork add two gills cider, salt and pepper and a finely chopped onion, fried in a little butter or lard five or ten minutes, half teaspoon powdered ginger and sugar to taste, with best Graham or Rye flour till a thick batter; pour in a well-buttered mold and steam two hours.

Serve with a dressing of melted butter accompanied with a dish of Cranberry Sauce. This pudding is nice sliced cold and fried.

Bouillon.—Put a three or four pound soup bone, selecting one with plenty of meat, in four quarts of cold water with level tablespoon salt; let come to a boil, skim thoroughly; then add one whole medium-sized turnip and onion pared, with latter stuck with half dozen cloves; a scraped carrot and a Bunch of Herbs as given in meats; or it may be composed of parsley, small stalk of celery, half a bay leaf, blade mace and five pepper-corns (if pepper is used); or the bunch may be omitted entirely, or use only parsley. But all these little seasonings add greatly to the flavor and when one becomes accustomed to keep them on hand, the expense and extra trouble are comparatively nothing. Let cook three hours, if cooked too long it will not be so clear; and the bone can be recooked, so it is fully as economical, and secures better results. Strain and set away, without covering, excepting with a thin cloth. When wanted for use remove fat, heat and strain; then reheat. This second straining generally prevents necessity of clarifying, but if cloudy, clarify as directed. This gives Plain Bouillon to which add Caramel till of color desired, as the more added the deeper the shade, but too high a flavor does not want to be given. When making it just for the Bouillon, for three pints of latter put tablespoon sugar in frying pan and let brown, stirring all the time. Then add gradually cup of the bouillon or water, as if added all at once it would boil over; cook a few moments, and add to kettle; if any sugar is left in pan add a little more bouillon, cook a moment or two and add. Serve very hot in bouillon cups. For *Philadelphia Bouillon* add to the soup bone a chicken, a pound of shin of veal and a small slice ham; if the meat is cut from bone, in order to break the latter up, place bones in kettle first then put the meat on them, fry the whole onion in little ham fat add with other ingredients and cook four hours. True Bouillon is served as above for company dinners, receptions, and evening parties, and should be used at many a home dinner; but additions may be made to it and one of the nicest is the *Sweedish Dumplings*, rub tablespoon butter with two (heaping) of flour, smoothly in saucepan over the fire, add pinch salt, pint cream, or pint cream and milk, and stir till thick as mush, add two teaspoons sugar, and tablespoon grated almonds or cocoa-nut; remove from stove and add beaten yolks of two eggs. After dishing bouillon place a spoonful or two in each cup; or a slice of lemon or yolk of a hard-boiled egg and serve. Or sago, tapioca, macaroni, or vermicelli may be added, cooking them first, or a poached egg to each cup. Some like the addition of a few cooked tomatoes, which give a delicious flavor. Bouillon will keep for several days in cool weather, so one can vary the soup each day.

Bread Soup.—Boil pound bread-crusts in quart stock, adding tablespoon butter; when it softens beat all together with a spoon till well mixed, season to taste with pepper, salt and a very little of any spice preferred, and serve.

Cabbage Soup.—Shave a head cabbage fine, boil till tender in water needed for soup, add tablespoon sugar, salt and pepper to taste; drop in dumplings, made as for pot pie, and when ready to serve, add butter and sweet cream to taste. Serve hot.

Carrot Soup.—Put in soup kettle a knuckle of veal, three or four quarts cold water, quart finely-sliced carrots, one head celery, or teaspoon celery seed; boil two and a half hours, add handful rice, and boil an hour longer; season with pepper (or a bit of red pepper pod) and salt, and serve. If veal is not at hand boil a beef bone, or any good stock may be used; some omit rice and celery and add two onions and a turnip sliced, and when tender pulp through a sieve. May be made day before wanted, and is said to be all the better. To make of carrots alone, put in about two pounds sliced carrots in stewpan with three tablespoons butter and place where they will stew gently an hour without browning. Then pour over them two quarts stock and simmer another hour, or till tender; rub through sieve, add salt and cayenne to taste, return to fire and boil five minutes, skim well and serve.

Cauliflower Soup.—Boil the cauliflower, picked in small pieces, in salted water about half an hour; wash half of it, and put that in three pints White Stock or the clear broth from cooking an old chicken, in either of which a tablespoon of minced onion has been cooked fifteen minutes; add pint of boiled rich milk, season with white pepper, and a blade of mace, add a little thickening if necessary; then add tablespoon butter and the whole pieces of cauliflower with a tablespoon minced parsley. Boil up once and serve. About a cup of cauliflower is needed and that left from a meal may be used. Some add a speck of cayenne.

Celery Soup.—Wash and scrape a head of celery well, cut into small pieces, put in pint boiling salted water and cook till very soft; chop an onion, boil in quart milk ten minutes and add all to celery; rub through sieve, boil again, add tablespoon each butter and flour that have been stirred together over fire, and stir until smooth and well cooked; add pepper and salt to taste and serve, straining again if not perfectly smooth. Or cut nice stalks celery fine and boil in water seasoned with salt, nutmeg and sugar to taste till tender, rub through sieve, put pulp in half pint strong stock, simmer half an hour, add pint cream, bring to boiling point and serve. If a brown soup is wanted omit cream and use all stock, adding a little Caramel Coloring. Or put half pint cold cooked rice into two quarts boiling milk in custard kettle with head of celery

cut very fine, and stew till celery is tender. Season to taste with butter, salt, white pepper and a little mace if liked. Pour over two well-beaten eggs in tureen and scatter crisp bread dice over top. For *Celery Cream Soup*, boil small cup rice in three pints milk, until it will pass through sieve. Grate white part of two heads celery (three if small) on bread-grater; add this to the rice milk *after* it has been strained, also quart strong white stock; boil until celery is perfectly tender, season with salt, white pepper and a very little grated nutmeg, and serve. If cream is obtainable, substitute one pint for same quantity of milk. The soup should be of a nice creamy consistency, neither too thick nor too thin. When fresh celery cannot be had, a little of the seed, finely pounded, or the essence will flavor soup nicely.

Chestnut Soup.—Blanch a quart shelled chestnuts, boil in plenty of water till tender and rub through fine sieve with potato masher. Mix smooth a tablespoon each flour and butter in saucepan over fire and add gradually a quart milk; when scalding hot, season with saltspoon salt, pinch pepper and nutmeg, add chestnut pulp, boil up once and serve. For a richer soup boil chestnuts in stock, and use the whole or a part of stock for the soup, adding gill cream to each quart.

Chicken Soup.—In boiling chickens for salads, etc., the broth (water in which they are boiled) may be used for soup. When the chickens are to be served whole, stuff and tie in a cloth. To the broth add a dozen tomatoes (or a quart can), and one thinly-sliced onion; boil twenty minutes, season with salt and pepper, add two well-beaten eggs, and serve. Or, for *Southern Chicken Soup*, cut meat of one chicken into small pieces, except the breast, and break the bones. Place bones and meat in kettle with breast on top and cover with cold water, cook three or four hours, skimming well, and remove the breast as soon as tender; strain and to three pints stock add three tablespoons cooked rice, the breast cut in dice, tablespoon minced parsley, and salt and white pepper to taste. Cook fifteen minutes and serve. Some cook a half pound or so of round steak, cut in dice, with chicken and bones; or add three carrots cut up, pint of tomatoes, teacup of lima beans, and salt to taste and pinch cayenne pepper, and simmer four hours. An hour before serving add pint rich milk; add thickening if needed and serve. An old chicken is best as it gives a richer, finer flavor.

CLAM SOUP.

First catch your clams—along the ebbing edges
Of saline coves you'll find the precious wedges,
With backs up, lurking in the sandy bottom;
Pull in your iron rake, and lo! you've got 'em!
Take thirty large ones, put a basin under,
And cleave, with knife, their stony jaws asunder:

Add water (three quarts) to the native liquor,
Bring to a boil, (and, by the way, the quicker
It boils the better, if you'd do it cutely.)
Now add the clams, chopped up and minced minutely.
Allow a longer boil of just three minutes,
And while it bubbles, quickly stir within its
Tumultuous depths where still the mollusks mutter,
Four table-spoons of flour and four of butter,
A pint of milk, some pepper to your notion,
And clams need salting, although born of ocean,
Remove from fire; (if much boiled they will suffer—
You ll find that India-rubber is n't tougher.)
After 'tis off, add three fresh eggs, well beaten,
Stir once more, and it's ready to be eaten.
Fruit of the wave! O dainty and delicious!
Food for the gods! Ambrosia for Apicius!
Worthy to thrill the soul of sea-born Venus,
Or titillate the palate of Silenus. —W. A. CROFFUT.

Clam Soup.—Wash clams, and place in just sufficient water for soup, let boil, and as soon as they clear from shells, take out and place clams in a jar for pickling; throw into the broth a pint each of sweet milk and rolled crackers, add a little salt, boil five minutes, and just before taking from fire, add tablespoon butter beaten with two eggs and serve, letting each person season to taste.

Cocoa-nut Soup.—Simmer six ounces grated cocoa-nut one hour in two quarts veal stock keeping closely covered; strain carefully, add gill hot cream, seasoning of salt, white pepper, and a little mace if liked, and thicken with three scant tablespoons rice flour, stirred smooth in little cold milk; boil one minute and serve. Wheat flour may be used if rice flour is not at hand.

Corn Soup.—One large fowl, or four pounds veal (knuckle or neck will do), put over fire in gallon cold water with a little salt, skim well, cover tightly and simmer slowly till meat slips from bones, not allowing it to boil to rags, as it will make a nice dish for breakfast or lunch, or even for dinner. Set aside with meat a cup of the liquor; strain soup to remove all bones and rags of meat; grate dozen ears green corn, scraping cobs to remove the heart of the kernel, add corn to soup, with salt, pepper, and a little parsley, and simmer slowly half an hour. Just before serving add a tablespoon flour beaten very thoroughly with a tablespoon butter. Serve hot. To serve chicken or veal, put broth (which was reserved) in a clean saucepan, beat one egg, tablespoon butter and teaspoon flour together very thoroughly, and add to it with salt, pepper, and a little chopped parsley. Arrange meat on dish, pour over the gravy boiling hot, and serve at once. Or for *Hasty Corn Soup*, cook together three pints White Stock and pint grated sweet corn twenty minutes, then add pint each cream and milk with tablespoon butter, little minced parsley, and a smooth thickening of flour and water if

needed. Season to taste and serve. Or for *Meatless Corn Soup*, grate twelve ears sweet corn, and put cobs into kettle with cold water enough to cover, and boil one hour; then skim out cobs and add grated corn, with teacup boiling water, and boil half an hour. Add quart of milk, or part cream and milk, salt and pepper, and boil for ten minutes. Put in piece of butter size of an egg, set kettle on back of stove and add three well-beaten eggs, stir rapidly for five minutes, and serve immediately with croutons, or with crackers. Some add Buckeye Dumplings, boil fifteen minutes and serve. For *Corn Chowder*, cut half a pound of pork in slices, and fry brown, then take up, and fry two medium-sized onions in the fat. Put quart sliced potatoes and three pints grated or cut corn into kettle in layers, sprinkling each layer with salt, pepper and flour, using saltspoon pepper, two tablespoons salt and five of flour. Strain onions and fat over vegetables, and with a spoon press the juice through strainer; then slowly pour three pints boiling water through strainer, rubbing as much onion through as possible. Cover kettle, and boil gently half an hour. Mix two tablespoons of corn-starch with a little milk, and when perfectly smooth, add quart rich milk. Stir this into the boiling chowder. Taste to see if seasoned enough, and if not, add more pepper and salt. Then add half dozen crackers, split, buttered and dipped for a minute in cold water. Put on cover, boil up once, and serve.

Cream Soup.—Stir over the fire two tablespoons butter and three of flour in saucepan till smooth, add boiled milk, a half cup at a time, till three pints have been used, half milk and water may be used, or for a richer soup, use half cream and milk; season with white pepper, salt, and pinch nutmeg. Serve with croutons added a moment before dishing. For *Cream of Beets* add a puree of beets made by rubbing well-cooked beets through a fine sieve with a potato masher. *Cream of Spinach*, *Asparagus*, *Celery*, *Pease*, etc., are made in same way. The quantity of pulp can be varied to suit the taste. For *Cream of Salmon*, rub through puree sieve three-quarters of a pint boiled Salmon, canned may be used without cooking, and add as above.

Cucumber Soup.—Pare one large cucumber, quarter and take out seeds; cut it in thin slices, put them on plate with little salt, to draw water from them; drain, and put in saucepan, with butter. When warmed through, without being browned, pour quart stock on them. Add a little sorrel, chervil, and seasoning, and boil forty minutes. Mix well-beaten yolks of two eggs with gill cream, which add just before serving.

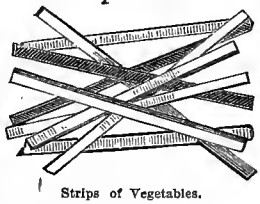
Flemish Soup.—Slice five onions, ten stalks celery, and ten medium-sized potatoes, and put them with three tablespoons butter and half pint water in stewpan, and simmer for an hour. Then add

two quarts Plain Stock and cook gently till potatoes are done. Rub all through a sieve, add half pint boiled cream and serve at once.

Fruit Soup.—This soup is a general favorite and as it is so very easily made one with little experience can attempt it. There are two divisions the clear and the thick, the latter being made by using the pulp of the fruit. Take any fresh fruit, pie-plant, strawberries, gooseberries, currants, cherries, wild plums, raspberries, etc., and add water and cook till all juice is extracted; for a clear soup, strain and take amount of juice wished, adding more water, if necessary, till a pleasant flavor, boil, skim, and to three pints liquid add tablespoon corn-starch mixed smooth with a little water, sweeten to taste, boil a moment and serve cold in summer, with a lump of ice and tablespoon sweetened whipped cream in each dish, or bouillon cup, and hot in winter, omitting cream. Part currants and raspberries may be used together, or any harmonious combination of fruit or the juices; as canned juice can be used and any of the Shrubs are especially delicious. For *Raspberry Soup*, add water to Raspberry Shrub till of a pleasant flavor, then finish as above without sweetening. The vinegar already used in the shrub imparts just enough of the acid flavor wished. When using any fresh fruit or canned juice, a little lemon or currant juice may be added to the sweeter fruits, adding the lemon just before removing soup from fire, and a little orange juice to *Strawberry Soup* made as above gives a richer flavor. A very elaborate recipe is to pick and wash two quarts strawberries and rub, without cooking, through a puree sieve adding water to the pulp till consistency of cream, sweeten to taste and add gill orange, and third of a gill lemon juice. When cold, ice and serve with a few whole berries, which have been standing in sugar an hour or two, and a spoonful of whipped cream in each dish. For *Cherry Soup*, cook cherries in water, sweeten to taste, flavor with teaspoon vanilla and serve hot, without straining if wished. A richer soup is made by stoning half peck cherries, boil till soft in water with a stick cinnamon and sugar; add water till of a pleasant flavor, rub through a puree sieve, reserving a few of them whole; crack half the stones, take out kernels, boil them, adding litle sugar, rub through sieve or pound to a paste and add to soup and flavor as in second recipe of Strawberry Soup. Let cool and serve iced with some of the reserved whole cherries in each dish. Make *Apricot Soup* in same way cutting half of apricots in slices, sprinkling with sugar and letting stand while the other half is cooking. Add apricot kernel paste as above, flavoring with pineapple juice, add reserved slices and serve iced. *Blackberry Soup* is made as Raspberry, and one can always make a delicious soup from *any* fruit, juice or shrub at command and should not fail to try it, as it makes such a refreshing first course at dinner in summer; or is delicious served *a la bouillon* for luncheon or an evening company. Croutons are nice added to fruit soups just before serving if to be

eaten hot; or when iced accompany with a dish of Dry Toast made as on page 59, or slices of bread, sprinkled with sugar and glazed in oven or fried in butter.

Julienne Soup.—Cut carrots, turnips, parsnips, celery, string beans, etc., into strips as illustrated, about one and a quarter inches long having them all of same size; take a gill or so of each, fry the carrot pieces in butter and pour three quarts boiling stock over them, add the rest of vegetables with some lettuce and sorrel cut in larger pieces, a bay leaf and a small onion, and simmer gently an hour or until vegetables are tender. Pour the soup over some Croutons placed in tureen and serve hot. Some do not fry the carrots but add all to the stock, or water may be used instead of stock. If all vegetables are not obtainable any three of them may be used, but the sorrel is considered indispensable by epicures.



Strips of Vegetables.

Lemon Soup.—Heat three pints Bouillon or any clear stock and pour it upon a well-beaten egg placed in tureen; add juice of large lemon, half pint Croutons and serve at once.

Lobster Soup.—Pick meat from one lobster or two small ones, and beat fins, chine, and small claws in a mortar, previously taking away brown fin and bag in head. Put in a stewpan, with bread-crumbs, anchovy, half an onion, small bunch herbs, strip lemon peel, and two quarts water; simmer gently till all goodness is extracted, and strain. Pound the spawn in a mortar, with tablespoon butter, little nutmeg, and half teaspoon flour, adding third of a pint each cream and milk and put in stewpan with the tails cut in pieces. Make Forcemeat Balls with the remainder of the lobster, seasoned with mace, pepper, and salt, adding a little flour, and a few bread-crumbs; moisten them with egg, heat them in soup and serve. For a *Plain Lobster Soup* omit onions, anchovy and lemon peel.

Milk Soup.—Brown lightly a thinly-sliced onion in butter in a very hot frying-pan, add tablespoon flour and when brown add slowly pint boiling water. Cook briskly a few moments, place on back of stove and simmer two hours, add gill boiling water, a little salt and sugar and a pint of boiled new milk, boil up once and serve. Or *With Eggs*, boil two quarts milk with saltspoon salt, teaspoon powdered cinnamon, and three of sugar; place four thin slices of bread in a deep dish, pour over it a little of the milk, and keep it hot over a stove, without burning. Beat up the yolks of six eggs, add them to milk, and stir it over fire till it thickens; do not let it curdle; pour upon the bread, and serve. Nice for children. Bread may be toasted, if wished.

Mock Turtle or Calf's-head Soup.—Lay one large calf's head well cleaned and washed, and four pig's feet, in bottom of a large kettle, and cover with a gallon water; boil three hours, or until flesh will slip from bones; take out head, leaving feet to be boiled steadily while meat is cut from head; select with care enough of the fatty portions in top of head and cheeks to fill a teacup, and set aside to cool; remove brains to saucer, and also set aside; chop rest of meat with tongue very fine, season with salt, pepper, powdered majoram and thyme, a teaspoon of cloves, one of mace, half as much allspice and grated nutmeg. When flesh falls from bones of feet, take out bones, leaving the gelatinous meat; boil all together slowly, without removing cover, for two hours more; take soup from fire and set away until next day. Skim off fat an hour before dinner and set stock over fire, and when it boils strain carefully and drop in reserved meat, which should have been cut when cold, into small squares. Have these all ready as well as *Force-meat Balls*, to prepare which rub the yolks of five hard-boiled eggs to a paste in a mortar, or in a bowl with back of silver spoon, adding gradually the brains to moisten them, also a little butter and salt. Mix with these, two eggs beaten very light, flour hands and make this paste into balls about size of a pigeon's egg; throw them into soup five minutes before taking from fire; stir in large tablespoon browned flour rubbed smooth in a little cold water, and finish the seasoning by addition of four tablespoons sherry or Maderia wine, and juice of a lemon. It should not boil more than half an hour on second day. Serve with sliced lemons. Some use only the head with seven quarts water and serve brain, tongue, etc., for separate dishes, although the tongue can be first cooked with it. A finer flavor is given when cooking head first time to add piece fried ham and a carrot, turnip and onion stuck with eight cloves, and a bunch sweet herbs as given in Bouillon with strips of rind of half a lemon. When to be reheated put tablespoon butter and two of flour in saucepan, when a light brown add pint and a half of the stock with half a bay leaf, a tuft of celery leaves, three or four sprigs parsley, a blade of mace, and some add a few chives. Cook forty minutes, strain and add to rest of stock, with some of meat from head cut in dice; let boil up once and pour in tureen, in which is the juice of half a lemon, with slices of the other half and chopped yolks of three hard-boiled eggs. We do not think the wine as in first recipe is essential. Some add a knuckle of veal and for a plain soup to be served at once, simply boil with an onion and any sweet herbs at hand about four hours; then strain and chop meat from head in dice and return to soup, season with a little celery seed and either pour it over the chopped yolks of eggs and lemon slices; or fifteen minutes before serving, add, pouring it through the holes of a colander a thin batter of an egg, cup of milk and flour as needed, and then pour soup over the slices of a lemon.

Mutton Soup.—Boil a four or five pound leg of mutton two hours; take out and place in oven to brown an hour, basting it often. To the broth add onion and potato chopped fine, half a cup of barley, soaked overnight in two cups water, and two large tomatoes; season with pepper and salt, boil one hour, stir often (as barley is apt to burn), and, before taking from the fire, add tablespoon flour wet with cold water if needed. Or take three or four pounds neck of mutton, cut up the meat, break the bones and put all in kettle with three quarts water. Let boil, skim, then simmer till a clear well-flavored broth; add barley and vegetables as above, or barley, carrots, turnips, etc., may be used with bunch of herbs.

Noodle Soup.—Add noodles to beef or any other soup after straining; they will cook in fifteen or twenty minutes, and are prepared in the following manner: To one egg add as much sifted flour as it will absorb with a little salt; work it in with the fingers ten or fifteen minutes, mixing it as stiff as possible; roll to a very thin sheet, fold and roll as thin as a wafer, dust lightly with flour and roll up tightly as a Jelly Roll; slice from the ends with a thin sharp knife, shake out the strips loosely, let dry an hour or two and drop into soup and cook ten minutes. Some add two teaspoons water.

Okra Soup.—Take a nice joint of beef filled with marrow, gallon water, onion cut fine, two sprigs parsley, two quarts okra, one quart tomatoes; boil meat six hours, add vegetables and boil two hours more. Or brown an onion with a slice of bacon or ham, then add vegetables as above, or two quarts tomato and one of okra, three quarts water and cook slowly two or three hours, seasoning to taste. Or for *Southern Gumbo*, prepare vegetables as in second recipe, adding a bay leaf and blade of mace, then cut up and fry brown a squirrel, chicken or piece of veal, add and cook till tender, seasoning with pepper, salt and a pinch cayenne. Take out meat and serve separately. Some always add a ham bone and a little grated or cut corn, and Lima beans are considered an improvement, and just before serving add four or five tablespoons boiled rice and instead of cayenne, tablespoon or two of green pepper chopped fine. Boil up once and serve.

Onion Soup.—Slice thin five or six medium-sized onions and fry brown in tablespoon butter, add two or three tablespoons flour, or rice-flour makes it more delicate, and when latter is browned add slowly pint and a half boiling water, and a bunch of sweet herbs as given in Bouillon; let boil up and then place on back of stove and simmer slowly an hour and a half. Then add three pints boiling milk or part cream, and four tablespoons mashed potato, mixed with a little milk or cream till smooth and rather thin. Let boil few minutes. Season to taste, adding teaspoon sugar and half pint of Croutons and serve hot. If wished richer use stock instead of

water and a little chopped celery added gives a delicious flavor. Boiled rice may be added instead of potato and it may be served without either, adding half cup soaked barley with stock or water.

Ox Tail Soup.—Saw the tail in thin round slices, cook slowly two hours in hot water, skim out slices and add to three quarts Plain Bouillon. In the meantime have carrots, turnips, onion etc., cut with a round cutter, as an apple corer, into lozenge shape pieces, about a pint in all, and cook them half an hour in a little water, add to soup. Add brown butter and flour thickening in small quantity, let soup simmer slowly until it becomes smooth and clear again, and skim until all fat is removed. Season with salt and cayenne. Serve a slice or two of ox tail and some of the vegetables in each plate. When a soup like the foregoing has not a clear syrup-like sort of thickness or body, but is dull, like flour gravy it may be cleared by longer simmering and adding more stock with some cold tomato juice, or lemon juice, or even cold water, and skimming from the side. If not already light brown add a spoonful of Caramel. Some do not use the extra stock but separate ox tail at the joints, or cut in thin slices, and place in a gallon cold water with two slices ham and any vegetables wished, cut in thin slices. Simmer three or four hours till meat is tender, strain and serve with pieces of the ox tail in each dish.

Oyster Soup.—Put one quart stock, White Stock is nicest, in kettle, or water may be used; add oyster liquor from quart of oysters, having drained latter in colander, pouring over them a half pint of the hot stock; skim if necessary, put in oysters, let just come to a boil, set on back of range, stir in half cup crushed oyster crackers, three tablespoons butter, salt and white pepper to taste, and then quart milk, which has been boiled in custard kettle; or the milk may be placed in tureen and the soup poured over. Some sprinkle a little minced parsley over just before serving. If wished very nice, the oysters may be first scalded in their liquor, taken out and bearded and placed in tureen. To a pint of stock, add the beards and strained liquor and simmer half an hour; strain, add three pints of stock, let come to boiling point, season as above, add half pint boiling cream, pour over oysters and serve at once. By cooking the beards a stronger flavor is procured and the oysters are more delicate without them. For *Mock Oyster Soup*, take one teacup codfish, cut in half-inch squares. Freshen by covering with cold water, let it come to a boil, then pour off and add cup water, quart sweet milk, cup sweet cream, tablespoon corn-starch, stirred smooth in a little cold milk, lump of butter size of an egg, pepper, and salt to taste. Serve with crackers or toast.

Parsnip Soup.—Brown three or four sliced parsnips in saucepan with tablespoon or two of butter, cooking them slowly, adding

a gill stock and when they are tender add three gills more and cook half an hour; rub through puree sieve and add quart stock, let boil up once and serve.

Pea Soup.—Boil three pints shelled green pease in three quarts water; when quite soft, mash through colander, adding a little water to free the pulp from skins; return pulp to water in which it was boiled, add head of lettuce chopped, and half a pint young pease; boil half an hour, season with salt and pepper, and thicken with two tablespoons butter rubbed into a little flour. Serve with bits of toasted bread. The soup, when done, should be as thick as cream. Some omit the lettuce. Or cook pint of pease till tender in two quarts boiling water, add two tablespoons butter, salt, white pepper and half pint cream or rich milk, tablespoon minced parsley and teaspoon sugar with a little thickening of corn-starch. Place on back of stove and add beaten yolks of one or two eggs and serve. *With Carrots*, add with the pease, half pint carrots cut in thin slices, as for Julienne Soup, and a pint more water and finish as above. *With Spinach*, add to pease one pint spinach prepared as for cooking; or for a *Triple Soup*, use all three vegetables with three quarts water and finish as above. To make richer use Plain Bouillon instead of the water. *With Onions*, boil pint shelled pease tender, with a bunch parsley and two young onions in a very little water; rub through sieve and add two quarts any stock; let it come just to boiling point and serve, as if boiled after the puree is added it is not of as fine color. For a *Hasty Soup* use cold cooked pease in same way. For *Split Pea Soup*, cut three-quarters pound of any kind of meat, odd pieces will do, in dice, always adding a little ham; put in a gallon bean-pot with an onion, carrot, tablespoon rice and three gills split pease; fill with cold water, put on cover and bake in oven three hours and a half. Or soak a cup split pease four or five hours, drain and add them to three quarts stock; when boiling add some chopped carrot, celery and onion, with bunch of herbs if wished, and cook an hour. The pease should partly boil away and thicken soup, while some of them still remain distinct; when this is not satisfactorily accomplished, add a spoonful of flour thickening. Season with salt and pepper, take out bunch of herbs, add a small lump of butter and serve. Puree of pea soup can be made as directed for puree of beans. It is an English custom to dry mint and crumble it over the top of pea soup. *Bean Soup* can be made in same way.

Pheasant Soup.—Cut up two pheasants and brown them with four tablespoons butter and two slices of ham; put in soup kettle with two large onions sliced, half head celery and three quarts of Plain Stock and simmer two hours. Strain, pound the breasts with the crumbs of two rolls, previously soaked, and hard-boiled yolks of two eggs; add to the soup, let boil up once and serve. This can be

made with the bones, pieces, etc., of the pheasants after being cooked, but of course will not be so rich. Any cold game can be used in this way.

Pot Au Feu.—Take a good-sized soup bone with plenty of meat on it, extract marrow and place in a pot on back of range, covering beef with three or more quarts cold water; cover tightly, and allow to simmer slowly all day long. The next day, before heating, remove cake of grease from top, and add a large onion (previously stuck full of whole cloves, and then roasted in the oven till of a rich brown color), adding tomatoes or any other vegetables which one may fancy. A leek or a section of garlic adds much to the flavor. Rice may be added, or vermicelli for a change. Just before serving, add a teaspoon Caramel, giving a peculiar flavor and richer color to soup.

Potato Soup.—To gallon water add six large potatoes chopped fine, one teacup rice, lump of butter size of an egg, one tablespoon flour. Work butter and flour together, and add one teacup sweet cream just before taking from the fire. Boil one hour. Or *With Milk*, boil four large potatoes in water till tender, drain, mash and add three pints milk in which have been boiled an onion and two stalks celery; season with salt, tablespoon butter and white pepper, adding cup cream as above, or whipping it and putting in tureen; rub through puree sieve and serve at once. Some parboil the onions in water then add to potatoes and boil all together; mash and add the boiling milk with a little sago, cook fifteen minutes, stirring all the time, and serve without rubbing through sieve. A little butter or cream may be added, but however made, it must be served as soon as ready to be at its best.

Puree Sieve.

Pumpkin Soup.—Put a scant pint of peeled and sliced pumpkin into a saucepan with six stalks celery chopped fine, tablespoon drippings or butter, teaspoon salt, quarter saltspoon pepper, and three pints boiling water; boil until vegetables can be rubbed through sieve; return to saucepan, set it over fire, add pint boiling cream or milk, boil up once and serve with Croutons and some add a little thickening, and teaspoon sugar is an addition. Winter squash may be used same.

Rabbit Soup.—Make soup with the legs and shoulders of the rabbit, and keep nice pieces for a delicious *entree.* Put former into warm water, and draw the blood; when quite clean, put them in a stewpan, with bunch of herbs, and a teacup or rather more, of veal stock, or water. Simmer slowly till done through, and add three pints of water, and boil for an hour. Take out the rabbit, pick the

meat from the bones, covering it up to keep it white; put bones back in the liquor, add three stalks celery, one carrot, half an onion, blade mace, salt and white pepper to taste, and simmer for two hours; skim and strain. Add the meat, reheat and serve.

Rice Soup.—Cook half cup rice in water till tender, add two quarts milk, or more if wished thinner, and half cup raisins, teaspoon or two sugar and salt to taste; set on back of stove and cook thirty or forty minutes or till raisins are tender and milk and rice well blended. Or put rice in boiling water five minutes, then drain and add it to two quarts boiling stock with half a bay leaf and cook till tender, season and serve. Rice can be used as a thickening to any soup wished.

Sago Soup.—Wash three ounces sago in boiling water, and add it gradually to two quarts nearly boiling stock. Simmer half an hour, when it should be well dissolved. Beat up yolks of three eggs, add to them half pint boiling cream, stir quickly into the soup with teaspoon sugar and serve immediately. Do not let the soup boil, or the eggs will curdle. This soup is thought to act as tonic to the chest and throat.

Sheep's-Head Soup.—Wash and clean a nice head carefully, put it into kettle with water hardly sufficient to cover it; when head is heated through, put in water almost to top of kettle. When very tender, which can be told by probing it with a fork, remove, strip meat from bones, and put bones back into soup, together with an onion and a bunch of sweet herbs, and simmer till well flavored, then add the meat which has been cut into small portions, and serve. Or for *Baked Soup*, put head and feet into jar with two quarts water, an onion, some sweet herbs, and a seasoning of pepper and salt. Cover closely and bake. It can be served whole, or the meat may be removed from head, cut in pieces, and put with soup.

Spinach Soup.—Cook in covered saucepan with a little salt, but no water, till tender; squeeze out moisture and rub through a sieve. Add this pulp to as much stock as will make of consistency wished, let come to a boil, season and pour in tureen in which tablespoon butter has been placed. Making the spinach into balls and placing them in tureen and pouring over any hot stock or bouillon is a more elegant way of serving it.

Spring Soup.—To three quarts stock put an equal amount of white and yellow carrots cut in fancy shapes and let it boil slowly for an hour, then add cup string beans, cut in small pieces and as much asparagus, also cut in small pieces, and a handful of pease. A half an hour latter add some cauliflower broken in small pieces, and let it boil until it is soft. Salt and pepper to taste.

Sorrel Soup.—After thoroughly washing leaves of garden sorrel, put in kettle or stewpan, with no more water than adheres to them; cover closely, and stew until tender, stirring occasionally, but covering each time. Have ready soaked some dried white beans, enough to make soup as thick as gruel; put them on fire in cold water, and boil until beans are *very* tender. Put in bones from roasts, steaks, or fowls, and any pieces of cooked or uncooked meat and a small piece of lean salt pork, if liked. Any roast meat gravy or stock can be used instead of meat; add an onion, a sprig of thyme, salt, pepper and a bay leaf. Skim out bones, etc., rub beans through sieve and add to soup with enough of the cooked sorrel to make it taste pleasantly sour, let boil few moments and serve.

Tomato Soup.—Clear tomato soup should be as bright as wine, not highly colored or highly flavored, but thoroughly good, and should never be made until really wanted, as freshness of flavor is a matter of first importance. Prepare stock from leg of beef; that from bones and odd pieces will not do for this soup; it must be strong and of a clear golden-brown color and without a particle of grease; such as may be secured by stewing about six pounds of leg of beef slowly for one or two hours in three quarts of water; then pour off the stock, let stand till cold and the meat may be put on again to make a second stock for other purposes. To about three pints of this stock add from eight to twelve ripe tomatoes, according to size, cut in slices, or canned tomatoes may be used, one medium-sized onion, sliced, and a few slices of carrot and turnip; boil half an hour and then strain off, taking care not to press any of the vegetables, which must not be over-cooked. To the clear soup add tablespoon of sugar and vinegar, one of Worcester sauce, and a little cayenne. If soup is not clear and bright, strain it through a folded towel in colander. Or skim and strain one gallon of stock made from nice fresh beef; take three quarts tomatoes, remove skin and cut out hard center, put through a fine sieve and add to the stock; make a paste of butter and flour, and, when the stock begins to boil, stir in half a teacup, taking care not to have it lumpy; boil twenty minutes, seasoning with salt and pepper to taste. Two quarts canned tomatoes will answer. Some rub through a sieve and add teaspoon sugar, and others always stew the tomatoes as for cooking, seasoning with salt, pepper and butter, and then add to the stock, claiming the soup is richer and finer flavored by so doing; and onions, carrots, and turnips may be added as in first recipe, cooking an hour and a half and rubbing all through puree sieve, then finish as above. *With Cabbage*, to gallon water add quart each tomatoes and cabbage, two onions, four good-sized potatoes, all chopped fine; cook till tender, add two tablespoons butter with salt and pepper to taste and serve with toast and butter. *With Corn*, to a soup bone and water, add quart tomatoes, an onion, cucumber sliced, two ears grated corn, salt, pepper and pinch cayenne. Boil four hours, then

add tablespoon corn-starch dissolved in cold water; strain before serving. *With Rice*, to two quarts stock add pint fresh or canned tomatoes, and cup boiled rice. Cook slowly half an hour and season to taste. Other vegetables may first be added, cooking an hour, then adding as above. For *Meatless Tomato Soup*, one quart each tomatoes and water; stew till soft; add teaspoon soda, allow to effervesce, and add quart of boiling milk, salt, butter, and pepper to taste, with a little rolled cracker; boil a few minutes and serve. Some do not use any water either with fresh or canned tomatoes, when cooking as above.

Turkey Soup.—After a roasted turkey has been served a portion of the meat still adheres to the bones, especially about the neck; "drumsticks" are left, or parts of the wings, and pieces rarely called for at table. If there is three-fourths of a cupful or more left, cut off carefully and reserve for Force-meat Balls. Break bones apart and with stuffing still adhering to them, put in soup kettle with three quarts water, tablespoon salt, a pod of red pepper broken into pieces, three or four blades of celery cut into half inch pieces, a bay leaf, three medium-sized potatoes, and two onions all sliced. If dinner hour is one o'clock the kettle should be over fire before eight o'clock in the morning; or if the dinner is at six in the evening, it should be on by twelve o'clock. Let it boil slowly, but constantly until about half an hour before dinner; lift out bones, skim off fat, strain through colander and return to kettle. There will now be but little more than three pints of the soup. If more than this is desired, add a pint of hot milk or milk and cream together; but it will be very nice without this addition even though a little more water be added. Prepare Forcemeat Balls by chopping the scraps of turkey very fine; take half a teaspoon cracker-crumbs, smoothly rolled, a small saltspoon of cayenne pepper, about double the quantity of salt, a little grated lemon peel and half a teaspoon powdered summer savory or thyme; mix these together and add a raw beaten egg to bind them. Roll mixture into balls about the size of a hickory-nut, and drop into the soup about ten minutes before serving. Have ready in tureen a large tablespoon of parsley, cut very fine. Pour in soup and send to table hot. If Force-meat Balls are not liked, boil two eggs for half an hour, cut in slices, put them in tureen with parsley, and pour soup over them; or slices of bread (not too thick) can be toasted, buttered on both sides, cut into inch squares, and substituted for the sliced eggs. If wished richer use stock instead of water and some use a little thickening of arrowroot or corn-starch, some vermicelli or macaroni and a tablespoon of any highly flavored sauce or catsup. In this or any soup some of the ingredients may be omitted if not at hand and soup will still be good.

Turnip Soup.—Put two thin slices nice lean ham in cold water to cook; in half hour add four thinly sliced turnips with more cold

water; as soon as tender, add half as many sliced potatoes as turnips. These will cook in twenty minutes; season with salt, pepper, and a piece of butter; cup cream improves it, and the ham may first be fried in kettle. Or melt two tablespoons butter in saucepan, add the sliced turnip as above with two onions also sliced; when browned add cup water and cook an hour, then add two quarts any stock and simmer half an hour; rub through a sieve, reheat and serve. The cream may be added to this also. If wanted a white soup do not brown the vegetables. For a *Swiss Soup*, cook six potatoes and three turnips sliced in six quarts water five hours or until perfectly dissolved and the consistency of Pea Soup, filling up as it boils away; add butter size of an egg, season with salt and pepper, and serve. A small piece salt pork, a bone or bit of veal or lamb, and an onion may be added to vary this soup. For *Royal Soup*, cut the turnips into very small round balls and simmer till tender in two quarts of Bouillon; add half cup strong veal stock and teaspoon sugar and pour in tureen in which pint of Croutons have been placed.

Turtle Soup.—Day before the soup is required, hang up turtle by hind fins, cut off head, and leave to bleed and drain all night. In morning lay on its back on table, cut off fore fins, separate calipash (upper shell), from calipee (under shell), beginning at hind fins; be very careful in cutting flesh off the spine not to touch the gall bag, hold the knife sloping towards the bones. Cut off all fat that will be found adhering to calipash, and lean of calipee, then cut off hind fins. Remove all meat from calipee, and also from fins, cut into pieces two inches square, and put into a saucepan. Hold calipash, calipee and fins in scalding—not boiling—water for a few minutes, which will cause the shells to separate easily. This done, cut shells into pieces six inches square, and put them into kettle with some light veal stock. Boil until meat is tender, take out and put into cold water, free meat from bones, and cut into inch-square pieces. Return bones to stock, boil gently two hours and then this portion of the stock is fit for use. Cut fins into pieces an inch wide, boil in stock with an onion, two or three cloves, a bunch of parsley or thyme and a sprig of sweet basil and marjoram. When these are tender, take out and add this stock to the other. Now put lean meat into saucepan with a pint of Madeira or Sherry; or water and Tarragon or plain vinegar half and half, four tablespoons chopped green shallot, two sliced lemons, a bunch of thyme, marjoram, sweet basil and savory—about a tablespoon of each when chopped, with double the quantity of parsley. Pound together one nutmeg, twelve allspice, one blade of mace, five or six cloves and a tablespoon each pepper and salt; add teaspoon curry-powder, and put two-thirds of this to the lean meat, with a quarter pound fresh butter and a quart stock. Let stew gently until meat is done. While turtle is in preparation, have a large knuckle of ham cut into small dice and put into a stew-

pan with four large onions sliced, six bay leaves, three blades mace, twelve allspice, three-fourths pound butter, and cover with veal stock. Let this all simmer together till onions are melted, or like jelly. Shred fine a small bunch of basil, a large one of thyme, savory and marjoram, and put to the onions, keeping them as green as possible. When done, sift into it a little flour, enough to thicken the soup. Then by degrees add stock in which calipash and calipee were boiled, and the seasoning stock made from the lean turtle meat. Boil all together one hour, and then rub through a very fine strainer or woolen cloth, add salt, cayenne, and lemon to suit the taste. Now put in the meat of the turtle and let all boil together half an hour and serve. These directions are for a turtle of about fifty pounds, and the ingredients can be increased or diminished according to size. Yolks of hard-boiled eggs are nice placed in tureen before adding soup, or make Force-meat Balls as follows; take about a pound of fleshy part of a leg of veal, scrape off all the meat, without leaving any sinews or fat, and soak in milk about the same quantity of bread-crumbs. When well soaked, squeeze it, and put into a mortar with the veal, a small quantity of calf's udder, a little butter, the yolks of four eggs, boiled hard, a little cayenne, salt, and spices, and pound very fine; then thicken mixture with two whole eggs and yolk of another. Try this stuffing in boiling hot water, to ascertain its consistency; if it is too thin, add another yolk. When perfected, take half of it, and put into it some chopped parsley. Let the whole cool, in order to roll it of the size of the yolk of an egg; poach it in boiling salted water, and when very hard drain on a sieve, and put it into the soup. Before serving squeeze the juice of two or three lemons upon a little cayenne and add to soup. For *Mock Terrapin Soup*, use small lobe liver, about a cup full, calves' liver best; cut in very small pieces, less than half an inch square, boil in hot water half an hour with teaspoon salt, then put heaping tablespoon butter and flour in saucepan, stir till mixed brown, then add water in which liver was boiled, half cup at a time stirring smooth, adding more hot water if needed to make soup right consistency, less thick than gravy; season with salt, pepper, a dust of cayenne pepper and very little pinch of nutmeg, powdered cloves and allspice. Put in sliced liver, let boil just once, and then serve and with it a little dish of finely-chopped lemon.

Veal Soup.—To about three pounds of a well-broken joint of veal, add four quarts water, let boil, skim and simmer two or three hours; prepare one-fourth pound macaroni by boiling by itself with enough water to cover and season to taste with salt and pepper, and add the macaroni with the water in which it was boiled. Onions or celery may be added for flavoring.

Vegetable Soup.—After boiling a soup bone or piece of beef until done, add to the broth boiling water to make the amount of soup

wanted, and when boiling again add a large handful of cabbage cut fine as for slaw, a half pint of tomatoes, canned or fresh; peel and slice and add three large or four small onions, two or three potatoes and some use a half teacup of dried or half pint of green corn (if dried it should be soaked). Let boil from half to three-quarters of an hour; if thickening is wished stir an egg or yolk with a large spoonful milk and teaspoon flour, and put in five or ten minutes before taking off; this makes it very rich. Serve with crackers. Or *Without Meat*, take three each onions, carrots, and turnips, one small cabbage, one pint tomatoes; chop all the vegetables except the tomatoes very fine, have ready in a porcelain kettle three quarts boiling water, put in all except cabbage and tomatoes and simmer for half an hour, then add the chopped cabbage and tomatoes (the tomatoes previously stewed), also a bunch of sweet herbs. Let soup boil for twenty minutes, strain through sieve, rubbing all the vegetables through. Beat two tablespoons best butter and one of flour to a cream. Now pepper and salt soup to taste, and add a teaspoon white sugar, a half cup of sweet cream if at hand and then stir in the butter and flour; let boil up and it is ready for table. Serve with Croutons, or poached eggs one in each dish. Or slice cabbage, carrots, turnips, parsnips, and cook as above, always remembering to have water or stock boiling in which vegetables are placed; when tender add stewed tomatoes rubbed through a sieve or not as wished; whenever tomatoes are used in any soup it is a very great improvement to first stew them, either fresh or canned, seasoning with butter, salt and pepper; this makes a little more trouble but the soup is very much finer flavored. When done, if soup is wished richer add any stock on hand till flavored as wished, boil up once and serve. Cooking the vegetables tender in water is more economical than using stock as in adding latter at last, only a small quantity need be used to produce required flavor; or recooking a soup bone adding vegetables as soon as it boils makes a nice soup. When a thickening is added some put in a teaspoon of mustard with the flour, etc. Celery cooked with the vegetables is always a nice addition and a little flavoring of onion is almost a necessity. A slice of well toasted bread is added with the vegetables by some, rubbing all through sieve and when reheating adding teaspoon or two of some bottled sauce. *With Sour Cream*, to three or four quarts any vegetable soup add cup sour cream just before serving.

Vermicelli Soup.—Put one chicken trussed for boiling in kettle with a pound or so of bacon and three quarts water and cook till tender; in the meantime cook two or three ounces vermicelli in a little water or stock till quite tender; take out chicken and bacon on dish for serving; add vermicelli to soup and serve. Some stick eight or ten cloves in bacon.

Weimar Soup.—Cut any pieces of corned beef or salt pork, about two pounds, in small pieces, add two or three quarts water

and simmer two or three hours; add three each carrots, parsnips, turnips, potatoes and stalks celery and one small cabbage, all cut in thin small slices. Add gill oatmeal, cook an hour and serve without straining. Split pease may be used adding them with the meat. The meat may need soaking if very salt. Any Bouillon or stock may be made of corned beef using more water with it when preparing for serving, and always when boiling corned beef save the broth for either soup or gravy. A soup can be made like the Weimar of fresh meat.

White Soup.—Cover bones from cooked chickens; three pounds veal bones, cracked in pieces, pound lean veal cut in small pieces, a minced onion and bunch parsley with cold water and liquor in which chickens were cooked if boiled. Simmer two or three hours, strain, return to kettle, season, boil up, skim, and add pint milk and as much cooked farina as wished; place on back of stove, simmer ten minutes and then add a beaten egg first mixed well with a cup of the soup, keep covered a moment or two and then serve. Or cook gently an hour and a quarter a half pint each white turnip and celery and half a gill onion, all cut in small pieces with a blade of mace in one gallon White Stock. Strain, reheat, add tablespoon corn-starch mixed smoothly in water, let boil, add cup sweet cream and season with salt and white pepper. Add egg as above and serve.

Wyntoun Soup.—Put three pounds neck of mutton, meat sliced and bones broken, in three quarts water, with two each carrots and turnips sliced and cook four hours; take out meat and bones, rub soup and vegetables through sieve, let cool, take off fat, reheat, season and add half cup barley, soaked overnight, and quart green pease; simmer half an hour, add teaspoon sugar and serve. Or cook half cup barley in quart water till tender, add quarter of a turnip, if large, a small onion and two potatoes, all chopped fine; when cooked add more water and stock from boiled corned beef till well flavored and seasoned. Remove to back of stove, add pint cream or milk and serve.

Balls for Soup.—There are many different articles served in soup besides those given, such as fancy letters, stars, triangles, etc., which may be purchased, and also the French Paste which comes in squares in little boxes. This is used more for coloring and flavoring; place in tureen and pour soup over it, stirring as soup is served. Among the different balls used are the *Egg Balls*, mix raw egg with just enough flour or corn-starch to make into round balls, then drop into soup and boil ten minutes. A little milk, a teaspoon to one egg, is an improvement; also a sprinkle of salt. Or for two quarts soup make balls by boiling one egg hard; put yolk of it in a bowl, pound to a paste and break in a raw egg yolk, add a dust cayenne pepper, tablespoon salad oil, saltspoon salt, and flour to

roll into balls with the hands about a teaspoon. Put dry flour on both hands, use saltspoon of mixture, or make a long roll and cut off ends and make into balls; have deep saucepan half full of boiling water, put in egg balls and let them boil till they come to top, then take out with strainer, put in soup when ready to serve, or some cook them in soup. They are also nice served with other dishes; or to yolks of three eggs use one raw yolk and omit the salad oil. Some use the raw white of the egg rather than yolk and also carefully fry brown in butter or any nice fat; then place in tureen and pour over the soup. For *Farina Balls*, boil quart milk in custard kettle, add salt and tablespoon butter, and thicken with farina. Cook well, and when cold stir one whole egg and one yolk through the mixture. Make into balls or shape with spoon, and drop in the boiling soup just before serving. For *Force-meat Balls*, add to pound chopped beef one egg, a small lump butter, a cup or less of bread-crumbs; season with salt and pepper, and moisten with the water from stewed meat; make in balls and fry brown; or take slices of raw veal and a little salt pork, and chop very fine with a slice of wheat bread. Season highly with pepper, salt, tomato catsup, and chopped lemon peel, moisten with two well-beaten eggs, and roll into balls as large as a walnut, with floured hands. Fry the balls in butter to a dark brown, and let them cool; turn into the soup and boil about ten minutes. Or for *Veal Balls* take half pint each minced cooked veal and bread-crumbs with half gill chopped suet seasoned with salt, pepper and any sweet herbs liked. Add beaten egg sufficient to make into balls and fry brown. These are used for the richer soups such as Calf's-head, etc. For *Force-meat Balls for Fish Soups*, pick meat from the shell of the lobster, and pound it, with the soft parts, in a bowl; add six stalks boiled celery, the yolk of a hard-boiled egg, salt, cayenne and little mace, and gill or more of bread-crumbs. Continue pounding till the whole is well mixed; melt two tablespoons butter and add with two well-beaten eggs; make into balls about an inch in diameter, and fry brown. Place in tureen, add soup and serve. Some add half an anchovy, pounded. For *German Balls*, mix together butter and cracker-crumbs into a firm round ball and drop into soup a short time before serving. These are especially nice for Chicken Soup. Putting slices of lemon and hard-boiled eggs in tureen and adding soup makes a dainty dish, and where the eggs are not sliced, but simply the whole boiled yolk used it is certainly "fit to set before the king."

Croutons.—These are different shapes of bread, without crust, cut and fried or toasted. *For Soups*, cut in dice about third of an inch square or even less and fry in butter in frying-pan or in a kettle of smoking-hot fat like fritters till a golden brown, drain and add to tureen or put a spoonful in each dish and add soup. Some simply toast the bread, then cut it; or butter or not as wished, cut and toast in oven, serving as above. Crackers crisped in oven are

nice for Oyster soup. *For Entrees*, cut bread in heart-shaped pieces about two inches long and half an inch thick and fry or toast as above. *For Vegetables*, cut in triangular pieces one and a half inches long, same thickness and fry as above.

Dumplings.—These are a nice addition to soups and are made in many ways, but however made, a little cold water should be added to soup to stop the boiling just before they are put in (there are one or two exceptions) and then the soup must not cease boiling for at least ten or fifteen minutes when they will be done; it is also very important the cover fits closely that steam does not escape. For *Buckeye Dumplings*, take half pint sweet milk, two eggs, and enough flour to make stiff batter; drop off spoon into the soup and cook ten minutes. For *Marrow Dumplings*, which are very delicate and can be varied in seasoning to suit any soup, beat one ounce uncooked marrow and tablespoon butter to a cream; add two well-beaten eggs and half pint bread-crumbs which should previously well be soaked in boiling milk, strained, and beaten up with a fork. When well mixed add teaspoon each minced parsley and onion with salt, pepper and grated nutmeg to taste, omitting the minced onions where the flavor is very much disliked, and form the mixture into small round dumplings. Drop these into boiling soup and let them simmer for about half an hour. Serve in soup and they are also very nice with roast meats or salad. Grated lemon peel and mace make a nice seasoning and they are ready to serve as soon as they rise to surface; butter may be omitted if wished. For *Suet Dumplings*, take pint and a half flour, two thirds of a pint beef suet, half teaspoon baking powder, saltspoon salt, half pint of cold water. Mix in a large bowl, the suet, finely chopped, and flour; add to this the baking powder and salt and knead into a dry dough with the water. Divide this dough in small pieces, roll each piece in a little ball and throw them one by one into the boiling soup twenty minutes before serving. The dropping of balls cools the boiling soup and care should therefore be taken to wait an instant between the putting in of each one that the liquid may boil up, otherwise the balls will burst apart. This is one of the exceptions to general rule. For *Sussex Dumplings*, mix quart flour with half pint water and little salt making a smooth paste; form into balls and drop in soup. For *Quick Dumplings*, take pint of flour, measured before sifting; half teaspoon soda, teaspoon cream tartar, one of sugar and half of salt, and mix thoroughly, sifting once or twice, and a teacup milk. Sprinkle a little flour on board. Turn the dough (which should have been stirred into a smooth ball with a spoon) on it, roll half inch thick, cut into small cakes, and cook ten minutes, and when these are added to soup have it boiling. Light biscuit dough makes nice dumplings and when used roll thin, cut and roll into balls and finish as directed, although some prefer to steam them and then place in tureen and pour soup over them.

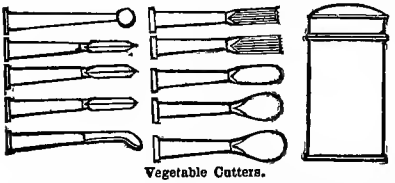
Mixed Spices.—These with herbs prepared by professional cooks, may be had in large cities, and save much trouble. For the benefit of those who cannot obtain them we give two of the best recipes. Take one ounce each nutmegs and mace, two ounces each cloves and white pepper-corns; an ounce each sweet basil, marjoram and thyme, and half an ounce bay leaves. The herbs must of course be previously dried as directed, page 163. Pound the spices to crack them, then put all between two sheets white paper folded to cover them tightly and put in warm place to become perfectly dry. Then pound quickly, put through a sieve and put away in tightly corked bottles. Or mix one ounce each lemon-thyme, winter savory, sweet marjoram and basil, two ounces parsley, and an ounce lemon peel, all previously dried; pound, sift and bottle as above. Mint, sage, parsley and all herbs should be dried, pounded and sifted and bottled separately for winter use. Black pepper, when prepared as a condiment, should be powdered not ground, that all heating may be avoided, and the volatile oil and fine aromatic flavor retained.

VEGETABLES.

All vegetables are better cooked in soft water, provided it is clean and pure; if hard water is used, put in small pinch of soda. The water should be freshly drawn, and should only be put over fire in time to reach the *boiling point* before the hour for putting in vegetables, as standing and long boiling frees the gases and renders the water insipid. The *fresher* all vegetables are, the more wholesome. After being washed thoroughly, put them in the *boiling* water using only enough to cook them, as when much is to be drained off some of the sweetness of the vegetables is lost. If they are fresh they will not need to be placed in cold water before cooking; but if not so, then let stand half an hour in it, but some of the flavor is thereby lost. Keep water boiling all the time, and if more has to be added, let it be boiling; do not cook too long, only till *tender*, as too long cooking is very injurious. This is true of all vegetables; they must be *thoroughly* done, that is cooked tender, one can easily test them, and should then be served at once. Where there is danger from burning, the kettle illustrated is of great service. It is very nice for spinach, etc., where it is cooked without water. While all are best fresh, green corn and pease must be so to be in their prime. The proportion of salt in cooking vegetables is a heaping tablespoon to every gallon of water, added when half done; after vegetables are added, press down with a wooden spoon, skim when necessary, and for green vegetables, such as asparagus, pease, beans, etc., do not put cover on the kettle or saucepan. If one is very particular about preserving their color; when done, drain and place in cold salted water a moment or two or till

Vegetable Kettle.

ready to use, then reheat, season and serve. Sometimes pease, beans, etc., do not boil easily and it has usually been imputed to the coldness of the season, or the rains. This peculiar notion is erroneous. The difficulty of boiling them soft arises from an excess of gypsum imbibed during their growth. To correct this, throw a small quantity of carbonate of soda (common baking soda) in the pot with the vegetables. For keeping vegetables fresh for present use, see Keeping Fruits and Vegetables. Never split onions, turnips and carrots, but slice them in rings cut across the fiber, as they thus cook tender much quicker. If the home garden furnishes the supply of pease, spinach, green beans, asparagus, etc., pick them in the morning early, when the dew is on, and put them in a clean cool place, near ice if possible. A piece of red pepper the size of finger nail, dropped into meat or vegetables when first beginning to cook, will aid greatly in killing the unpleasant odor. Remember this for boiled cabbage, green beans, onions, mutton and chicken. All vegetables should be thoroughly cooked, and require a longer time late in their season. Cabbage, potatoes, carrots, turnips, parsnips, onions and beets are injured for some by being boiled with fresh meat, and they also injure the flavor of the meat. In cutting vegetables in fancy shapes a set of vegetable cutters that come nicely packed in a box are very convenient. The "regulation" greens such as dandelions, spinach, sorrel, horseradish and beet tops, mustard, borage, chicory, and corn salad are sometimes cooked alone and sometimes with salt pork as preferred. In preparing them, first wash them leaf by leaf in warm water, rather more than tepid, having a dish of cold water to place them in immediately. The warm water more certainly cleans the leaf and does not destroy the crispness if they are placed *at once* in cold water with a little salt in it. But whether washed in warm water or cold water, take them leaf by leaf, breaking the heads off, not cutting them, and they will often need two or three waters as they are sometimes quite sandy. To guard against insects some put a little salt, tablespoon to a quart, in the water in which they are washed, using cold water for this. Steaming is a very easy and satisfactory way in which to cook most vegetables, especially those of a watery nature and many prefer it to boiling.



Vegetable Cutters.

The patent steamers are very convenient as two or more vegetables can be steamed at once without the mingling of flavors. These are some of the general suggestions for cooking vegetables but as there are so many individual ones each recipe will be a law unto itself.

Artichokes.—There are two varieties; the Jerusalem, resembling potatoes, which scrape, placing at once in cold, salted water in which a half gill vinegar has been added; when ready to cook, place in boiling water to not quite cover and boil till tender, about half an hour, salting just before they are done. Drain and pour over a sauce made by browning in frying pan three tablespoons butter and one of flour, adding half pint vinegar, a little salt, speck cayenne, half teaspoon sugar and boiling up once. This makes a dish much relished. They can also be mashed as potatoes, or *Fried*, by slicing very thin and placing in the vinegar water as above; drain off water, and season with pinch salt and pepper. Break eggs into a bowl, add three teaspoons salad oil and teaspoon flour, mix thoroughly, and pour over the artichokes; stirring them with the hand lightly so as to cover every portion of them with the mixture. Fry very gently of a light gold color, drain on blotting paper, and pile them up in a white napkin, garnish with fried parsley and serve. For the Cardoon Artichoke in which the tops are what are used, wash artichokes well in several waters; see that no insects remain about them, and trim away leaves at bottom. Cut off stems and put tops into *boiling* water, to which have been added tablespoon salt and pinch soda. Keep saucepan uncovered, and let boil quickly until tender; ascertain when they are done by thrusting a fork in them, or by trying if the leaves can be easily removed. Take them out, let them drain for a miuute or two, and serve in a napkin, or with a little White Sauce poured over. A tureen of melted butter should accompany them. This vegetable, unlike any other, is better for being gathered two or three days; but they must be well soaked and washed previous to dressing. For *Fried Artichokes*, boil as above and when tender, take up, rub over with lemon juice, remove the chokes and divide the bottoms; dip each piece into batter, fry in hot lard or dripping and serve, garnished with crisped parsley and accompanied with Drawn Butter Sauee.

Asparagus.—In gathering asparagus, never cut it off, but snap or break it; in this way the white, woody part, which no boiling can make tender, is left in ground. Cook as Asparagus Toast on page 58; or cut asparagus, when boiled, into little bits, leaving out white end, make gravy as in above recipe, put cut asparagus into a hot dish, and turn the gravy over and serve; or use only a little water, drain and add cream for the gravy. A simple manner of boiling aspara-

gus is to tie in a bundle, or some first wrap in cotton cloth and then tie, and set upright in a saucepan containing boiling water enough to reach nearly to the tender tips; boil rapidly till tender; lay a napkin on a hot platter, take out asparagus, drain for a moment, place on napkin, unwrap, and fold over the asparagus the corners of the napkin, and serve in this form, with White Sauce in a gravy-boat; or *On Toast*, by cooking as above and then dip toast in asparagus water, place on a hot dish and lay the asparagus on each slice with bits of butter between the stalks. For *Ambushed Asparagus or Asparagus Rolls*, cut off tender tops of fifty heads of asparagus; boil and drain them. Have ready as many stale biscuits or rolls as there are persons to be served, from which you have cut a neat top slice and scooped out the inside. Set them in the oven to crisp, laying the tops beside them, that all may dry together. Meanwhile boil the stalks in a little water, skim out and add a cup of milk or cream, then beat in yolks of two eggs; set over fire and stir till it thickens, when add a tablespoon butter, and season with salt and pepper. Into this put asparagus, minced fine and remove from fire at once. Fill the rolls with mixture, put on tops, fitting them carefully; set in oven three minutes, after which arrange on a dish, and serve hot. More eggs can be used and any proportion of asparagus, sauce, etc., may be made. This seems like an elaborate dish, but it is not difficult to make and in the early season is a nice way of making a small quantity serve quite a number. For *Fried Asparagus*, blanch it a couple of minutes, and then drain; dip each piece in batter and fry in hot fat. When done, sprinkle with salt and serve hot. This is nice and easy to prepare. For *Asparagus Pudding*, boil tender the green tops of two bunches of asparagus, let cool, and cut up small. Beat together four eggs and tablespoon butter; add three of flour, cup milk, and the asparagus, with a seasoning of salt and pepper and some add a tablespoon finely-minced boiled ham; put in a well-greased mold with a top, and cook in a pot of boiling water nearly two hours. Turn out on a dish and pour a cup of brown butter over it. *Pease Pudding* made same with green pease. Either are very delicious. For *Asparagus Salad*, boil and let cool in ice-box, and serve with a sauce made of vinegar, pepper, and salt or any Salad Dressing. For *Asparagus Sauce*, cut a pint of asparagus in half-inch pieces, boil tender, rub through sieve and add veal gravy mixed with yolks of eggs and a little salt and cayenne. For *Eggs and Asparagus*, cut tender asparagus into pieces half an inch long, and boil twenty minutes, then drain till dry, and put into a saucepan containing a cup of rich drawn butter; heat together to a boil, season with pepper and salt, and pour into a buttered dish. Break half a dozen eggs over the surface, put a bit of butter upon each, sprinkle with salt and pepper, and put in the oven until the eggs are set.

Asparagus on Toast.

Butter Beans.—With a knife cut off the ends of pods and strings from both sides, being very careful to remove every shred; cut every bean lengthwise, in two or three strips, and leave them for half an hour in cold water. Much more than cover them with boiling water; boil till perfectly tender. It is well to allow three hours for boiling. Drain well, return to kettle, and add a dressing of half a gill cream, one and a half ounces butter, one even teaspoon salt, and half a teaspoon pepper. This is sufficient for a quart of cooked beans. For *String Beans*, string, snap and wash two quarts beans, boil in plenty of water about fifteen minutes, drain off and put on again in about two quarts boiling water; boil an hour and a half, and add salt and pepper just before taking up, stirring in one and a half tablespoons butter rubbed into two of flour and half pint sweet cream. Or, boil a piece of salt pork one hour, then add beans and boil an hour and a half. Or for *Castle Beans*, put on string beans in boiling water and after cooking an hour add a half pound of salt pork and cook three hours; add a little thickening if needed, and serve with Steamed Corn Bread, page 30. For *Beans, French Style*, choose small young beans, strip off ends and stalks throwing them into cold water, wash and drain well, boil in salted boiling water in a large saucepan; drain, put in a clean saucepan, shake over the fire until they are quite hot and dry; add three tablespoons butter, one of veal or chicken broth, season with white pepper, salt and the juice of half a lemon, stir well and serve. To preserve color cook *String Beans* as follows: Take strings off small young beans, wash and cut in slivers by holding knife in diagonal shape, placing quite a lot of beans in a pile. Cook till tender, drain and place in cold salted water till time to use, when heat quickly, with salt, pepper and butter or any nice dressing wished. If for salad do not reheat. For *Shelled Beans*, boil half an hour in water to cover, and dress as in first recipe for String Beans; or when almost tender drain and put in saucepan with cup any stock, small bunch herbs and teaspoon sugar; stew till perfectly tender and then add beaten yolk of one egg with gill cream and when hot, serve. For *Dry Lima Beans*, wash one quart of dry lima beans in two warm waters, soak three hours, drain, and put on to cook in enough boiling water to cover them; cover pot with tin lid, adding more hot water as it boils away, boiling rapidly for one and a half hours, when there should be only water enough to come up to the top of the beans—just sufficient to make a nice dressing. Five minutes before taking up, season with salt and pepper, and stir in a dressing made of one tablespoon each of flour and butter, rubbed together until smooth. This is a delicious dish. Any dried beans can be cooked same way. A recipe is given for *Boston Baked Beans* in Meats, but we add one *With Onions*, wash well and soak quart beans, small ones are best, in water to cover; place in hot water and parboil till skin cracks; put small onion in bottom of bean pot, put beans in, and add one

tablespoon molasses to every quart of beans, a quarter of a pound salt pork scored on the top, and a little salt and pepper. Fill the pot with the water from beans, and let it stand in the oven where it will bake very slowly for twelve hours. As the water dries out, add more. The beans must be light brown when done.

Beets.—Remove leaves, wash clean, being careful not to break off the little fibers or rootlets, as the juices would thereby escape and they would lose their color; boil in plenty of water *without salt*, if young, two hours, if old, four or five hours, or till one will yield to pressure, never try with a fork; take out, drop in a pan of cold water, and slip off the skin with the hands; slice those needed for immediate use, place in a dish, add salt, pepper, butter, and if not very sweet a teaspoon sugar, set over boiling water to heat thoroughly, and serve hot with or without vinegar; for *Pickled Beets*, put those which remain into a stone jar whole, cover with vinegar, keep in a cool place, take out as wanted, slice and serve. A few pieces of horseradish put into the jar will prevent a white scum on the vinegar. For *Baked Beets*, bake iu skins till tender, turning often to bake evenly, testing as above; or roast in hot ashes, peel, dress and serve as above. For *Marbled Beets*, after they are boiled and skinned, mash together with boiled potatoes, and season to taste with salt; add a large piece of butter (do not use any milk); place in a dish, make a hole in center in which put in another piece of butter; sprinkle with pepper and serve at once. This is a New England dish, and very delicious for harvest time, when beets are young and sweet. For *Beet Pudding*, wash, boil and skin white or red beets; slice and cut in small squares like a grain of corn, to one pint add one pint milk, two eggs well beaten, a little salt and pepper; put in buttered baking dish and bake till custard is firm, fifteen or twenty minutes. Beets are especially valuable as an article of food on account of the sugar they contain. When they are used for a salad such as the *Russian*, after skinning cut in slices an inch thick, take the small apple corer, cut out the cylinder shaped pieces and prepare with the other vegetables. For *Beet Greens*, wash young beets very clean, cut off tips of leaves, looking over carefully to see that no bugs or worms remain, but do not separate roots from leaves; fill kettle half full of salted boiling water, tablespoon to two quarts, add beets, boil rapidly from half to three-quarters of an hour; take out and drain in colander, pressing down with a large spoon, so as to get out all the water. Dish and dress with butter, pepper, and salt if needed. Serve very quickly as they cool so soon. They can be dressed at table with vinegar and are very delicious. Cook *Brussels Sprouts* in same way, some adding a pinch of soda.

Broccoli.—Strip off dead outside leaves, and cut inside ones off level with the flower; cut off stalk close at bottom, and put brocoli into cold salt and water, with heads downwards. When they have

remained in this for about three-quarters of an hour, and are *perfectly* free from insects, put them into a saucepan *boiling* salted water, and keep boiling quickly over a brisk fire, with the saucepan uncovered. Take up moment they are done; drain well, and serve with a tureen of melted butter, a *little* of which should be poured over the brocoli. If left in the water after it is done it will break, its color will be spoiled, and its crispness gone.

Boiled Cabbage.—Wash, take off decayed leaves, cut in rather small pieces and put in *boiling* salted water; do not have kettle more than half full of cabbage and keep water boiling rapidly all the time till tender, which can be tested by trying the thick part nearest the stalk. It will not take over fifteen or twenty minutes for new cabbage and about thirty or forty for old. The cause of the strong odor from cooking cabbage is from cooking too long, as in that case the oil begins to escape from it. The flavor is also injured by too long cooking as after vegetables of all kinds are tender the water begins to penetrate them and they should be served at once. Drain and serve by itself or with a Vinegar, Drawn Butter, Cream or White Sauce poured over it. Some only cut in halves or quarters and tie in netting or thin muslin. For *Creamed Cabbage*, slice as for cold slaw and stew in a covered saucepan till tender; drain it, return to saucepan, add a gill or more of rich cream, tablespoon butter, pepper and salt to taste; let simmer two or three minutes, then serve. Milk may be used by adding a little more butter; or have a deep spider hot, put in sliced cabbage, pour quickly over it a pint of boiling water, just enough to keep from burning, cover close and cook till tender, and add half pint rich milk without draining the cabbage. When the milk boils, stir in teaspoon flour moistened with little milk, season, cook a moment and serve; or add when tender, teaspoon or so of sugar and only cream enough to moisten nicely and just before taking from fire stir in a little vinegar. For *Delicate Cabbage*, remove all defective leaves, quarter and cut as for coarse slaw, cover well with cold water, and let remain several hours before cooking, then drain and put into pot with enough boiling water to cover; boil until thoroughly cooked, add salt ten or fifteen minutes before removing from fire, and when done, take up into a colander, press out water well, and season with butter and pepper. This is a good dish to serve with corned meats, but should not be cooked with them; if preferred, however, it may be seasoned by adding some of the liquor and fat from the boiling meat to cabbage while cooking. For *Royal Cabbage*, cook in quarters in boiling salted water with a *small pinch* soda, for seven minutes, skim out and place in another saucepan of boiling water ten minutes, then skim out into first saucepan with fresh boiling water and cook ten minutes or till tender; drain and serve on slices of toast dipped in melted butter and over all pour a Cream Dressing. For *Fried Cabbage*, cut cabbage very fine, on a slaw cutter, if possible; salt

and pepper, stir well, and let stand five minutes. Have an iron kettle smoking hot, drop one tablespoon lard or part butter and lard into it, then the cabbage, stirring briskly until quite tender; send to table immediately. One half cup sweet cream, and three tablespoons vinegar—the vinegar added after the cream has been well stirred in and after taken from stove, is an agreeable change. When properly done an invalid can eat it without injury, and there is no offensive odor from cooking. For *Heidelberg Cabbage*, select two small, solid heads of hard red cabbage; divide in halves from crown to stem; lay the split side down, and cut downwards in thin slices. The cabbage will then be in narrow strips or shreds. Put into a saucepan a tablespoon of clean drippings, butter or any nice fat; when fat is hot, put in cabbage a teaspoon salt, three tablespoons vinegar (if latter is very strong, use but two), and one onion, in which three or four cloves have been stuck, buried in the middle; boil two hours and a half; if it becomes too dry and is in danger of scorching, add a very *little* water. This is very nice. For *Spiced Cabbage*, trim and wash a medium-sized head and shave in rather thin slices, put in a saucepan heaping tablespoon of cold drippings or butter, the same of sugar, half cup vinegar, teaspoon each whole cloves, pepper-corns and salt; put in cabbage, cover with lid and cook very slowly for three-quarters of an hour or till tender, on back of stove. Every fifteen minutes stir cabbage so as to put uncooked parts to the bottom. Serve on platter with a piece of Braised Meat on it, moistening the cabbage with a little of the broth from the cooked meat. For *Southern Cabbage*, chop or slice one medium-sized cabbage fine, put it in stewpan with boiling water to well cover it, and boil fifteen minutes; drain off all water, and add dressing made as follows: Half teacup vinegar, two-thirds as much sugar, salt, pepper, half teaspoon mustard, and two teaspoons salad oil; when this is boiling hot, add one teacup cream, and one egg stirred together; mix thoroughly and immediately with the cabbage, and cook a moment. Serve hot. For *Stuffed Cabbage*, take a large, fresh cabbage and cut out heart; fill vacancy with stuffing made of cooked chicken or veal, chopped very fine and highly seasoned and rolled into balls with yolk of egg. Then tie cabbage firmly together (some tie a cloth around it), and boil in a covered kettle two hours. This is a delicious dish and is useful in using up cold meats. Or scald for ten minutes, make cavity in center, by the stalk, and fill it between every leaf with any forcemeat; bind it so that it does not let the stuffing drop out, and put it in a pan with some gravy, a slice of bacon, a stick of thyme, a bay leaf, and two carrots. Stew all gently together, and when done, untie the string, and serve with the strained gravy round it. For *Cabbage Pudding*, boil a firm, white cabbage fifteen minutes, changing water then for more from the boiling tea-kettle; when tender, drain and set aside till perfectly cold; chop fine, and add two beaten eggs, a tablespoon of butter,

three of very rich milk or cream, pepper and salt. Stir all well together, and bake in a buttered pudding dish until brown; serve *hot*. This dish is digestible and palatable, much resembling cauliflower. For *Brussels Sprouts*, soak in water a short time, and wash clean, boil in salted water and when done, strain and fry in a tablespoon butter, in which has been browned a tablespoon flour and a small onion cut fine; add pepper and salt to taste.

Stewed Carrots.—Take any quantity desired, divide the carrots lengthwise, and boil until perfectly tender, which will require from one to two hours. When done, have ready a saucepan with one or two tablespoons butter, and small cup cream; slice the carrots very thin, or cut in dice and put in the saucepan; add salt and pepper, and let stew ten or fifteen minutes, stirring gently once or twice, and serve in a vegetable dish. Some add more milk or cream; when done, skim out carrots, and to the cream add a little flour thickening, or the beaten yolks of one or two eggs. When it boils, pour over the carrots and serve. Carrots may also be boiled with meat like turnips or parsnips and are especially nice with corned beef, but they take longer to cook than either. For *Glazed Carrots*, peel some young carrots all to the same size and shape; parboil in boiling water; drain, and warm in saucepan with butter, a pinch of powdered sugar and little stock; when boiled, increase fire, and cook until sauce is reduced to a glaze. For *Carrot Compote*, scrape and slice quarter of an inch thick, stew in water till tender, drain, weigh and to each pound carrots allow pound sugar and cup cider vinegar; cook all together and flavor with orange peel cut very thin, cinnamon and cloves. For *Warmed Over Carrots*, melt in a spider a piece of butter half the size of an egg. Slice in boiled carrots, and season with pepper and salt. Just before taking up add half cup of cream or milk, or omit either and serve them nicely browned. They are liked by some better than when first cooked. *Parsnips* can be prepared in the same way.

Boiled Cauliflower.—To each two quarts water allow heaping tablespoon salt; choose close and white cauliflower, trim off decayed outside leaves, and cut stock off flat at bottom; open flower a little in places to remove insects which generally are found about the stalk, and let cauliflowers lie with heads downward in salt and water for two hours previous to dressing them which will effectually draw out all vermin. Then put in boiling water, adding salt in above proportion, and boil briskly for fifteen or twenty minutes over a good fire, keeping saucepan uncovered. Water should be well skimmed, and when cauliflowers are tender, take up, drain, and if large enough, place upright in dish; serve with plain melted butter, a little of which may be poured over the flowers, or a White Sauce may be used made as follows: Put butter size of an egg into saucepan, and when it bubbles stir in a scant half teacup flour; stir

well with an egg-whisk until cooked; then add two teacups of thin cream, some pepper and salt. Stir it over the fire until perfectly smooth. Pour the sauce over the cauliflower and serve. Many let the cauliflower simmer in the sauce a few moments before serving. Cauliflower is delicious served as a garnish around spring chicken, or with fried sweet-breads, when the White Sauce should be poured over both. In this case it should be made by adding the cream, flour, and seasoning to the little grease (half a teaspoon) that is left after frying the chickens or sweet-breads. For *Baked Cauliflower*, prepare as above and parboil five minutes, cut into pieces and put into a pie dish; add a little milk, season with salt, pepper, and butter, cover with dry grated cheese, and bake. For *Scalloped Cauliflower*, boil till tender, drain well and cut in small pieces; put in layers with fine chopped egg and this dressing; half pint milk thickened over boiling water, with two tablespoons flour and seasoned with two teaspoons salt; one of white pepper and two tablespoons butter; put grated bread over the top, dot it with small bits of butter, and place it in the oven to heat thoroughly and brown. Serve in same dish in which it was baked. This is a good way to use common heads. A nicer way is to boil them, then place them whole in a buttered dish with stems down. Make sauce with cup bread-crumbs beaten to froth with two tablespoons melted butter and three of cream or milk, one well-beaten egg and salt and pepper to taste. Pour this over the cauliflower, cover dish tightly and bake six minutes in a quick oven, browning them nicely. Serve as above. Or *With Mushrooms*, put in a frying-pan, in hot fat a few small mushrooms and part of a cauliflower broken into sprigs. Sprinkle over them some grated cheese, and baste the whole well from time to time with the hot fat. For *Cauliflower Salad*, after boiling, let cool and dress with Mayonnaise or any dressing preferred.

Boiled Cauliflower.

Stewed Celery.—Cut tender, white outside stalks of celery into three inch lengths and boil them for ten minutes in salted water. Then throw away the water and fill up instead with clear strained soup stock, add minced onion and parsley. Boil until the celery is tender, add piece of butter softened and stirred up with flour, and shake the stew until thickened. Dish pieces in straight order and pour sauce over them. For *Stewed Endive*, cook as above in milk or cream, but do not season very highly.

Boiled Corn.—Put well-cleaned ears in salted *boiling* water, boil three quarters of an hour, or boil in the inside husk for the same time, remove husks and serve immediately. Corn thoroughly cooked is a wholesome dish. Or a better way is to try *Steamed Corn*, put in steamer and cook an hour; it is sweeter than if boiled

in water. For *Fried Corn*, cut corn from cob; put in frying-pan with tablespoon butter, cover and cook twenty-five minutes, stirring occasionally, but adding no water. The steam will cook it, if kept covered. Add salt, pepper and a cup of cream when done. For *Stewed Corn*, cut with a sharp knife through the center of every row of grains, and cut off the outer edge; then with the back of the blade push out the yellow eye, with the rich, creamy center of the grain, leaving the hull on the cob. To one quart of this add half a pint rich milk, and stew until cooked in a covered tin pail, in a kettle one-third full of boiling water; then add salt, white pepper, and two or three ounces butter; allow two hours for cooking; it seems a long time, but there is no danger of burning, and it requires no more attention than to stir it occasioally and to keep good the supply of water. If drier than liked, add more milk or cream. Or, after cutting corn from the cob, boil the cobs ten or fifteen minutes and take out and put corn in same water; when tender, add a dressing of milk, butter, pepper and salt, and just before serving, stir in beaten eggs, allowing three eggs to a dozen ears of corn. Or, to three pints corn add three tablespoons butter, pepper and salt, and just enough water to cover; place in a skillet, cover and cook rather slowly with not too hot a fire, from half to three-quarters of an hour, stir with a spoon often, and if necessary add more water, for the corn must not brown; if desired, a few moments before it is done, add half cup sweet cream thickened with teaspoon flour; boil well and serve with roast beef, scalloped tomatoes and mashed potatoes. Some stew tomatoes, and just before serving mix them with the corn. For *Corn Omelet*, one dozen ears of corn, three eggs, salt to taste; boil corn, cut it from the cob, mix with the eggs, and make in small omelets and fry. For *Corn Pie*, cut corn from two ears of boiled corn; mix gill of milk, gradually, with tablespoon flour. Beat yolk and white of one egg separately, and add with tablespoon butter and teaspoon sugar to the flour and milk. Season and bake twenty-five minutes in a deep pie plate. Nice way in which to warm over corn left from dinner. A most delicious dish is *Corn Pudding*, draw a sharp knife through each row of corn lengthwise, then scrape out the pulp; to pint of corn add quart milk, three eggs, a little suet, sugar to taste, and a few lumps butter; place in buttered pudding dish, stir occasionally until thick, and bake about two hours. Serve as a vegetable, or may be served for dessert. In serving boiled corn it is nice to place a *Corn Doiley*, made like the Fritter Doiley (working ears of corn in the ends) in the dish, put in corn and cover with ends.

Boiled Corn.

Dried Corn.—For a family of eight, wash a pint of corn through one water, and put to soak overnight in clean cold water (if impossible to soak so long, place over a kettle of hot water for two or three hours;) when softened, cook half an hour in water in which it was soaked, adding more if needed, and as soon as boiling, two

tablespoons butter, one of flour, and a little salt and pepper. Another good way to finish is the following: Take yolk of egg, tablespoon milk, pinch salt, thicken with flour quite stiff so as to take out with a teaspoon, and drop in little dumplings not larger than an acorn; cover tightly and cook five or ten minutes; have enough water in kettle before adding dumplings, as cover should not be removed until dumplings are done. Some soak in milk adding more when put on to cook, but when this is done, place in custard kettle, as milk burns easily, and cook an hour or so. For *Hulled Corn*, when prepared as directed in Winter Vegetables, or as may be bought, cook till tender, adding a little water if needed, season with salt and a tablespoon or two of cream added is an addition. Serve with cream and sugar, or eat as a vegetable with butter. It is delicious warmed over in a little butter, browning nicely.

Fried Cucumbers.—Pare and lay in ice water half an hour, cut lengthwise in half-inch slices, dredge with flour, single-bread and fry a delicate brown. For *Stewed Cucumbers*, cut in quarter-inch slices, pick out seeds, stew, and season like green pease; or *With Onions*, pare and slice six cucumbers, take out seeds, and cut three medium-sized onions into thin slices; put both into stewpan, with pint White Stock, and let boil for half an hour. Beat up yolks of two eggs, stir these into the sauce; add cayenne, salt, and grated nutmeg; bring to the point of boiling and serve. Do not allow the sauce to boil, or it will curdle. This is a favorite dish with lamb or mutton chops and especially with *Baked Steak*, prepare round steak as for frying and then place in baking pan with a little boiling water, adding more as needed and just before serving add bits of butter and season to taste. This is nice where there is a quantity of steak to cook or the top of the stove is in use.

Dandelions.—They are fit for use until they blossom. Cut off the leaves, pick over carefully, wash in several waters, parboil in boiling water an hour, some using pinch of soda, drain well, add salted boiling water, and boil two hours; when done, turn into a colander and drain, season with butter, and more salt if needed, and cut with a knife; or after parboiling with soda as above boil with a piece of salt pork, omitting butter in dressing. Potatoes may be added about an hour before greens are done. Different greens are cooked as above or in different ways which are given. Cowslips make a fair substitute for dandelions but are rather insipid. Mustard is excellent, when tender, and should be cooked as above. Greens can be had through the season by sowing spinach, beets, and Swiss chard thickly in the garden beds, in a rich soil. They should be sown at intervals of two weeks, a few at a time. The Swiss chard has quite large leaves and stalks, but they are crisp and tender if grown well. It lacks the delicious sweetness of the beet, but will be liked by any one fond of greens. Young beets are excellent eating, top and root. Where one has a garden always sow the seed thickly,

and thin out when the plants become of sufficient size, using for greens, leaving those for winter use to mature in the rows. Spinach is a favorite old plant, and many families would not think of being without it. Lettuce is also good for greens, being very tender and rich in flavor. If dandelion seed is sown in the garden, in good soil, and care is given the plants, one will be surprised to see how great an improvement cultivation makes in it. The leaves will be larger and thicker, and as rich soil induces a vigorous growth and a quick one, they will be much crisper and more tender than those gathered from roadside or meadow.

Fried Egg Plant.—Peel and cut the purple kind, in slices, sprinkle with salt and pepper, and let drain on a tipped plate for three-quarters of an hour; make a light batter with one egg, flour and a little water, dip the slices into it and fry in butter or lard; or dip in beaten egg, then in cracker-crumbs; some parboil the egg plant in salted water after slicing, drain and finish as above; or for *Baked Egg Plant*, peel, boil till done, pour off water, mash fine, add butter and salt to taste, put in shallow pudding pan, over the top place a thick layer of cracker-crumbs and bake half an hour in moderate oven. For *Egg Plant Cakes*, peel and slice one or two medium-sized egg plants, put on in cold water, boil till tender, drain, mash fine, season with salt and pepper, and add beaten egg and tablespoon flour; fry in little cakes in butter or butter and lard in equal parts. Parsnips and Salsify or Oyster-plant may be cooked in same way, but Oyster-plant is made in smaller cakes to imitate oysters.

Boiled Hominy.—Soak quart ground hominy overnight, put over fire in tin pail, set in boiling water, with water enough to cover, boil gently for five hours, as it can not be hurried. After grains begin to soften on no account stir it. The water put in at first ought to be enough to finish it, but if it proves too little, add more carefully, as too much makes it too soft. Salt just before taking from the stove, as too early salting makes it dark. If properly done, the grains will stand out snowy and well done, but round and separate.

Stewed Horse Radish.—Melt a piece of butter the size of an egg, stir in a tablespoon of flour, add a cup and a half of vinegar, and a teaspoon each of salt and sugar, bring to a boil, and add a pint grated horse radish, and cook ten minutes, stirring constantly.

Wilted Lettuce.—Place in a vegetable dish lettuce that has been very carefully picked and washed each leaf by itself, to remove all insects. Cut across dish four or five times and sprinkle with salt. Fry a small piece of fat ham until brown, cut in small pieces; when very hot add cup of good vinegar, and pour it boiling hot over the lettuce; mix it well with a fork, and garnish with slices of hard-boiled eggs. Be certain to have the fat so hot that when vinegar is poured in, it will boil immediately. Add half a cup or a cup of

vinegar according to strength of vinegar and quantity of lettuce. For *Stewed Lettuce*, cook as spinach or any green vegetable, and it is nice to use half and half with the former.

Macaroni.—Macaroni is a food of very high nutritious power, being formed chiefly of the gluten, the most valuable part of the wheat from which the starch has been removed. Weight for weight, it may be regarded as not less valuable for flesh-making purposes in the animal economy than beef and mutton. For *Baked Macaroni*, take about three ounces macaroni and boil till tender in stew-pan with little water; take pudding dish or pan, warm a little butter in it, and put in layer of macaroni, then layer of cheese grated or cut in small bits, and sprinkle over with salt, pepper and small pieces of butter, then add another layer of macaroni, and so on, finishing off with cheese; pour on rich milk or cream enough to just come to the top of the ingredients and bake from one-half to three quarters of an hour. Some add a layer of bread or cracker-crumbs over the top. For *Baked Rice*, cook rice as follows; pick and wash a cup of rice, put in a stew-kettle with three cups boiling water, and set over the fire—the boiling water makes the kernels retain their shape better than when cold water is used. When done put a layer of rice, cheese, etc., alternately as above, and bake in same way. For *Boiled Macaroni*, pour pint boiling water over five ounces macaroni, let stand half an hour, drain and put in custard-kettle with boiling milk or milk and water to cover, cook till tender, drain, add a tablespoon butter, teacup cream, season with salt and pepper, when hot dish, grate cheese over top and serve; or take spaghetti or thread macaroni. Do not wash. Have sauce-pan on fire half full of *boiling* water, with a heaping tablespoon of salt, add macaroni and boil till tender, about ten minutes drain and cover with plenty of cold water. Let stand till cold, drain, dress with either some White, Brown or Tomato Sauce, re-heat and serve; or for *Triple Macaroni*, dress with a cup of each of the sauces and a cup of chopped cold ham, chicken or tongue, re-heat and serve. For *Macaroni With Tomatoes*, take three pints of beef soup, clear, and put one pound of macaroni in it, boil fifteen minutes, with a little salt; then take up the macaroni—which should have absorbed nearly all the liquid—and put it on a flat plate, and sprinkle grated cheese over it thickly, and pour over all plentifully a sauce made of tomatoes, well boiled, strained, and seasoned with salt and pepper, and serve; or boil half pound macaroni in milk, or water, and in a separate vessel stew quart tomatoes; chop latter, add two well-beaten eggs, a tablespoon butter, and salt and pepper to taste. Mix with the macaroni, and bake. For *Italian Macaroni*, place two pounds beef, well larded with strips of salt pork, and one or two chopped onions, in a covered kettle on back of stove, until it throws out its juice and is a rich brown; add a quart tomatoes seasoned with pepper and salt, and allow the mixture to simmer two

or three hours. Take quantity of macaroni desired and boil in water for twenty minutes, after which put one layer of boiled macaroni in bottom of pudding dish, cover with some of above mixture, then a layer of grated cheese, and so on in layers till dish is filled, having a layer of cheese on top; place in oven an hour, or until it is a rich brown. Commence early in morning to prepare this.

Boiled Okra.—Put young and tender pods of long, white okra in salted boiling water in a porcelain or tin-lined saucepan (as iron discolors it) boil half an hour, take off stems, and serve with butter, pepper, salt, and vinegar if preferred; or for *Fried Okra*, after boiling, slice in rings, season with butter, dip in batter and fry; season and serve; or *With Tomatoes*, stew an equal quantity of tomatoes, and tender sliced okra, and one or two sliced green peppers; stew in porcelain kettle forty minutes, season with butter, pepper and salt, and serve. *With Ham*, while boiling okra as above fry three thin slices of ham; drain okra, add ham fat, heat a moment, put in gill cream or rich milk and serve garnishing with the slices of ham; or for an *Okra Medley*, to the fried ham, cut in diamond-shaped pieces, add the tomatoes, okra, green peppers and half pint each grated corn and lima beans, adding a little water if needed; stew till tender, season with salt and butter, adding gill cream and serve hot. Okra, when fresh, has a juicy slippery appearance, not liked by many, but it may be dried, partially or entirely, by slicing the pods, and spreading on plates to dry; or string them, dry and slice before using. Never dry, or cook, in iron.

Baked Onions.—The large Spanish or Bermuda onions are best for this purpose. Wash outside clean, put into a saucepan with slightly salted water, and boil an hour, replenishing the water with more (boiling hot) as it boils away. Then turn off water; take out onions and lay upon a cloth that all moisture may be absorbed; roll each in a piece of buttered tissue-paper, twisting it at the top to keep it closed, and bake in a slow oven nearly an hour, or until tender all through. Peel, put in a deep dish, and brown slightly, basting freely with butter; this will take fifteen minutes more. Season with pepper and salt, and pour melted butter over the top. Wash and peel any large onions and parboil as above, changing water once and adding a little milk with last water; when just tender, place in baking dish or jar, putting a little salt, white pepper, and butter on each, with a little of the water in which they were cooked in the pan; brown in oven fifteen minutes and serve. For *Boiled Onions*, wash, peel, boil ten minutes, pour off this water, again add boiling water, boil a few minutes and drain a second time; pour on boiling water, add salt and boil for one hour; place in a colander, turn a saucer over them, and press firmly to drain out all water; place in a dish and add butter and pepper. Or, about half an hour before they are done, turn a pint of milk into the water in

which they are boiling, or first pour off part of the water and, when tender, season as above. Old onions require two hours to boil. For *Creamed Onions*, boil as above till tender, drain, return to saucepan and cover with a White Sauce or a Cream Dressing, adding a little minced parsley, if wished; when hot, serve.

Fried Onions. Slice, cook ten minutes in boiling water, drain, add boiling water, cook ten minutes more, drain, and repeat again, then drain, fry in butter or beef drippings, stir often, season, and serve hot; or *With Vinegar*, add half cup of latter just before dishing, and when it boils, serve. For a very elaborate dish try *Stuffed Onions*, peel eight or ten and parboil fifteen minutes, drain and take out about half the insides; chop these and mix with them gill each sausage meat and bread-crumbs, an egg, and a good pinch white pepper, and a little salt. Stuff onions with mixture and heap it a little on top to use up surplus if any. Place in a deep pan that will go in steamer and let steam about an hour and a half. Then brown in oven with cup of gravy poured in pan. When not convenient to steam they can be simmered in gravy in oven if kept covered with a greased sheet of paper. Any kind of minced cold meat, or part raw and part cooked can be used. For *Onion Omelet*, mash eight medium-sized onions boiled quite done, and season with pepper, salt, tablespoon butter, gill sweet milk, and two or three eggs. Bake as directed for Baked Omelet, or simply bake in oven eight minutes. For *Onion Pudding*, add a cup bread-crumbs soaked in little milk to above and use chopped raw onions, baking in pudding dish. *With Beans*, fry three large onions, chopped, till brown and tender, sprinkle with little flour, add gill any gravy, season and add a pint of dried beans cooked till quite dry, stir well together and serve hot.

Baked Parsnips.—Put four thin slices fat pork in a kettle with two quarts cold water, wash and scrape parsnips, and if large halve or quarter, and as soon as water boils place in kettle, boil about half an hour, remove meat, parsnips, and gravy to a dripping pan, sprinkle with a little white sugar, and bake in oven a quarter of an hour, or until they are a light brown, and the water is all fried out. Add a few potatoes if liked. For *Fried Parsnips*, boil till tender or take any left from first recipe, and fry in a hot skillet, with butter, ham fat or beef drippings; it is better to dip each slice in beaten egg or batter before frying, or some roll in flour, seasoned with salt and pepper, or single-bread and fry like fritters. Parsnips are good in March or April, and make an excellent seasoning for soups. *Stewed Parsnips*, wash, scrape, and slice about half an inch thick; have frying-pan prepared with half pint hot water and tablespoon butter, add parsnips, season with salt and pepper, cover closely, and stew until water is cooked away, stirring occasionally to prevent burning. When done, parsnips will be a creamy, light brown color. Adding two tablespoons sugar to above makes them much

more delicious. For *Parsnip Cake*, boil till tender, mash, season and fry in one large cake in frying-pan, or add yolks of eggs, little flour or cracker-dust and fry in small cakes.

Green Pease.—Wash lightly two quarts shelled pease, put into boiling water enough to cover, boil forty minutes, add pepper, salt, and more hot water if needed to prevent burning, and two tablespoons butter rubbed into two of flour, and teaspoon sugar; stir well, adding tablespoon minced parsley if liked, boil five minutes and serve. If pods are clean and fresh, boil first in water to give flavor, skim out and put in pease. When desirous to preserve color, cook till tender, then drain, cover with cold salted water till ready to use, reheat, season and dress as above or with cream, etc. Canned pease should be rinsed before cooking. For *Creamed Pease*, Put two or three pints of young green pease into a saucepan of boiling water; when nearly done and tender, drain in a colander, quite dry, melt two ounces of butter in a clean stewpan, thicken evenly with a little flour, shake it over the fire, but do not let it brown, mix smoothly with a gill of cream, add half a teaspoon of white sugar, bring to a boil, pour in the pease, keep moving for two minutes until well heated, and serve hot. The sweet pods of young pease are made by the Germans into a palatable dish by simply stewing with a little butter and savory herbs. *With Vegetables*, cut up an onion and head of lettuce and add to quart shelled pease with very little water, cook till tender, add beaten egg and half teaspoon sugar and serve. For *Dried Pease*, soak overnight, boil two or three hours, or till tender, season with salt, pepper and butter and serve; or for *Baked Dried Pease*, soak, parboil and finish as Baked Beans. For *Pease Pudding*, soak pint split pease overnight, tie loosely in a clean cloth, leaving a little room for them to swell, and put on to boil in cold water, allowing two and a half hours after the water has commenced to boil. When tender, take up, drain, rub through a colander; add two tablespoons butter, two eggs, pepper, and salt; beat all well together for a few minutes, until well mixed; then tie them tightly in a floured cloth; boil pudding another hour, turn on dish, and serve very hot. This pudding should always be sent to table with Boiled Leg of Pork, and is exceedingly nice accompaniment to Boiled Beef.

Fried Pumpkin.—Take pieces of a ripe pumpkin, slice and cook in a small quantity of water till tender; remove from fire, and mash with fork; then add one or two eggs, according to amount of pumpkin; put a little butter in frying pan, put in pumpkin, fry a delicate brown, and serve.

Boiled Rice.—Pick over carefully, wash in warm water, rub between hands, and then rinse several times in cold water till white. Put teacup in a tin pan or porcelain kettle, add quart boiling water;

boil till tender, not stirring, but taking care that it does not burn; add teaspoon salt, pour into a dish and send to table, placing a lump of butter in the center. Cooked thus the kernels remain whole; or when tender add tablespoon butter, gill cream or rich milk and teaspoon sugar. *With Milk*, put a pint rice into nearly two quarts of cold milk an hour before dinner add two teaspoons salt, boil very slowly and stir often; cook on back part of stove and range so as to avoid burning. A custard kettle is best for it. Or, after cooking, drain carefully, stir in two well-beaten eggs, one tablespoon grated cheese, half a tablespoon butter, half a teaspoon salt; bake a few minutes in shallow pans. Some always soak rice an hour or two before cooking. *Stewed Rice* is the easiest way to prepare it. For *Southern Rice*, after thoroughly washing and rubbing rice, put it in salted boiling water enough to cover it twice over, in a custard kettle or tin pail, set in a kettle of boiling water; cover whole closely and cook for fifteen or twenty minutes, until grains of rice are full and plump but not "mushy;" drain off all water possible, and replace rice in kettle, allowing it to cook for half an hour longer, when it is ready to serve. The grains should be full and soft, and each one retain its form perfectly. During last half hour it should be occasionally stirred lightly with a fork, and it is improved by standing on back of stove a few minutes before serving. Some cook thus in an ordinary saucepan, but above is the better way. This is a delicious way of cooking rice. For *Rice Pie*, take cold remains of roast beef, mince very fine, and put into a stewpan with quart or more water; chop fine medium-sized onion, large potato, and large slice fat salt pork; put these with salt, pepper, and half teaspoon allspice into saucepan with meat, and boil steadily till gravy is reduced two-thirds, and meat tender; while this is cooking, take pint rice, and boil in plenty of water with salt to taste; when grains become tender, drain off water and set back on stove to steam, first turning it carefully over from bottom of pot with a spoon to allow steam to paas through; if properly cooked the grain should all stand separately though perfectly tender; take half can large tomatoes, stewed till smooth and free from lumps; stir into rice large tablespoon butter, then mix in tomatoes and hash with hard-boiled eggs sliced thin; put the whole into large baking dish; cut two more eggs over top, pressing gently down into the rice to prevent drying up; sprinkle with white pepper and bake till brown; when done set dish on a large flat dish and serve hot for dinner. *Rice for Curries*, pick, wash, and soak rice in plenty of cold water; then have ready a saucepan boiling water, drop rice into it, and keep boiling quickly, with lid uncovered, until it is tender, but not soft. Take up, drain, and put on a dish before fire to dry; do not handle it much with a spoon, but shake it about a little with two forks, that it may be equally dried, and strew over a little salt. It is now ready to serve, and may be heaped lightly on a dish by itself, or be

laid round dish as a border, with a curry or fricassee in center. Some cooks smooth rice with back of a spoon, and then brush over with yolk of an egg, and set it in oven to color; but rice well boiled, white, dry, and with every grain distinct, is by far the more preferable mode of dressing it. During process of boiling, rice should be attentively watched, that it be not overdone, as, if this is the case, it will have a mashed and soft appearance.

Salsify or Vegetable Oysters.—Wash thoroughly, scrape off skin with a knife, cut across in rather thin slices, stew until tender in water enough to cover them, with a piece of salt codfish for seasoning. Before sending to table, remove codfish, thicken with flour and butter rubbed together, toast slices of bread, put in dish, and then add the vegetable oyster. This method gives the flavor of oysters to the vegetable, and adds much to its delicacy. Or, after stewing until tender in clear water, mash, season with pepper and salt, and serve. Or for *Fried Salsify*, parboil after scraping off outside, cut in slices, single-bread and fry in lard; or some let stand an hour in Tarragon Vinegar after parboiling, then drain, dip in batter and fry. Or *On Toast*, slice crosswise five or six good-sized plants, cook till tender in water enough to cover, then add a pint or more of rich milk mixed with one tablespoon flour, season with butter, pepper and salt, let boil up and pour over slices of toasted bread; or for *Salsify Soup*, add three pints milk, or half milk and water, season and serve with crackers like oyster soup; a little codfish added gives more of oyster flavor. For *Scalloped Salsify*, boil as above, cut in short pieces, make half as much sauce with cream, seasoning with anchovy sauce and pepper; toss the salsify in this for a minute and then put it in a shallow dish that has been buttered and covered thickly with bread crumbs. Squeeze a few drops of lemon juice over, cover with crumbs and brown in oven; or the salsify may be first rubbed through colander. For *Salsify Cake*, make same as Parsnip Cake. For *Salsify Fritters*, scrape, boil, drain and mash; add beaten egg, salt, pepper, four tablespoons cream and flour enough to make batter that will drop from end of spoon. Fry as directed in Fritters. When scraping salsify it is well to drop it in cold water in which there is a little vinegar as salsify darkens so very quickly by exposure to air.

Spinach.—Look over spinach, wash in three or four waters, pinch off leaves, boil in saucepan without water for thirty minutes, covering closely, drain in colander and cut with a knife while draining; season with pepper, salt and a little butter, boil two eggs hard and slice over the top; serve hot. Or *On Toast*, when boiled soft, rub through sieve, then put in frying-pan, with a lump of butter, season with pepper and salt. When hot, beat in two or three tablespoons rich cream and teaspoon sugar. Put

Spinach on Toast.

thin slices of buttered toast (one for each person) on dish and on each piece put a cupful of spinach neatly smoothed in shape, with the half of a hard boiled egg on the top, cut part uppermost as illustrated. Or cook like Dandelions with salt pork or meat. Or to better preserve color cook in boiling salted water, then place in cold salted water and when wanted, rub through puree sieve and serve, dressed with any sauce or seasoning wished. A *Puree of Lettuce* is made and served in same way.

Summer Squash or Cymlings.—These are better when young and tender, which may be known by pressing the nail through the skin; do not peel or take out seeds, but boil whole or cut across in thick slices; boil in as little water as possible for one-half or three-quarters of an hour, drain well, mash and set on back part of stove or range to dry out for ten or fifteen minutes, stirring occasionally; then season with butter, pepper, salt and a little cream. If old, peel, cut up, take out seeds, boil and season as above. For *Fried Summer Squash*, take a tender one, cut in slices, skin and all, dip in water then in flour, or single-bread or dip in batter, and fry in hot lard. These taste like Egg-plant; or for *Squash Patties*, steam till tender, take up and mash to a pulp, let cool a little, season with pepper, salt, butter and add flour until stiff, two eggs and a little sweet milk; make in little cakes or drop in hot lard and fry brown. *Ochra* prepared as above and fried is splendid. *Lima Beans* also, only leave out the flour and put on pie pans and bake.

Winter Squash.—Cut up, take out inside, pare pieces and stew in as little water as possible, cook an hour, mash in kettle, and if watery, let stand on the fire a few moments, stirring until dry; season with butter, cream, salt and pepper; be careful that it does not burn. For *Baked Squash*, cut in pieces without paring, bake and just before done season with bit of butter, salt, sugar and pepper, if used, on each piece, and serve hot. Or they may be cooked in a steamer, dressed as in second recipe, and served in the shell, or scraped out, put in pan, mashed, and then seasoned with butter, cream, salt, sugar and pepper, made hot and served. As shell is often so very hard an easy way is to put a whole squash in a steamer, after washing off outside, and let steam half an hour. That softens the shell sufficiently, and it can be cut in strips about the width of two fingers. Place in baking pan, finish as above or rub with a a brush dipped in butter and sprinkle with a little salt and sugar. Bake without burning, using greased paper if necessary. For *Fried Squash*, pare and cut in pieces, steam till tender, salting while steaming; place in hot frying-pan with butter, sprinkle with sugar and fry brown; a little cream may be added while frying. For *Squash Cakes*, take any cooked squash, mash, and to a pint, add one egg, cracker-crumbs till stiff enough to shape, season with salt and pepper, add teaspoon sugar, make into cakes and fry in frying-pan. These are delicious. A little butter may be added if wished.

Succotash.—Take pint of shelled lima beans (green), wash, cover with hot water, let stand five minutes, pour off, place over fire in hot water, and boil fifteen minutes; have ready corn from six good-sized ears, and add to beans; boil half an hour, add salt, pepper and two tablespoons butter. Be careful in cutting down corn not to cut too deep, better not cut deep enough and then scrape; after corn is added, watch carefully to keep from scorching. Or, *With Meat*, boil pound salt pork two hours, add beans, cook fifteen minutes, then add corn and finish as above, omitting butter. Or, string beans may be used, cooking two hours before adding corn; or *With Meat*, put beans on with meat, then finish as above. For *Winter Succotash*, wash pint lima beans (dried when green) and one and a half pints dried corn; put beans in kettle and cover with cold water; cover corn with cold water in a tin pan, set on top of kettle of beans so that while the latter are boiling the corn may be heating and swelling, or soak corn overnight; boil beans fifteen minutes, drain off, cover with boiling water, and when tender (half an hour) add corn, cooking both together half an hour; five minutes before serving, add salt, pepper and a dressing of butter and flour rubbed together, or half teacup cream or milk thickened with tablespoon flour. Or parboil quart dry white beans in soda water. Cook slowly in a separate vessel two-thirds as much dried sweet corn. Pour off soda water from beans and put them over fire in cold water, with a small piece salt pork. Let them boil about three hours, adding hot water to prevent burning. When nearly done, add corn, a trifle of red pepper, a small piece of butter, and a tablespoon sugar. The pork makes it salt enough.

Baked Tomatoes.—Take nice large tomatoes; wash and wipe dry; cut in halves; lay in baking dish with rind down, so the juice will not run out; put a little piece of butter on each half, sprinkle over some salt and pepper, then sift with flour and sugar to make them brown; put a little water in to keep from burning and bake until done. Eat warm; or cut in slices, season as above and cover with a layer of bread-crumbs. Or into quart cold, stewed tomatoes, beat two eggs, two tablespoons bread-crumbs, tablespoon chopped parsley, and a little pepper and salt. Bake twenty minutes in a quick oven. For *Stuffed Tomatoes*, cut a thin slice from blossom side of twelve solid, smooth, ripe tomatoes, with a teaspoon remove pulp without breaking the shell; take a small, solid head of cabbage and one onion, chop fine, add bread-crumbs rubbed fine, and pulp of tomatoes, season with pepper, salt and sugar, add a teacup good sweet cream, mix well together, fill tomatoes, put the slice back in its place, lay them stem end down in a buttered baking dish with *just enough* water (some cook without water), with a small lump of butter on each, to keep from burning, and bake half an hour, or until thoroughly done; place a bit of butter on each and serve in baking dish. They make a handsome dish for a dinner table. Some

omit cabbage and cream; or a little finely chopped cooked meat may be added; or cut six tomatoes in halves, remove pulp and fill inside with a mixture of bread-crumbs, and grated Parmesan cheese seasoned with pepper and salt; place a small piece of butter on each half tomato, and lay them close together in a well-buttered tin. Bake in a slow oven about half an hour, and serve with the liquor that comes from them when cooking, or a nice rich gravy may be poured over them. Or any stuffed tomatoes may be *Fried* carefully or they are delicious *Braised.*

Fried Tomatoes.—Peel tomatoes and cut crosswise in large slices, salt and pepper, dip each slice into flour, then into beaten egg, and fry at once in hot lard; serve hot. A cup of milk is sometimes thickened with a little flour and butter, boiled and poured over them; or cover with a White Sauce, or with a gravy made by browning tablespoon flour in pan in which tomatoes were fried, adding milk till of a creamy consistency. Or single-bread them and fry in frying-pan, turning to brown both sides. Some do not pare them and others remove the seeds. *With Peppers*, peel a dozen ripe tomatoes, and fry in butter, with two or three sliced green peppers; sprinkle with little salt, add sliced onion and cook well together. A nice way to serve fried tomatoes is in center of dish with chops at each end. For *Fried Green* Tomatoes, take nice smooth green tomatoes, wash, slice, and sprinkle over a little salt, let stand five minutes, drain, roll in meal, and fry in butter. Serve hot.

Scalloped Tomatoes.—Scald and skin half a peck of firm, ripe tomatoes. Cut in slices; take quart bread-crumbs, half pint butter, two tablespoons sugar, teaspoon salt, half of pepper, and one onion chopped very fine. Put into a buttered, earthen baking dish a layer of bread-crumbs, upon which place a layer of sliced tomatoes; upon these place a few bits of the butter, a little of the chopped onion, and a sprinkle of the pepper, sugar and salt. Now another layer of the bread-crumbs, etc., and so alternate until dish is full, with last layer bread-crumbs, dotting it over with small pieces of butter, and dusting it with pepper and salt. Place in a good oven and bake one hour. The onion may be omitted, or onions prepared by soaking overnight in hot water, dried well, sliced in nearly half-inch slices, and browned on both sides in a frying-pan with butter, may be added, a layer on each layer of tomatoes. Some use bread cut in small pieces instead of the crumbs. For *Sliced Tomatoes*, scald a few at a time in boiling water, peel, slice, and sprinkle with salt and pepper, set away in a cool place for half an hour, or lay a piece of ice on them. Serve as a relish for dinner in their own liquor. Those who desire may add vinegar and sugar. Some peel without scalding in order to keep them as firm as possible.

Stewed Tomatoes.—Scald as above, peel, slice and cut out all defective parts; place a lump of butter in a hot skillet, put in toma-

toes, season with salt and pepper, keep up a brisk fire, and cook as rapidly as possible, stirring with a spoon or chopping up with a knife (in the latter case wipe the knife as often as used or it will blacken the tomatoes). Cook half an hour. Serve at once in a deep dish lined with toast. When iron is used, tomatoes must cook rapidly and have constant attention. If prepared in granite or porcelain, they do not require the same care. *With Vinegar*, just before dishing add two tablespoons vinegar to a quart or two of tomatoes. *With Gravy*, leave them whole, put in a large-bottomed saucepan and add to seven or eight tomatoes, half pint good gravy, stew gently, turning them carefully once or twice to thoroughly cook them; when done, add a little thickening of flour and butter rubbed smooth, let boil up once and serve. For *Tomato Toast*, run a quart stewed ripe tomatoes through a colander, place in a porcelain stewpan, season with butter, pepper and salt and sugar to taste; cut slices of bread thin, brown on both sides, butter and lay on a platter, and just before serving add a pint good sweet cream to stewed tomatoes, and pour them over toast. For *Tomatoes With Eggs*, peel skins from twelve large tomatoes. Put four spoonfuls butter in a frying-pan; when hot, add one large onion chopped fine; let it fry a few minutes, add tomatoes, and when nearly done, six eggs well beaten. *With Meat*, quart ripe tomatoes or one can, pint cold boiled beef chopped not too fine, butter the size of an egg, half pint liquor in which beef has been boiled, salt and pepper to taste; add a small-sized onion, chopped fine; place in the oven and bake slowly one hour. *With Onions*, slice two large onions, quart tomatoes, cook and season with pepper, salt, butter, thicken with bread. Just before serving add half cup either sweet or good sour cream. If tomatoes are taken from fire before adding cream it will not curdle. *With Rice*, scald and peel six ripe tomatoes, scald cup rice, and put both together in a pan; add tablespoon sugar, a little salt pepper, and water enough to bring the rice to consistency of plain boiled rice when done, and stew till latter is tender. Season with butter before serving.

Baked Turnips.—Take whole turnips, wash well, but do not peel, cut slice off top, place in oven and bake; when done serve in the skin; they can be seasoned and eaten right out of the shell the skin forms. The white turnips are best for this. Or peel, slice and bake; or peel either white or yellow, latter known as ruta-bagas, cut in small slices, dice are nicest, and boil in boiling salted water till tender; drain, put in an earthen baking dish and cover with a White Sauce made of milk or water, add a layer of bread or cracker-crumbs and dot with bits of butter and brown in oven. Cold boiled turnips can be used as above and either make a very nice dish.

Fried Turnips.—Cut ruta-bagas in slices about three-eighths of an inch thick, steam until very near tender, take them out into

a frying-pan containing a little lard, or butter is better, and fry until a nice brown; turn, and brown the other side. Salt while frying and serve hot. White ones can be cooked same. Or for *Fricassed Turnips*, prepare as for white or yellow as above; when brown, add to a scant quart of slices a tablespoon sugar, mix well, then put in cup stock and place pan on back of range to cook slowly till turnips are done. Prepare a saucepan with a tablespoon butter, mix in half tablespoon flour and add a little stock; when mixed add the turnips and sauce, let boil up once and serve. Boiling water may be used in place of stock, but it will not make so rich a dish.

Diced Turnips.—Pare, slice, cut in dice an inch square, boil till nearly done, in as little salted water as possible; to one quart turnips, add tablespoon sugar, and season as needed; when boiled as dry as possible, add two tablespoons cream and a beaten egg, and serve. This is very nice; or peel and cut in small balls or any fancy shape wished and boil as above adding a little butter to the water; when tender, drain, place in dish and pour over a White Sauce; adding a little sugar to latter gives a richer flavor.

Mashed Turnips.—Wash, peel, cut in thin slices across the grain, and place in kettle in as little water as possible; boil from half to three-quarters of an hour or until you can easily pierce them with a fork; drain well, season with salt, pepper and butter, mash fine and place on stove, stirring frequently until water is all dried out. Boil rapidly as they are much sweeter when cooked quickly. Turnips may be steamed and finished as above, and are better than when boiled. Serve *very hot* as this is very important with turnips however cooked. The yellow variety take a longer time to cook but are much liked by those who use them. *With Eggs*, mash as above, and mix with an equal quantity of beaten eggs; set back on stove, and stir until eggs are a little cooked. For *Pickled Turnips*, wash clean before boiling but do not pare them. If the rind is broken the juice escapes. When cooked take off the outside, slice them like beets and pour hot spiced vinegar over them. They are to be eaten when newly cooked and warm, and are liked by some as well as Pickled Beets. For *Turnip Greens*, wash greens well in two or three waters, and pick off all the decayed and dead leaves; tie in small bunches, and put into plenty of boiling salted water. Keep boiling quickly, with lid of saucepan uncovered, and when tender, pour in colander; drain well, arrange in dish, remove strings and serve.

Boiled Dinner.—Put meat on, after washing well, in enough boiling water to just cover; as soon as it boils, put kettle on stove where it will simmer or boil very slowly; cook until almost tender, then put in vegetables in following order: Cabbage cut in quarters, turnips of medium size cut in halves, and potatoes whole, or if large

cut in two; peel potatoes and turnips, and allow to lie in cold water for half an hour before using. The meat should be well skimmed before adding vegetables; boil together until thoroughly done (adding a little salt before taking out of kettle), when there should be left only just enough water to prevent burning; take up vegetables in separate dishes, and lastly the meat; if there is any juice in kettle, pour it over cabbage. Boil cabbage an hour, white turnips and potatoes half an hour, ruta-bagas an hour and a half to two hours. A soup plate or saucer turned upside down, or a few iron tablespoons are useful to place in bottom of kettle to keep meat from burning. Parsnips may be substituted in place of cabbage and turnips, cooking them three-quarters of an hour, and some think a boiled dinner incomplete without onions and squash, cooking them separately and steaming the latter is better. For *Vegetable Hash*, chop, not very fine, the vegetables left from a boiled dinner, and season them with salt and pepper; place in dripping pan, add bits of butter and heat in oven; or to each quart chopped vegetables add half cup stock and tablespoon butter. Heat slowly in the frying-pan. Turn into a hot dish when done, and serve immediately. If vingear is liked, two or more tablespoons of it can be stirred into the hash while it is heating.

Vegetable Stews.—These are of German or Swiss origin, and if well prepared are excellent. For a *Cabbage Stew*, take as much as needed, quarter, core and boil till fairly done, but not tender; then skim out into a large pan of clear, cold water. Let it cool and drain; press in colander or with the hands, then cut it fine or coarse just as liked; meantime put on stove a kettle or saucepan—a deep frying-pan will do—with butter and drippings, half and half, rather more than for frying same amount potatoes, and add a minced onion or two. When it is slightly browned dredge with a tablespoon of flour to a quart of cabbage; it should be rather moist. Pepper and salt to taste, stir frequently and cook slowly from half to three-quarters of an hour. Never put a cover on any of these vegetable stews while cooking as it would cause the thickening to settle to bottom and burn, while the evaporating process that gives it flavor would be checked. If to guard against flies, a cover is necessary, use a wire one. For *Bean Stew*, put a teacup picked and washed white beans into just such a foundation as directed for Potato Stew, only the beans must be put on to cook three or four hours before dinner and need more water than potatoes. Do not cover. *Pea Stews*, either with dried or split pease, are very good cooked in this way, though most people prefer to use smoked bacon for the fat part of the foundation for pease. In any of these stews, pork, salt or fresh can be used as fat instead of butter, lard or drippings. Carrots, parsnips, turnips, egg-plant, tomatoes, cauliflower or any vegetables can be stewed thus, making a variety of most wholesome and inexpensive dishes. Something similar to these stews is the *Pepper Pot:* After washing thoroughly

place pound and three-quarters of honey-comb tripe in kettle with a two pound knuckle of veal and two quarts cold water; when boiling, skim and then simmer slowly for six or seven hours, adding boiling water as needed. When done, strain, let stand overnight, remove fat and put the stock in kettle; then add half a red pepper, cut in strips, tablespoon minced parsley and a medium-sized onion, chopped fine, and simmer three-quarters of an hour. Make a thickening of a tablespoon or two of the fat taken from soup with two tablespoons flour, stirring it smooth with a little of the broth from kettle; add this, stirring in well and then add two or three medium-sized raw potatoes, chopped fine, with the tripe and veal cut in inch squares, cook five minutes, add some tiny Suet Dumplings, and after cooking fifteen minutes, serve. This makes a delicious stew and if more of a soup is wished use four quarts water instead of two.

Winter Vegetables.

As vegetables are such a necessary part of our winter diet, it is essential to know the better ways of keeping them as nearly perfect as possible. Canning gives good results but it is considered by many quite an arduous task to can, so we give below methods of preserving in salt, drying, etc., that are claimed to be never failing.

Beans in Brine.—Wash, string, and cut up the pods, as if preparing for immediate cooking; take a large earthen vessel or water-tight cask, sprinkle a layer of salt at the bottom, then fill up with alternate layers of cut beans and salt; when the vessel is quite full, place a wooden plate on the top layer of salt, with a weight on it to press the whole mass well down. After standing a few days the vessel will be found little more than half full; it can then be filled up with more cut beans and salt, and the process repeated till quite full. Place a liberal layer of salt on the top, put the wooden plate and weight on, and set in a cool place till required. Or string fresh green beans, and cut down the sides till within an inch of the end, boil in water fifteen minutes, take out and drain; when cold, pack in a stone jar, first putting two tablespoons salt in bottom, then a quart of beans, sprinkle with a tablespoon salt, put in layer after layer in this way till the crock is full, pour over a pint of cold well-water (if not filled the first time, beans may be added until filled, putting

in no more water after this pint), put on a cloth with a plate and weight, set away in cool place, and in about a week take off cloth, wash it out in a little salt water (there will be a scum upon it), put back as before, and repeat operation at end of another week; then pack away, and when wanted for use, take out the quantity wanted and soak for half an hour, put in pot in cold water with a piece of fresh pork, cook half an hour, season with pepper and a little salt if needed; or cook without pork, and season with butter and pepper; or some fill the crock with the cooked beans and then cover with a strong brine made as for cucumbers. Or for *Dried String Beans*, string and cut as for cooking and dry like corn. To use soak and cook as fresh ones.

Dried Sweet Corn.—Take it when it is in good roasting ears, gather it fresh or if dependent on market, engage before and ask to have it freshly picked. After silking carefully, cut from the cob, being careful not to cut too close to cob, then take back of knife and scrape the ear; as soon as there is sufficient put in pans lined with brown paper (about an inch deep of corn) and place in not too hot an oven, watch carefully stirring occasionally and when *thoroughly heated* place on a cloth-covered table, or boards, out in the sun, protect from flies with mosquito netting, nothing thicker, not always necessary to use anything, as the more quickly it is dried the sweeter it will be. In the course of an hour or two or even less, return to pans and reheat, watching carefully it does not burn. In the meantime keep heating the fresh; it is better not to cut more than can be placed in oven at once as the sooner corn is dried after being cut the better it is; keep reheating and spreading out in sun as often as possible, four or five times during the day, as this method insures the most perfect of dried sweet corn. Continue with each lot till the grains rattle; when done, reheat, and when cool put in paper sacks tied securely to protect from flies and keep in a dry cool place. Or the corn may be left out in sun all day taking in before sunset, (never leave it out too late to gather dampness), and then reheated in morning and placed out again, continuing this till thoroughly dried. Or some dry in moderate oven on plates, not placing in sun at all, but this necessitates great watchfulness. The easiest and safest way, without risk of scorching is to prepare like the *New Process Dried Corn;* secure corn as above and after cleaning place the ears in a large steamer over the fire (one can be improvised by using a wash-boiler, with cover, putting in pieces of hardwood in the bottom and placing a dripping pan on them or a piece of tin with holes in it), let remain a short time, only long enough to set the milk; then cut about two-thirds depth of the kernel from cob with a very sharp knife and with back of knife scrape the inside of the rest of the kernel from the cob. Have clean sheet or table-cloth laid on boards in the sun and as soon as a small quantity is prepared, place immediately on boards and continue above

process till all is cut. A good drying day will nearly dry the corn sufficient to place in oven to finish in the evening, but it often happens that the day is not such; then place the cloth with the corn on it on tables or on a clean floor in a vacant room overnight, and put out in sun next day. Continue to do this till it is thoroughly dry, then place a thick paper in a dripping pan, pour in corn and put in a warm oven till corn is so hot it cannot be touched with the finger. While in stove watch constantly to keep from scorching or becoming brown, and finish as above. For *Corn in Brine*, select nice large ears just right for eating, remove all husks except inside row, place a layer of salt in a barrel, (a hard-wood one is better) then layer of ears of corn, then salt, etc., till all is used; add enough water to form a brine, and cover with board, cloth and weight as for Cucumbers in Brine. Corn may be added during the season, caring for the covering as directed in Pickles. To use, freshen overnight and cook as new corn. For *Cut Corn in Brine*, scald corn just enough to set the milk, cut from cob and to every four pints corn add pint salt, mix thoroughly, pack in jars, and cover with a cloth and weight; when wanted for use put in a saucepan or kettle, cover with cold water; as soon as it comes to a boil pour off and put on cold again, and repeat until it is fresh enough; when tender, add a very little sugar, sweet cream, or butter, etc., to taste and serve. Or Corn may be steamed instead of being scalded, and some use one-fourth or even one-third salt, soaking overnight or longer, if necessary, before cooking.

Hulled Corn.—This old fashioned luxury is really a delicious dish when properly prepared. Take a six-quart pail full of ashes (hard wood ashes if possible as they are stronger); put them into an iron kettle with three gallons water; let boil about five minutes, then set off from fire, and turn in a pint of cold water to settle it. The water should then feel a little slippery. Turn off lye and strain; put it into an iron kettle, and put in six quarts shelled corn; put it over a brisk fire, and let boil half an hour, skimming and stirring frequently (the outside skin of the kernels will then slip off); strain off lye, and rinse thoroughly in several clear waters. When the lye is thus weakened, turn corn into a large pan and turn in water enough to cover it; then rub thoroughly with the hands, till the black chits come off; rinse and strain off till water looks clear; then put back into a clean kettle, with water enough to cover it, and let it boil; then turn off water, put on again, and parboil three or four times (it will swell to about double the first quantity); the last time boil till quite soft; it may be necessary to add water occasionally; stir often so as not to burn at bottom of the kettle; when quite soft, put in two large tablespoons salt, and stir well; to be eaten with milk, or butter and sugar. It is a wholesome dish, and although there is trouble in preparing it, yet it is good enough to pay for the labor

and trouble. It is good either hot or cold, and was considered by our grandparents to be one of the greatest luxuries of the table. Smaller quantities may be prepared by using less lye and corn. Or *With Soda*, cover two quarts ripe corn with water, add a tablespoon soda, and boil until the hull slips off. Then wash and boil three or four different times, adding salt the last time. Serve as above.

Dried Green Pease.—Shell green pease, and boil until about half done in a little salted water. Take out and spread upon plates and dry in the oven. *Dried String Beans* prepared in same way.

Dried Pumpkin.—Peel, cut in pieces and stew as for pies; then spread very thin on greased plates and dry. Make into pies as directed in Pastry. Prepare peaches in same way, making what is known as *Peach Leather*. Pumpkin may also be cut in rings, peeled and dried; when wanted for use cook till soft and use as fresh pumpkin.

Ripe Tomatoes in Brine.—Make strong brine in barrel as for Cucumbers, and put in tomatoes; cover but do not put a heavy weight on them as it will bruise them. To use, soak overnight, then prepare as fresh tomatoes. *Tomatoes in Lard*, wipe nice tomatoes dry, and pack a small stone jar two-thirds full; fill up with good lard and cover. To use, wash them in hot water. For *Tomatoes in Vinegar*, take a crock or jar, as large as wanted and fill with tomatoes, washed nice and clean, cover them with strong brine, one week; then pour off and cover with vinegar, put a light weight on and set them in the cellar; when wanted, slice them and sprinkle sugar and pepper over them. These will keep till spring.

Vegetable Medley.—Take a tight iron-hooped barrel, put in a strong brine and add the different vegetables as received, quartering the cabbage, stringing the beans and husking and silking the corn, or the inner husk may be left on. Vegetables may be put in from time to time, being very careful all are *kept well* under brine, and tie a cloth over barrel to keep out dust. Smaller vegetables such as pease, shelled beans, etc., may be put in cheese-cloth sacks. To cover the top of brine it is nice to have a barrel head small enough to slip into barrel, with strips nailed across it to hold it together and a handle with which to lift it out. Soak vegetables overnight when wanted for use. *Water-melon Rinds* may be prepared and put up this way, and made into preserves when wanted. *Peaches* may also be kept thus and pickled as wished. If the brine evaporates make more and keep plenty in the barrel. Great care must be taken not to bruise vegetables put up in this way.

A YEAR'S BILL OF FARE.

The following arrangement of Bills of Fare for every day in the year has been made with especial reference to convenience, economy, and adaption to the wants of ladies who are so fortunate as to be obliged to look after their own kitchens—not for those who employ professional cooks. The recipes referred to are all contained in this book, and may be quickly found by reference to the alphabetical index. The bills of fare are not, of course, arbitrary, but are intended to suggest such a variety as will meet the wants of the whole family. The arrangement was made for a year beginning with Thursday. When the current year begins earlier, the last days of December may be used to precede those here given for January, and the dates changed on the margin with a soft pencil, so that they may be readily erased and changed again for subsequent years. A daily references to these pages will, we feel sure, save the housewife much puzzling over the question, "What shall we have for dinner?"

For the sake of brevity, coffee, tea, chocolate, lemonade in hot weather, and milk in cold weather, have not been mentioned in the bills of fare. They are of course appropriate to any meal, and are to be used according to taste. Soup as a regular dinner course, is always in order, following oysters raw when the latter are in season. Soups vary in name far more than in quality. Much of the slop served as soup *a la* this, that and the other, would not, except for the name, be recognized as something to be taken into the human stomach. This, however, may be a matter of small importance when a bountiful dinner of good things is to follow, but in cases where healthy stomachs are demanding supplies, a really good soup, with or without name, is heartily relished, and is very wholesome as preparing the way for more solid food. In any family where soup is relished a sufficient supply may be made daily, or as often as desired, with but little trouble and trifling addition to the regular expenses.

Fresh fish, as a separate course, comes next in order. Large fish of some sort are usually considered most elegant, either baked or boiled, for dinner, and they are really nice when they can be procured freshly killed and dripping with their native waters.

Bread is always an accompaniment of every course at dinner, bread and butter being more properly a part of dessert. Cheese is to most persons a pleasant tit-bit at dessert, and pickles, of one or another variety, appropriate to the dishes served, are seen on the table at nearly every meal.

On Sunday, in most families, the dinner is delayed until two or three o'clock and the supper omitted entirely, and in winter when the days are short, especially in the more northern states, two meals a day is the rule for every day. In large cities, too, where business hours are fewer, and the men of the household lunch down town on account of the distance residences are from business, the dinner is delayed until later in the day, and the bill of fare varied accordingly.

Fruits, in their natural state, are too much neglected at the table of people in moderate circumstances. Pies, puddings and other compounds, made partly of fruit, are generally less wholesome and really less palatable than the fruit itself in a natural state or with some simple dressing. In most localities berries in their season are not costly. Strawberries, fresh, ripe and luscious, for breakfast, dinner and supper, can not be substituted by any thing more agreeable and refreshing, and as the season for this fruit is always short it is scarcely possible to weary of them. Scarcely less delicious are the raspberries, blackberries and huckleberries which follow soon. Then come ripe water-melons, cantelopes, nutmeg and musk melons and grapes, peaches and pears. Those who raise their own melons will need no instruction on the subject of serving and eating them. After the fruit is well grown, a good shot-gun and a keen eye on the "patch" is all that is necessary to secure a ripe crop. But to the dainty housekeeper who must buy her melon after a week or two of shipping, reshipping, transporting and handling, until it has cost nearly its weight in gold, the best instructions are: Get your melon as fresh as possible; let it remain on ice several hours or all night; if it cuts crisp, and has ripe seeds and tastes well flavored, cut the ends off and set up on a dish; divide both halves through the middle and serve in long slices or cut in rings, passing a waiter to receive the rinds; or pare the melon entire, put on platter, and place before the host to serve in rings or slices. But if the meat of the melon appears wilted or withered, or is not perfectly ripe, pass it to the four-footed beasts, where it should have gone in the first place. Those who can afford the more costly tropical fruit, such as bananas and pine-apples, should slice them as thin as possible, place in the prettiest and shallowest glass fruit-stands, and cover well with sugar for some time before serving.

Suggestions for the tasteful decoration of the table will be found under "The Dining Room."

Bill of Fare for January.

1. *Breakfast*—Waffles, broiled steak, fried apples. *Dinner*—Roast duck, apple sauce, a brown stew, mashed turnips, baked sweet-potatoes, celery; prairie plum pudding with prairie sauce, fruit cake, oranges. *Supper*—Light biscuit, whipped cream with preserves, sliced beef. For more elaborate bill of fare see that for New Year's.

2. *Breakfast.*—Corn muffins, broiled fish, fried raw potatoes. *Dinner*—Macaroni soup, salmi of duck, roasted potatoes, oyster salad, canned pease, celery sauce; pumpkin pie. *Supper*—Toasted muffins, shaved dried beef, tea, rusk, baked apples.

3. *Breakfast*—Cracked wheat, pig's feet souse, breakfast potatoes. *Dinner*—Boiled bacon with cabbage, potatoes, turnips, carrots, onion sauce, chicken pie; bread pudding with sauce. *Supper*—Biscuit, cold bacon shaved, bread and milk, sponge cake and jelly.

4. *Sunday. Breakfast*—Buckwheat cakes, croquettes of sausage meat, breakfast hominy. *Dinner*—Roast turkey, mashed potatoes, Lima beans, cranberry sauce, celery; mince pie, ambrosia, cake. *Supper*—Cold biscuit, sliced turkey, cranberry jelly, apple sauce.

5. *Breakfast*—Graham cakes, fried tripe, potato cakes. *Dinner*—Escalloped turkey, baked potatoes, pickled beets; cottage pudding, cake. *Supper*—Dried beef frizzled, hot buns, fried apples.

6. *Breakfast*—Graham gems, broiled mutton, potatoes *a la* pancake. *Dinner*—Turkey soup, roasted beef with potatoes, stewed tomatoes, celery; rice pudding, fruit cake. *Supper*—Cold buns, sliced beef, Indian pudding (corn meal mush) and milk.

7. *Breakfast*—Buttered toast, fried mush and maple syrup, fried liver. *Dinner*—Meat pie with chili sauce, mashed turnips, stewed corn; apple dumplings with sauce, cake. *Supper*—Tea rolls, sardines with sliced lemon, rusk, jelly.

8. *Breakfast*—Beat biscuit broiled steak, ringed potatoes. *Dinner*—Baked chicken garnished with fried oysters, potatoes in their jackets, cranberry sauce, tomatoes, slaw; molasses pudding, lady fingers. *Supper*—Cold biscuit, boned chicken, sponge cake, canned peaches.

9. *Breakfast*—Toast, fried fish, potatoes fried. *Dinner*—Stuffed baked rabbit, whole boiled potatoes, salsify stewed, celery sauce; apple float, pumpkin pie, cake. *Supper*—French rolls, cold tongue, sliced oranges.

10. *Breakfast*—Bread puffs, broiled sausage, whole potatoes fried. *Dinner*—Saturday bean soup, fried mutton chops, plain boiled rice, baked potatoes, beef salad; March pudding with sauce. *Supper*—Plain bread, bologna sausage, jelly cake.

11. *Sunday. Breakfast.* Baked beans and brown bread, fried potatoes. *Dinner*—Roast goose, steamed potatoes and turnips, slaw, onion sauce, plum jelly; mince pie, chocolate tarts, oranges, zufolos. *Supper*—Cold biscuit, cold goose, apple jelly.

12. *Breakfast.*—Oatmeal porridge, hashed goose with gravy, plain bread *Dinner*—Roast mutton, potatoes, canned peas, caper sauce; delicious lemon pudding, sponge cake. *Supper.*—Graham gems, sliced mutton, currant jelly.

13. *Breakfast*—Corn batter cakes, croquettes of mutton or *pates* hot with gravy. *Dinner*—Boiled beef with soup, potatoes, parsnips, chili sauce; baked custard, jelly cake. *Supper*—Dry toast, sliced beef, canned fruit.

14. *Breakfast*—Stewed kidneys, Graham bread, fricassed potatoes. *Dinner*—Oyster pie, potatoes, tomatoes, salsify, celery; apple fritters with sugar.

15. *Breakfast*—Sally Lunn, hash, cracked wheat and cream—*Dinner*—Roast duck, potatoes, winter succotash, onions baked, celery; cocoanut pudding, oranges, jelly cake. *Supper*—Toasted Sally Lunn, cold duck, plain rice with cream.

16. *Breakfast*—Rice cakes, spare ribs broiled, fried raw potatoes. *Dinner*—Baked fish, canned corn, tomato sauce, fricassee of salmon or halibut, baked potatoes; tapioca pudding. *Supper*—Warm rolls, pressed meat, orange short cake.

17. *Breakfast*—Waffles, mutton chops broiled, potatoes fried. *Dinner*—Chicken pot-pie, canned beans, celery; peach rolls, oranges. *Supper*—Tea rolls, sliced and toasted bologna sausage, apples.

18. *Sunday. Breakfast*—Muffins, broiled steak, stewed tomatoes. *Dinner*—Roast pork with parsnips, molded potatoes, apple sauce, celery; cold apple pie, rice snow. *Supper*—Muffins, cold chicken, canned fruit, light cake.

19. *Breakfast*—Fried sausage, buckwheat cakes, duchesse potatoes. *Dinner*—Roast beef, baked potatoes, tomatoes, beet salad; apple dumplings with sauce, cake. *Supper*—Cold rolls, sliced beef, stewed apples, mush and milk.

20. *Breakfast*—Plain bread, fried mush, pig's feet souse. *Dinner*—Boiled leg of mutton with soup, potatoes, boiled tongue dressed, canned corn, cel-

ery sauce; pumpkin pie, cake. *Supper*—Hot biscuit, cold tongue, apple fritters with sauce.

21. *Breakfast*—Hot rolls, mutton croquettes, flannel cakes. *Dinner*—Meat pie, baked sweet potatoes, canned succotash, cabbage salad; hot peach pie with cream. *Supper*—Cold biscuit, sliced tongue, buns, apples and coventry tarts.

22. *Breakfast*—Corn cakes, broiled steak, potatoe croquettes. *Dinner*—Roast duck, potatoes, salsify, onion salad, cranberry jelly; bread pudding with sauce. *Supper*—Beefsteak toast, cold duck, currant jelly.

23. *Breakfast*—Buckwheat cakes, broiled fish, potato balls. *Dinner*—Oyster pie, mashed potatoes, baked beets, celery sauce; chocolate pudding, oranges. *Supper*—Light biscuit, cold pressed meat, bread and milk.

24. *Breakfast*—Breakfast wheat, broiled spare ribs, tomato sauce. *Dinner*—Boiled ham with cabbage, potatoes, parsnips, carrots, beets; warm pie of dried fruit. *Supper*—Hot rolls, shaved ham, fried apples, cream crisps.

25. *Sunday. Breakfast*—Muffins, broiled tenderloin, vegetable hash. *Dinner*—Stewed Oysters, roast turkey with potatoes, turnips, Lima beans, apple sauce, celery; mince pie, bavarian cream. *Supper*—Muffins, cold turkey, canned fruit, tea cakes.

26. *Breakfast*—Corn batter cakes, turkey croquettes, hominy. *Dinner*—Boiled corned beef with turnips, potatoes, carrots; horseradish gravy; sago pudding. *Supper*—Light biscuit, sliced corn beef, baked apples.

27. *Breakfast*—Graham gems, broiled mutton, potatoes. *Dinner*—Escaloped turkey, baked potatoes, split pease, onion salad; Buckeye dumplings with sauce. *Supper*—Toasted gems, *pates* of cold turkey, tea rusk, jelly.

28. *Breakfast*—Gluten cakes, broiled beefsteak, potatoes. *Dinner*—Chicken boiled with soup, whole potatoes boiled, plain boiled rice, cabbage salad; apple pie, cake. *Supper*—Vienna rolls, cold chicken, canned fruit, cake.

29. *Breakfast*—Corn cakes, broiled sausage, fricassed potatoes. *Dinner*—Roast beef, potatoes, chicken salad, cranberry sauce, celery; plain boiled pudding with sauce, cake. *Supper*—Plain bread, cold beef, rice fritters with jelly.

30. *Breakfast*—Oatmeal porridge, panned oysters on toast, fried raw potatoes. *Dinner*—Baked fish, mashed potatoes, mayonnaise of salmon, salsify stewed, cranberry sauce; brown betty, cake. *Supper*—Light biscuit, fish balls, apple fritters with sugar.

31. *Breakfast*—Sally Lunn, pork steak, fried potatoes. *Dinner*—Fillet of beef stuffed and baked, potatoes, cabbage salad, beets; apple tapioca, cake. *Supper*—Toasted Sally Lunn, cold beef, rice blanc-mange.

Bill of Fare for February.

1. *Sunday. Breakfast*—Hot rolls, broiled sirloin steak, saratoga potatoes. *Dinner*—Chicken pie with oysters, roast potatoes, salsify, dried Lima beans, lobster salad, currant jelly; orange pudding, fruit cake. *Supper*—Cold rolls, cold tongue, cake and jelly.

2. *Breakfast*—Corn pone, stewed tripe, potatoes *a la Lyonnaise*. *Dinner*—Baked heart, whole boiled potatoes and carrots, stewed tomatoes; canned fruit and cake. *Supper*—Toasted pone, cold heart sliced, plain bread, quince preserves with whipped cream.

3. *Breakfast*—Buckwheat cakes, broiled sausage, breakfast hominy. *Dinner*—Roast mutton, mashed potatoes, baked macaroni, celery, current jelly; chocolate blanc-mange, sponge cake. *Supper*—Cold mutton sliced, currant jelly, buttered toast, rusk, stewed apples.

4. *Breakfast*—Cerealine cakes, broiled bacon, fried potatoes. *Dinner*—Boiled corned beef with horseradish gravy, whole boiled potatoes and tur-

nips, slaw; hot apple pie with whipped cream, oranges and cake. *Supper*—Toasted Graham bread, cold corn beef sliced, grape jelly, hot buns.

5. *Breakfast*—Broiled fish, corn batter cakes, potatoe rissoles. *Dinner*—Roast beef with potatoes, tomatoes, canned beans, celery sauce; molasses pudding, cake. *Supper*—Cold roast beef, beat biscuit, floating island, tea cakes.

6. *Breakfast*—Broiled oysters on toast, tomato sauce, flannel cakes with honey or maple syrup. *Dinner*—Baked or broiled fish if fresh, or friccased if canned, mashed potatoes, fried parsnips, cabbage salad, apple dumplings with sauce. *Supper*—Creamed codfish, corn mush hot with milk, canned fruit and light cakes.

7. *Breakfast*—Broiled mutton chops, fried mush, scrambled eggs. *Dinner*—Beef soup, whole potatoes boiled, ham boiled, cabbage, parsnips, mixed pickles; cottage pudding with sance, cake- *Supper*—Light biscuit, cold ham shaved, apple croutes, plain rice with sugar and cream.

8. *Sunday. Breakfast*—Sally Lunn, ham balls, fried raw potatoes. *Dinner*—Oyster soup, roast duck, potatoes baked, turnips mashed, cranberry sauce, celery; orange ice, oranges, iced cakes. *Supper*—Cold Sally Lunn, cold duck, dried apples.

9. *Breakfast*—Breakfast wheat, croquetts of cold meat or broiled bacon with potatoes. *Dinner*—Apple soup, baked potatoes, apple sauce, salmi of duck, pickled oysters, bread and apple pudding with sauce, cake. *Supper*—Light biscuit, ham relish, canned fruit.

10. *Breakfast*—Waffles, broiled steak, breakfast potatoes. *Dinner*—Bouillon, baked chicken, potatoes, salsify, onion sauce, celery; hot peach pie with cream, chocolate cake, oranges. *Supper*—Rolls, cold chicken, apple fritters with sugar.

11. *Breakfast*—Graham gems, fried liver, potatoes. *Dinner*—Mutton soup, boiled mutton with caper sauce, potatoes, canned pease, mixed pickles; boiled fruit pudding with hard sauce. *Supper*—Toasted gems, cold mutton sliced, short cake and jam.

12. *Breakfast*—Hot *pates* of mutton with rich, brown gravy, plain bread, fried potatoes. *Dinner*—Chicken fricassee, boiled tongue dressed, potatoes, boiled onions, tomato sauce; pumpkin pie. *Supper*—Bread biscuit, cold tongue shaved, charlotte cachee cake and floating island.

13. *Breaefast*—Corn muffins, broiled fish, potatoes. *Dinner*—Boiled turkey with oyster sauce, mashed potatoes and turnips, grape jelly, celery; roly poly of dried fruit with jelly sauce, sponge cake. *Supper*—Toasted muffins, cold turkey, currant jelly.

14. *Breakfast*—Buckwheat cakes, broiled spare ribs, potato croquettes. *Dinner*—Escaloped turkey, cranberry sauce, boiled meat with cabbage, potatoes, carrots, pickled beets; apple meringue. *Supper*—Oatmeal porridge, toasted crackers, bologna sausage, fried apples, cakes.

15. *Sunday. Breakfast*—Hot rolls, broiled oysters, potatoes. *Dinner*—Turkey soup, chicken pie with oysters, potatoes, Lima beans, slaw, celery; mince pie, cranberry tarts, oranges, cakes. *Supper*—Cold rolls, sliced dried beef, custard cake and jelly.

16. *Breakfast*—Buttered toast, broiled beef steak, fried potatoes, *Dinner*—Bean soup, roast beef currant jelly, potatoes, turnips; pie. *Supper*—Plain bread, beef steak toast, rice fritters with sugar.

17. *Breakfast*—Corn cakes, hash, fried potatoes. *Dinner*—Roast pork with sweet potatoes or parsnips, pudding of canned corn, pickled beets, apple custard pie, jelly cake. *Supper*—Sardines, sweet buns, preserved fruit with whipped cream.

18. *Breakfast*—Hot biscuit, broiled pork, fried potatoes. *Dinner*—Potato soup, mashed potatoes, salsify, beef steak pudding, celery; chocolate

custard, golden cream cake. *Supper*—Cold biscuit, cold tongue, currant jelly, apple croutes.

19. *Breakfast*—Graham bread, creamed codfish, fried potatoes *Dinner*—Baked stuffed heart, potatoes, tomatoes, celery; corn-stach blanc-mange. *Supper*—Toasted Graham bread, cold heart sliced, dried fruit stewed, zephyr cake.

20. *Breakfast*—Cream toast, fried oysters, plain bread. *Dinner*—Oyster pie, mashed potatoes, baked squash, tomato sauce, slaw; hot peach pie with whipped cream, cake. *Supper*—Light biscuit, marmalade, bread and milk.

21. *Breakfast*—Buckwheat cakes, broiled sausage, hominy. *Dinner*—Saturday bean soup, boiled potatoes, ham boiled, cabbage, carrots, celery sauce; pumpkin pie. *Supper*—Plain bread, shaved ham, lemon fritters with sugar.

22. *Sunday. Breakfast*—Baked beans and Boston brown bread, fried apples and dried corn fritters. *Dinner*—Oyster soup, roast of mutton, baked potatoes, Lima beans, tomatoes, salsify, cranberry jelly, celery, mayonnaise of salmon; mince pie, ambrosia and fruit cake. *Supper*—High rolls, mutton, currant jelly, chocolate blanc-mange, Yule cake.

23. *Breakfast*—Beat biscuit, mutton warmed in butter, or broiled fish, croquettes of cold vegetables. *Dinner*—Beef *a la mode*, mashed potatoes and turnips, boiled rice, cottage pudding, cake. *Supper*—Cold biscuit, dried beef, apple tapioca pudding.

24. *Breakfast*—Rice cake, pigs' feet souse, potato cakes. *Dinner*—Amber soup, chicken pie, stewed onions, turnips, pickled beets; boiled batter pudding with cream sauce. *Supper*—Buttered toast, baked apples and whipped cream, tea cakes.

25. *Breakfast*—Corn batter cakes, broiled bacon, boiled eggs. *Dinner*—Roast turkey, mashed potatoes, turnips, canned pease, cranberry sauce, celery; poor man's pudding, cranberry tarts. *Supper*—Light biscuit, cold turkey, tea rusk, canned fruit.

26. *Breakfast*—Sally Lunn, broiled steak, fried potatoes. *Dinner*—Boiled mutton with soup, mashed potatoes, canned corn, tomatoes, celery, apple sauce; bread pudding with fruit, cocoanut cake. *Supper*—Cold mutton, toasted rusk, jelly.

27. *Breakfast*—Hot rolls, turkey hash and potatoes rissoles. *Dinner*—Turkey soup, baked or boiled fish, meat pie, mashed potatoes, plain rice, salsify; prune pudding with whipped cream, cake. *Supper*—Cold rolls, fish balls, apple fritters with sugar.

28. *Breakfast*—Bread puffs, broiled spare ribs or bacon, creamed potatoes. *Dinner*—Saturday bean soup, boiled shoulder of ham with cabbage, potatoes, parsnips, carrots, pickled beets; lemon pie. *Supper*—Bread and milk hot, cold ham, jelly and cake.

29. *Sunday. Breakfast*—Baked beans and Boston brown bread, fried potatoes, omelet. *Dinner*—Stewed oysters, baked chicken, mashed potatoes, cabbage salad, celery, cheese ramakins; charlotte russe, cranberry tarts, oranges, cakes and nuts. *Supper*—Muffins, cold chicken, grape jelly, cocoanut cake and fruits.

Bill of Fare for March.

1. *Breakfast*—Cream toast, chicken croquettes, boiled eggs. *Dinner*—Beefsteak pudding, stewed salsify, baked potatoes, lobster salad, celery; one-two-three-four pudding, jelly cake, nuts, raisins. *Supper*—Light biscuit, codfish with cream, canned fruit and jelly roll.

2. *Breakfast*—Hot rolls, broiled mutton chops, fried potatoes. *Dinner*—Oyster soup, roast beef with potatoes, kidney beans *saute*, horseradish sauce; cream pie, sponge cake. *Supper*—Cold rolls, sliced beef, jam.

3. *Breakfast*—Corn muffins, broiled fish, escaloped eggs. *Dinner*—Boiled salt cod with mashed potatoes, canned pease, cabbage salad; baked custard, cake. *Supper*—Bologna sausage sliced, broiled and buttered; hot plain bread, toasted rusk, raspberry jam.

4. *Breakfast*—Muffins, broiled beefsteak, breakfast hominy. *Dinner*—Soup of beef bones and vegetables to taste, oyster pie, mashed potatoes, stewed celery, pickled beets; steamed batter pudding with rich sauce, cake. *Supper*—Toasted muffins, cold sliced beef, baked apples hot, and tea cakes.

5. *Breakfast.*—Yankee dried beef, poached eggs on buttered toast, plain bread. *Dinner*—Baked fish, lemon sauce, mashed potatoes, spinach, orange pudding with jelly sauce, cake. *Supper*—Plain bread, broiled scotch herring, crackers split, toasted and buttered, short cake with jelly.

6. *Breakfast*—Corn pone or griddle cakes, fried beefsteak, fried onions. *Dinner*—Beef *a la mode*, potatoes Kentucky style, carrots *saute*, cabbage slaw with cream dressing, mixed pickles, Italian cream and cake. *Supper*—Cold pone sliced and toasted, or plain bread toast, cold beef sliced, warm ginger-bread and farina blanc-mange.

7. *Sunday. Breakfast*—Sally Lunn, broiled ham, tomato omelet. *Dinner*—Stewed oysters, roast mutton, mashed potatoes, canned pease, currant jelly, celery; moonshine, oranges, nuts and cakes. *Supper*—Cold meat shaved, sponge cakes and preserved fruit.

8. *Breakfast*—Batter cakes, mutton warmed over, potatoes, escaloped eggs. *Dinner*—Boiled beef's tongue dressed with sauce piquante, stewed potatoes, boiled onions; half-hour pudding. *Supper*—Cold biscuit, shaved tongue, orange float.

9. *Breakfast*—Buttered toast, pork chops broiled, hominy grits. *Dinner*—Tomato soup, pigeon pie, diced potatoes, canned corn or beans, pickles; steamed pudding with sauce, almonds, raisins. *Supper*—Plain bread, sardines with lemon, light coffee cake or sweet buns and jam.

10. *Breakfast*—Flannel cakes, mutton chops broiled, potatoes. *Dinner* Beefsteak soup, broiled steak, potatoes boiled whole, salsify, oyster salad, sweet pickles, transparent pudding, cream puffs, oranges. *Supper*—Beat biscuit, cold meat, apple fritters with sugar, sponge cake.

11. *Breakfast*—Graham bread, broiled fish, potatoes. *Dinner*—Corned beef boiled with turnips or parsnips, canned corn, boiled onions, horse-radish sauce: cocoanut pie. *Supper*—Toasted graham bread, cold beef shaved, warm rusk and jelly.

12. *Breakfast.* Corn batter cakes, broiled bacon, boiled eggs, or omelet souffle. *Dinner*—Baked or boiled fish or steaks of halibut, mashed potatoes, stewed carrots, onion sauce; eggless ice cream, apples and nuts. *Supper*—*Pates* of fish, oyster roll, toasted rusk and sweet omelet.

13. *Breakfast*—Bread puffs, ham puffs, potatoes. *Dinner*—Saturday bean soup, escaloped oysters, tomatoes, pickled beets; kiss pudding with sauce, cake. *Supper*—French rolls; cold tongue, bread fritters.

14. *Sunday. Breakfast*—Baked beans with pork and Boston brown bread, omelet. *Dinner*—Roast turkey, potatoes, canned corn, plum jelly, young lettuce broken up (*not cut*) heaped lightly in a dish and ornamented with sliced eggs; Charlotte russe, jelly and sponge cake. *Supper*—Cold turkey, cranberry jelly, canned fruit, jam and cake.

15. *Breakfast*—Buttered toast with poached eggs, lactiola potatoes, fried onions. *Dnner*—Roast beef, potatoes boiled in jackets, onion sauce, steamed rice, mixed pickles; birds-nest pudding. *Supper*—Light biscuit, broiled oysters, orange souffle, and plain cake.

16. *Breakfast*—Rice cakes, breakfast stew, baked eggs. *Dinner*—Meat pie, mashed potatoes, macaroni with cheese; peach rolls. *Supper*—Plain bread, dried beef, whipped cream with preserved fruit.

17. *Breakfast*—Hot rolls, broiled beef steak, castle potatoes. *Dinner*—Boiled leg of mutton with soup, stuffed potato, parsnips, sweet pickles; bread pudding, cake. *Supper*—Cold rolls, shaved mutton, boiled corn mush or hasty pudding with milk.

18. *Breakfast*—Plain bread, fried mush, broiled bacon, breakfast potatoes. *Dinner*—Roast duck, baked potatoes, stewed tomatoes, currant, plum or grape jelly; corn-starch pie. *Supper*—Buttered toast, cold duck, jelly and cream cakes.

19. *Breakfast*—Graham gems, broiled shad or mackerel with cream dressing (salt fish should be gently steamed, never boiled), boiled eggs. *Dinner*—Salmi of duck, or duck *pates* hot with gravy, steamed potatoes, turnips, celery sauce; turret cream, jelly cake, nuts, raisins. *Supper*—Toasted gems, bologna sausage, tea buns, stewed prunes or other dried fruit.

20. *Breakfast*—Sally Lunn, broiled mutton chops, baked omelet. *Dinner*—Bacon boiled, cabbage sprouts, potatoes, parsnips, pickled beets; tartlets of dried fruit, warm ginger-cake. *Supper*—Toasted Sally Lunn. cold pressed meat, rice fritters with sugar, jelly.

22. *Breakfast*—Plain bread, chicken *pates* hot, puff omelet. *Dinner*.—Roast beef, potatoes, tomatoes, canned corn, Yorkshire pudding, pickled beets; Monday pudding, cake. *Supper*—Buttered toast, cold beef sliced, bread fritters with sugar, jelly.

23. *Breakfast*—Hot rolls, fried liver, boiled eggs. *Dinner*—Soup (made of bones of previous days' roast with vegetables or noodles), oyster pie, mashed potatoes, turnips, celery sauce; iced apples, cake. *Supper*—Cold rolls, mince of cold beef escaloped with eggs, coffee cake.

24. *Breakfast*—Muffins, broiled ham, hen's nest. *Dinner*—Boiled leg of mutton, whole potatoes, canned peas; queen of puddings with sauce, cake. *Supper*—Toasted muffins, cold mutton, currant jelly, Florida grape fruit.

25. *Breakfast*—French pancakes, sausage, hominy. *Dinner*—Roast duck, bread sauce, parsnips, baked onions, lettuce; peach dumplings with sauce, cake. *Supper*—Plain bread, Welsh rarebit, hot rusk, marmalade.

26. *Breakfast*—Corn muffins, fried ham and eggs. *Dinner*—Fresh fish, duchesse potatoes, salmi of duck, onion sauce, boiled rice, grape jelly; lemon dumplings, dried figs and nuts. *Supper*—Toasted muffins, cold pressed meat, cold rusk, stewed fruit.

27. *Breakfast*—Graham bread, croquettes of fish, omelet with parsley. *Dinner*—Boiled corn beef, potatoes, spinach or turnips, carrots, horseradish sauce; rice snow balls with custard sauce, canned fruit and cake. *Supper*—Toasted graham bread, cold corned beef, oatmeal porridge with cream.

28. *Easter Sunday. Breakfast*—Broiled sirloin steak, French rolls young radishes, Saratoga potatoes, boiled eggs, waffles and honey. *Dinner*—Chicken soup or green turtle with Italian paste, fresh fish boiled with drawn butter and sliced eggs, or fish stuffed and baked served with lemon and parsley, mashed potatoes, glazed ham, pudding of canned corn, tomato sauce, chicken salad, pickles, celery, grape jelly, game; cream pie, assorted cakes, Easter jelly, Easter pudding, fruits, nuts and coffee. *Supper* or *Luncheon*—Cold rolls, cream biscuit, cold ham, currant jelly, oysters baked on shell, cakes and fruit, chocolate or tea, ribbon jelly.

29. *Breakfast*—Plain bread, escalope of cold ham with eggs, potatoes. *Dinner*—Roast beef, potatoes, turnips, cabbage salad; cottage pudding with sauce, cake. *Supper*—Warm bread and milk, cold meat, preserved tarts.

30. *Breakfast*—Corn cakes, roulades of cold roast beef, potatoes. *Dinner*—Soup, roast of mutton, potatoes, tomatoes, lettuce dressed; lemon pie. *Supper*—Beat biscuits, cold mutton, preserved fruit, plain cake.

31. *Breakfast*—Flannel cakes, broiled ham, stuffed eggs. *Dinner*—Boiled tongue, mutton stew with potatoes, steamed rice; lemon pudding, cake. *Supper*—Cold biscuit, shaved tongue, rice fritters with sugar.

Bill of Fare for April.

1. *Breakfast*—Long breakfast rolls, broiled porter-house steak, hominy croquettes. *Dinner*—Chicken soup, chicken dressed with egg sauce, whole potatoes, spinach, young lettuce and onions, sweet pickles; orange float, caramel, cake. *Supper*—Cold chicken and currant jelly, cold rolls, snow custard, cake.

2. *Breakfast*—Fried frogs, fried potatoes, corn gems, scrambled eggs. *Dinner*—Beefsteak soup, beefsteak pudding, steamed potatoes, mashed turnips, slaw; almond custard, jelly. *Supper*—Plain bread, pates of cold chick en, hot short-cake and jam.

3. *Breakfast*—Graham bread, veal cutlets, fricassed potatoes. *Dinner*—Boiled ham with potatoes, canned-corn pudding, parsnips fried, mixed pickles; hot pie of canned peaches, cake. *Supper*—Graham toast, cold sliced ham, hot rusk, stewed fruit.

4. *Sunday. Breakfast*—Cream toast, broiled mutton chops, young radishes, puff omelet. *Dinner*—Beef soup, chicken pie, scalloped potatoes, young lettuce and onions; banana pie, mixed cake. *Supper*—Plain bread, cold rusk, jelly.

5. *Breakfast*—Light rolls, codfish mountain, fried raw potatoes. *Dinner*—Roast beef, turnips, potatoes, tomato sauce, pickled oysters, caramel custard, cake. *Supper*—Cold rolls, cold beef sliced, maple biscuit and jam.

6. *Breakfast*—Muffins, fried liver, fried potatees. *Dinner*—Mutton soup, mutton garnished with eggs, pickles, creamed potatoes, canned tomatoes; bread pudding with sauce, oranges and cake. *Supper*—Toasted muffins, sliced mutton, sponge cake and jelly.

7. *Breakfast*—Flannel cakes, minced mutton or broiled chops, breakfast potatoes. *Dinner*—Baked pig, mashed potatoes, parsnips fried, lettuce; lemon pudding, jelly cake. *Supper*—Yankee dried beef, soda biscuit and honey, floating island.

8. *Breakfast*—Sally Lunn, veal cutlets, potato cakes. *Dinner*—Baked stuffed heart, potatoes a la pancake, turnips, canned corn, pickled eggs; cup custard, cake. *Supper*—Light biscuit, cold sliced heart, bread fritters with sugar.

9. *Breakfast*—French rolls, broiled fish if salt, fried if fresh, fried raw potatoes, tomato sauce. *Dinner*—Baked or broiled fresh fish, mashed potatoes, cann ed pease or beans, lettuce, onions; Estelle pudding, jelly tarts. *Supper*—Cold rolls, bologna sausage sliced, steamed crackers, cake and preserved fruit.

10. *Breakfast*—Batter cakes, broiled chops, scrambled eggs, potato rissoles. *Dinner*—Saturday bean soup, broiled beefsteak, spinach, potato puffs, pickled beets; half-hour pudding with sauce, oranges and cake. *Supper*—Toasted bread, cold tongue sliced, hot buns and marmalade.

11. *Sunday. Breakfast*—Baked beans and Boston brown bread, omelette with parsley. *Dinner*—Vermicelli soup, baked shad or croquettes of canned lobster, broiled squabs or pigeon pie, potatoes mashed, turnips. asparagus, spring cresses, dressed lettuce, grape jelly; custard pie, cake, *Supper*—Plain bread, canned salmon, cold buns, jelly, cream sandwiches.

12. *Breakfast*—Corn dodgers, fish croquettes, potato balls, boiled eggs. *Dinner*—Roast beef with potatoes, canned tomatoes, pickles; Florentine pudding. *Supper*—Light rolls, cold beef, tea cake.

13. *Breakfast*—Graham gems, fried sweet-breads, oatmeal with cream. *Dinner*—Mutton soup, boiled mutton with caper sauce, whole potatoes, plain

boiled rice, lettuce; orange short cake. *Supper*—Toasted gems, cold mutton, jelly and cake.

14. *Breakfast*—Vienna rolls, fried pickled tripe, rice croquettes, spring radishes. *Dinner*—Chicken pot-pie, canned Lima beans, stewed tomatoes, asparagus; Spanish cream. *Supper*—Cold rolls, chicken salad, chocolate tarts.

15. *Breakfast*—Batter cakes, veal cutlets, ringed potatoes. *Dinner*—Ragout of beef, boiled potatoes in jackets, canned succotash, wilted lettuce; chocolate custard, oranges, cake. *Supper*—Bread, sliced beef, oat porridge.

16. *Breakfast*—Waffles, broiled mutton, fricassed potatoes. *Dinner*—Lobster soup, baked fish stuffed, baked macaroni, potatoes mashed, ambushed asparagus; molasses pudding. *Supper*—Graham gems, sardines with lemon, toast.

17. *Breakfast*—Corn griddle cakes, fish balls, scrambled eggs. *Dinner*—Boiled ham with vegetables, chili sauce; plain boiled pudding with sauce. *Supper*—Toasted crackers, cold sliced ham, warm ginger bread.

18. *Sunday. Breakfast*—Buttered toast with poached eggs, broiled steak. *Dinner*—Macaroni soup, baked chickens, mashed potatoes, lettuce salad; queen of puddings. *Supper*—Light biscuit, cold chicken, trifle.

19. *Breakfast*—Graham gems, chicken croquettes, potatoes, radishes, warmed over mashed potatoes, stewed parsnips. *Dinner*—Boiled corn beef, potatoes, turnips, carrots; canned peaches and cream, jelly cake. *Supper*—Toasted gems, cold corned beef shaved, cream fritters.

20. *Breakfast*—Rolls, stewed kidneys, Chili sauce, fricassed potatoes, fried parsnips. *Dinner*—Split pea soup, meat pie, tomato sauce, mashed potatoes, lobster croquettes, spring cresses; cottage pudding, tapioca jelly, oranges. *Supper*—Cold rolls, bologna sausage, tea rusk and stewed fruit.

21. *Breakfast*—Muffins, breaded veal cutlets, curried eggs, potato cakes. *Dinner*—Roast beef, canned succotash, plain boiled rice with tomatoes, dressed lettuce; peach rolls with sauce. *Supper*—Toasted muffins, cold beef sliced, hot bread and milk.

22. *Breakfast*—Cream toast, broiled ham, boiled eggs. *Dinner*—Mutton soup, mutton garnished with beets and cresses, stewed parsnips, pudding of canned corn, asparagus on toast, onions, cheese crusts; orange float, jelly cake. *Supper*—Soda biscuit, cold mutton, currant jelly, fruit charlotte.

23. *Breakfast*—Corn cakes, pates of cold mutton hot with gravy, fried raw potatoes. *Dinner*—Fricassee of canned halibut or fresh fish baked, mashed potatoes, turnips sliced; bread pudding, oranges, cake. *Supper*—Plain bread, cold beef, steamed crackers.

24. *Breakfast*—Graham bread, croquettes of fish, potato rissoles. *Dinner*—Ham boiled, potatoes, turnips, onion salad; rhubarb pie, cake. *Supper*—Toasted Graham bread, cold ham, cream cakes.

25. *Sunday. Breakfast*—Breakfast rolls, broiled beefsteak, omelet. *Dinner*—Barley soup, baked lamb with mint sauce, stewed parsnips, potatoes, asparagus with eggs, pates of sweet-breads, lettuce mayonnaise; perfection cream pudding, strawberries. *Supper*—Cold rolls, sliced lamb, cake, jelly.

26. *Breakfast*—Buttered toast, poached eggs, lamb croquettes hot with gravy. *Dinner*—Brown stew, baked potatoes, cresses, Lima beans, stewed parsnips, onion salad; rice snow-balls with custard sauce, plain cake. *Supper*—Buttered crackers toasted, cold pressed meat lemon fritters with sugar.

27. *Breakfast*—Hot biscuit with honey, mutton chops broiled, fried raw potatoes. *Dinner*—Economical soup; tapioca pudding. *Supper*—Cold biscuit, sliced cold beef, canned fruit with cream and cake.

28. *Breakfast*—Sally Lunn, broiled ham, scrambled eggs, fried potatoes. *Dinner*—Roast beef with potatoes, carrots, parsnips, lettuce and onion salad; cream pie. *Supper*—Toasted Sally Lunn, cold beef sliced, tea buns, fruit.

29. *Breakfast*—Vienna rolls, fried fish, fried potatoes. *Dinner*—Roast loin of veal with potatoes, lettuce, fried asparagus; orange pudding, cake. *Supper*—Cold roll, sliced veal, sweet wafers.

30. *Breakfast*—Corn cakes, fried liver, breakfast potatoes. *Dinner*—Chicken pot-pie, spinach; Estelle pudding with sauce. *Supper*—Plain bread, cold pressed meat or bologna; cream cakes warm.

Bill of Fare for May.

1. *Breakfast*—Buttered toast, served with fricasse of cold boiled or canned fish, boiled eggs. *Dinner*—Bacon boiled with spring greens, potatoes, beets, parsnips; plain boiled rice with cream sauce, jelly cake. *Supper*—Steamed crackers, sliced beef, rice fritters with sugar.

2. *Sunday. Breakfast.*—Batter cakes, veal cutlets, fried potatoes. *Dinner.*—Cold bacon garnished with boiled eggs and beet slices, roast chicken, mashed potatoes, asparagus on toast, dressed lettuce and young onions; strawberry charlotte, mixed cake. *Supper*—Cold rolls, cold chicken, jam.

3. *Breakfast*—Light bread, potato cakes, broiled beefsteak. *Dinner*—Roast of mutton with potatoes, canned tomatoes, rhubarb sauce, baked custards, fruit cake. *Supper*—Cold biscuit, sliced mutton, currant jelly, sweet buns.

4. *Breakfast*—Corn cakes, fried pickled tripe, breakfast potatoes. *Dinner*—Boiled beef with soup, whole potatoes, asparagus with eggs; cocoanut pudding, jelly. *Supper*—Plain bread, cold beef, toasted buns with strawberry jam or canned fruit.

5. *Breakfast*—Cream toast, broiled ham, omelet. *Dinner*—Boiled tongue with Chili sauce, fricasseed potatoes, cresses, boiled asparagus; ice cream, sponge cake. *Supper*—Tea biscuit, shaved tongue, sago jelly, lady cake.

6. *Breakfast*—Graham bread, fried mutton chops, fried raw potatoes. *Dinner.*—Roast of veal with potatoes, stewed onions, pickled beets; cake orange float. *Supper*—Toasted Graham bread, sliced veal, tea rusks, lemon jelly.

7. *Breakfast*—Muffins, broiled beefsteak, poached eggs, fried grated potatoes. *Dinner*—Baked or boiled fish (if large, or fried small fish), boiled potatoes in jackets, curried eggs, lettuce salad, custard pie. *Supper*—Toasted muffins, cold rusk with strawberries or marmalade.

8. *Breakfast*—Bread puffs with maple syrup, fricasseed potatoes, croquettes of fish. *Dinner*—Boiled leg of mutton, ambushed asparagus, boiled macaroni, potato a la pancake; bread pudding. *Supper*—Cold rolls, cold mutton sliced, plain boiled rice with cream and sugar.

9. *Sunday Breakfast*—Rice waffles, mutton croquettes, fried raw potatoes, buttered eggs. *Dinner*—Roast beef, clam pie, new potatoes, tomatoes, dressed lettuce, young beets, Saratoga shortcake, snow custard, coffee and macaroons. *Supper*—Light rolls, cold beef, cake and jelly, or strawberries.

10. *Breakfast*—Corn batter cakes, broiled bacon, warmed potatoes. *Dinner*—Roast of beef with potatoes, asparagus, cake, oranges. *Supper*—Plain bread, chipped beef, short cake, marmalade.

11. *Breakfast*—Cracked wheat with cream, broiled beefsteak, plain bread, cottage cheese. *Dinner*—Asparagus soup, meat pie, new potatoes, pickled beets; rhubarb pie, jelly cake. *Supper*—Tea biscuit, Yankee dried beef, sponge cake and fruit.

12. *Breakfast*—Sally Lunn, cream codfish, fried raw potatoes, scrambled eggs. *Dinner*—Pieplant soup, pigeon pie, grape jelly, new potatoes, tomato salad; delicious lemon pudding, cake. *Supper*—Toasted Sally Lunn, cold pressed meat, devilled eggs, vanities with jelly.

13. *Breakfast*—Warm biscuit with maple syrup, veal cutlets, Saratoga potatoes. *Dinner*—Beef a la mode, whole potatoes, turnips, beets, lettuce; rice pudding with cream sauce, oranges. *Supper*—Cold rolls, sliced beef, tea cakes, blanc-mange.

14. *Breakfast*—Corn muffins, broiled fish, tomato sauce, broiled potatoes. *Dinner*—Fresh fish, or canned halibut, cod or salmon, Swedish potatoes, turnips, spinach with eggs; cream pie, silver cake. *Supper*—Toasted muffins, omelet with asparagus, bread and milk.

15. *Breakfast*—Light biscuit, broiled steak, potatoes. *Dinner*—Brown stew, whole potatoes, beets; Indian pudding with sauce, lady fingers. *Supper*—Cold biscuit, chipped beef, cream cakes and jelly.

16. *Sunday. Breakfast*—Breakfast toast, fried veal cutlets, sliced tomatoes. *Dinner*—Roast of lamb with mint sauce, currant jelly, new potatoes, green pease, gelinola salad with fruit; strawberry short cake. *Supper*—Light rolls, cold lamb, jelly and cake.

17. *Breakfast*—Plain bread, minced lamb with poached eggs on toast. *Dinner*—Meat pie, new potatoes, asparagus, lettuce; cherry pie, lady fingers. *Supper*—Pop-overs, sardine jelly, baked rhubarb.

18. *Breakfast*—Plain bread, broiled bacon, fried potatoes. *Dinner*—Chicken soup, smothered chickens, creamed potatoes, tomatoes, half-hour pudding, oranges. *Supper*—Waffles, cold pressed meat, jelly cake.

19. *Breakfast*—Muffins, codfish, boiled eggs. *Dinner*—Veal stew, potatoes mashed or baked, spinach, rhubarb sauce; plain batter pudding with sauce, cake and fruit. *Supper*—Toasted muffins, cold veal, bachelor's buttons.

20. *Breakfast*—French rolls, warmed over veal stew, tomato sauce. *Dinner*—Boiled ham with potatoes, asparagus, pease, tomato salad; rhubarb pie. *Supper*—Cold rolls, sliced ham, pan cakes with jelly.

21. *Breakfast*—Corn meal gems, ham balls, breakfast potatoes. *Dinner*—Baked or boiled fish, whole boiled potatoes, French eggs, lettuce and cress salad; green currant pie, jelly cake. *Supper*—Toasted gems, canned salmon, asparagus on toast, oatmeal pudding with cream and sugar.

22. *Breakfast*—Buttered toast, larded sweet-breads, fried potatoes. *Dinner*—Larded liver, baked potatoes, turnips, lettuce; potato pie, light cake. *Supper*—Light biscuit, beefsteak toast, marinated potatoes.

23. *Sunday. Breakfast*—Corn dodgers, stewed kidneys, omelet. *Dinner*—Strawberry soup, baked chicken, new potatoes, diced turnips, baked rhubarb, green pease, lettuce; Charlotte russe, pine-apple ambrosia, cake. *Supper*—Cold biscuit, sliced chicken, preserved fruit and cake.

24. *Breakfast*—Graham gems, chicken croquettes, fried potatoes. *Dinner*—Roast beef, boiled onions, lettuce, mashed potatoes; jelly with whipped cream. *Supper*—Toasted gems, cold beef, rusk and jelly.

25. *Breakfast*—Warm biscuit, broiled bacon, boiled eggs. *Dinner*—Boiled mutton with soup, whole potatoes, onions, green pease, lettuce, sweet pickles; cherry pie, cream puffs. *Supper*—Cold rolls, cold sliced mutton, toasted rusk with fruit.

26. *Breakfast*—Corn muffins, broiled steak, fried potatoes. *Dinner*—Boiled bacon with greens and potatoes, asparagus rolls, radishes, lettuce salad; bread pudding, oranged strawberries. *Supper*—Toasted muffins, cold tongue, raisin tarts.

27. *Breakfast*—Buttered toast, broiled ham, omelet with parsley. *Dinner*—Chicken pie, fricassed potatoes, asparagus, pease, lettuce; poor man's pudding. *Supper*—Hot biscuit, cottage cheese, stewed fruit and cake.

28. *Breakfast*—Waffles, broiled mutton chops, potatoes. *Dinner*—Fresh fish boiled, baked or fried new potatoes, tomatoes, beets, lettuce; cottage pudding with sauce, cake. *Supper*—Oatmeal and cream, stewed cherries.

29. *Breakfast*—Bread puffs with maple syrup, canned salmon on toast, tomato sauce. *Dinner*—Ham boiled with greens, young turnips; rhubarb pie, tapioca jelly. *Supper*—Plain bread, shaved ham, hot buns and fruit.

30. *Sunday. Breakfast*—Hot rolls, broiled beefsteak, tomato omelet. *Dinner*—Roast lamb with mint sauce, clam stew, new potatoes, young turnips, green pease. asparagus salad; ice cream and strawberries, centennial drops, cake. *Supper*—Cold rolls, shaved ham, toasted buns and jelly.

31. *Breakfast*—Cream toast, croquettes of cold meat, fried potatoes. *Dinner*—Meat pie, whole potatoes, asparagus, lettuce; steamed Indian pudding with sauce, soft ginger-bread. *Supper*—Hot biscuit, cold lamb, cake and fruit.

Bill of Fare for June.

1 *Breakfast*—Buttered toast, poached eggs, mutton chops. *Dinner*—Roast beef, whole potatoes, ambushed asparagus, tomato salad; strawberries and cream, cake. *Supper*—Light biscuit, cold beef sliced, baked pie-plant, cake.

2. *Breakfast*—French rolls, croquettes of beef, radishes. *Dinner*—Beef boiled with soup, (beef served with drawn butter,) new potatoes, spinach with egg dressing, boiled onions, green currant pie, sponge cake. *Supper*—Plain bread, sliced cold beef, sweet pickles.

3. *Breakfast*—Corn cakes, broiled ham, tomato omelet. *Dinner*—Steamed chicken, green pease, mashed potatoes, dressed lettuce; strawberries served with sugar and cream. *Supper*—Warm biscuit, chipped dried beef, young onions, lemon jelly.

4. *Breakfast*—Graham bread, fried fish, *duchesse* potatoes. *Dinner*—Baked or boiled fresh fish or lobster fricassee, new potatoes, asparagus on toast; baked custard, cake. *Supper*—Toasted Graham bread, frizzled ham, raspberry short-cake with cream.

5. *Breakfast*—Waffles, broiled mutton or lamb chops, potatoes, stewed tomatoes. *Dinner*—Broiled beefsteak, whole boiled potatoes, beets, greens, onion salad; berries and cake. *Supper*—Hot biscuit, cold pressed meat, tapioca cream.

6. *Sunday. Breakfast*—Twist rolls, fried chicken, potatoes, omelet. *Dinner*—Clam soup, baked lamb with potatoes, green pease, sliced tomatoes, asparagus, lettuce salad; strawberry short-cake with whipped cream. *Supper*—Cold biscuit, sliced lamb, fruit and light cake.

7. *Breakfast*—Oranges, corn batter cakes, broiled liver, scrambled eggs. *Dinner*—Roast beef, mashed potatoes, beets, cress salad; plain boiled rice with cream. *Supper*—Plain bread, bologna sausage, rusk with berries.

8. *Breakfast*—Rice cakes, lamb chops, boiled eggs. *Dinner*—Boiled beef's tongue (fresh) served with Chili sauce, baked potatoes, young beets, lettuce dressed; raspberry cream, cake. *Supper*—Sliced beef's tongue, toasted rusk, berries.

9. *Breakfast*—Muffins, beefsteak, potato balls. *Dinner*—Soup of stock boiled yesterday with tongue, chicken pie, mashed potatoes and turnips, spinach, lettuce; cream fritters with sauce. *Supper*—Toasted muffins, cream codfish, fruit.

10. *Breakfast*—Sally Lunn, veal cutlets, radishes. *Dinner*—Ragout of lamb, mashed potatoes, asparagus, lettuce; lemon pudding, cake. *Supper*—Toasted Sally Lunn, cold sliced lamb, sliced tomatoes.

11. *Breakfast*—Vienna rolls, breakfast stew, potatoes or tomatoes. *Dinner*—Fresh fish fried or baked, molded potatoes, asparagus, beet salad; rice pudding with sauce and cake, oranges. *Supper*—Cold rolls, dried beef chipped, custard cake with fruit or berries.

12. *Breakfast*—Graham gems, croquettes of fish or breaded veal cutlets, escaloped eggs. *Dinner*—Ham boiled with greens, potatoes, beets, young onions; economical pudding, Italian rolls. *Supper*—Toasted gems, cold ham, oatmeal with cream, cake and jelly.

13. *Sunday. Breakfast*—Light rolls, broiled beefsteak, sliced tomatoes, omelets. *Dinner*—Raspberry soup, baked chicken, mashed potatoes, green pease, pickled beets; strawberry bavarian cream. *Supper*—Cold rolls, cold chicken, toast with jelly, fruit.

14. *Breakfast*—Waffles, croquettes of cold chicken, tomatoes. *Dinner*—Veal stuffed and baked, asparagus, tomatoes, cresses; strawberries and cream. *Supper*—Biscuit, sliced veal, tomato salad, fruit, light cakes.

15. *Breakfast*—Flannel cakes, *pates* of cold veal, potatoes fried. *Dinner*—Boiled corned beef, potatoes, turnips, wilted lettuce; cocoanut pudding, cake. *Supper*—Plain bread, cold corned beef, corn meal mush or hasty pudding with cream.

16. *Breakfast*—Fried mush, fried poattoes, broiled bacon. *Dinner*—Asparagus soup, roast chicken, whole potatoes, spinach with eggs, beets and lettuce; cherry pie. *Supper*—Cold rolls, bologna sausage, raspberries, light cakes.

17. *Breakfast*—Corn muffins, pickled tripe, fried potatoes. *Dinner*—Roast mutton, potatoes, green pease, lettuce; orange souffle, cake. *Supper*—Toasted muffins, sliced mutton, sweet buns, fruit.

18. *Breakfast*—Breakfast wheat with cream, plain bread, broiled fish. *Dinner*—Baked fish (fresh), baked potatoes, tomatoes, cucumbers; boiled custard and cake. *Supper*—Cold pressed meat, short-cake with fruit.

19. *Brakfast*—Buttered toast, poached eggs, broiled mutton chop. *Dinner*—Boiled shoulder of bacon with greens, potatoes, beets, herring salad; bread pudding. *Supper*—Light biscuits, Yankee dried beef, strawberries.

20. *Sunday. Breakfast*—Cream toast, broiled beefsteak, boiled eggs, stewed tomatoes. *Dinner*—Fruit soup, lamb cutlets broiled and served with green pease, summer squash, young onions, pickled beets; oranged strawberries, cakes. *Supper*—Cold biscuits, canned salmon, fruit.

21. *Breakfast*—Corn cakes, fried clams, potatoes or hominy croquettes. *Dinner*—Pea soup, roast beef with potatoes, string beans, young onions; raspberry blanc-mange, oranges or bananas and cake. *Supper*—Hot tea buns, cold beef sliced, cherries, lemon cakes.

22. *Breakfast*—Waffles, breakfast stew, fried potatoes. *Dinner*—Meat pie, green pease, potatoes, lettuce; raspberry float. *Supper*—Cold buns, chipped dried beef, raspberry cream, cakes.

23. *Breakfast*—French rolls, broiled liver, tomatoes. *Dinner*—Stewed lamb with mint sauce, potatoes, squash, beets; strawberry short-cake with whipped cream. *Supper*—Cold sliced lamb, sweet muffins with stewed cherries.

24. *Breakfast*—Graham bread, beefsteak smothered with onions, tomatoes. *Dinner*—Boiled beef with soup, potatoes, string beans; cherry dumplings with sauce, cake. *Supper*—Toasted Graham bread, cold beef, currants.

25. *Breakfast*—Corn pone, broiled ham, omelet, hominy fritters. *Dinner*—Boiled salmon or some other variety of fresh fish either fried, baked or fricasseed; mashed potatoes, Lima beans, squash, cucumbers; oranges. *Supper*—Cold pone sliced and toasted in the oven, cold tongue, sponge cake with fruit.

26. *Breakfast*—Sally Lunn, larded veal cutlets, scalloped eggs. *Dinner*—Boiled ham with greens, potatoes, beet greens; raspberries and cream, cake. *Supper*—Toasted Sally Lunn, sliced ham, floating island.

27. *Sunday. Breakfast*—French pancakes, veal and ham croquettes, poached eggs on toast. *Dinner*—Fried chicken, cold ham, mashed potatoes,

Lima beans, cucumbers; snow custard, cherries, cake. *Supper*—Cold rolls, sliced chicken, stewed cherries and cake.

28. *Breakfast*—Plain bread, ham balls, potato cakes. *Dinner*—Baked mutton, potatoes, beets, squash, lettuce; quick puff pudding. *Supper*—Buttered toast, cold mutton, fritters with sugar.

29. *Breakfast*—Corn cakes, broiled bacon, boiled eggs. *Dinner*—Boiled corned beef, turnips, potatoes, young beets; bananas or oranges. *Supper*—Steamed oatmeal, crackers, cold corned beef, stewed berries, cake.

30. *Breakfast*—Muffins, broiled steak, tomatoes. *Dinner*—Fried chicken with cream gravy, potatoes, squash, lettuce; gooseberry tarts, corn starch blanc-mange. *Supper*—Light biscuit, bread and milk, fruit salad.

Bill of Fare For July.

1. *Breakfast*—Warm biscuit, hominy croquettes, broiled ham, sliced tomatoes. *Dinner*—Beef's tongue with green pease, Saratoga potatoes, sliced cucumbers; raspberry float, cake. *Supper*—Sliced tongue, hot buns, raspberries and cream.

2. *Breakfast*—Corn bread, fried chicken, tomato omelet. *Dinner*—Boiled fish with egg sauce, mashed potatoes, squash; cherry dumplings with sauce, lady fingers. *Supper*—Cold bacon broiled and served on toast, sliced tomatoes, raspberry short-cake.

3. *Breakfast*—Breakfast puffs, stewed kidneys, radishes, young onions. *Dinner*—Boiled ham with young cabbages, potatoes, cucumbers; bread custard pudding, cake. *Supper*—Cold rolls, sliced ham, fried tomatoes, rusk with stewed currants.

4. *Sunday. Breakfast*—Fresh berries with cream and sugar, broiled Spanish mackerel, buttered toast, omelet souffle, flannel cakes with syrup. *Dinner*—Pea soup, roast tenderloin of beef, new potatoes, tomatoes, lettuce *a la Mayonnaise*, cucumber sliced, pine-apple pudding, ice-cream, cake. *Supper*—Small light biscuit, sliced ham, almond flowers, cake and berries.

5. *Breakfast*—Graham gems, broiled mutton chops, fried potatoes, cottage cheese. *Dinner*—Ragout of beef, boiled potatoes, young onions, tomatoes; rice pudding, oranges, cake. *Supper*—Toasted gems, ham salad, stewed berries, sweet buns.

6. *Breakfast*—Hot muffins, broiled beefsteak, boiled eggs. *Dinner*—Meat pie, boiled potatoes, boiled cauliflower with sauce; cherry souffle, cake. *Supper*—Toasted muffins, bologna sausage sliced, raspberries.

7. *Breakfast*—Batter cake, breakfast bacon, cracked wheat with cream. *Dinner*—Stuffed fillet of veal garnished with green pease, mashed potatoes, summer squash, beet salad, blackberries, cream and cake. *Supper*—Cold rolls, sliced veal, short-cake with berries or jam.

8. *Breakfast*—Cream toast, poached eggs, broiled ham. *Dinner*—Rice, soup, boiled corned beef, potatoes, tomatoes, cucumber salad; ripe currant pie, cake. *Supper*—Plain bread, cold corned beef, steamed crackers, stewed fruit

9. *Breakfast*—Hash, fried potatoes, stewed tomatoes with toast. *Dinner*—Fresh fish either baked, boiled or fried, green beans stewed with pork, boiled potatoes, cucumber salad; cherry pie, cake. *Supper*—Warm biscuit, ham omelet, light cakes and jelly or berries.

10. *Breakfast*—Waffles, broiled beefsteak, scrambled eggs. *Dinner*—Roast beef with potatoes, beets, cucumbers, dressed lettuce; cup custards, oranges, cake. *Supper*—Plain bread, oatmeal with cream, sliced banana or pine-apple.

11. *Sunday. Breakfast*—Graham bread, broiled mutton chops, potato cakes. *Dinner*—Baked chicken, mashed potatoes, cucumbers, dressed let-

tuce, vanilla ice cream, blackberries, cake. *Supper*—Toast of Graham bread, sliced chicken cold, cream cakes and jelly.

12. *Breakfast*—Batter cakes, broiled ham, tomato omelet, radishes. *Dinner*—Baked lamb, green pease, baked potatoes, squash; rice custard, berries with cream. *Supper*—Biscuit, cold lamb sliced, ripe currants with cream.

13. *Breakfast*—Rice muffins, hash, tomatoes. *Dinner*—Economical soup; blackberry pudding with sauce, cake. *Supper*—Buttered toast, cold sliced meat, blackberries with cream.

14. *Breakfast*—French rolls, vegetable hash, broiled beefsteak, cottage cheese. *Dinner*—Mock (or real) turtle soup, baked heart, baked potatoes, stewed beans; chocolate pudding, cocoanut cake. *Supper*—Cold rolls, sliced heart, Boston cream puffs, stewed berries.

15. *Breakfast*—Cream toast, fried liver, fricasseed potatoes. *Dinner*—Clam pie, mashed potatoes, strlng beans, lettuce; blackberry pie, cake. *Supper*—Plain bread, dried beef frizzled, rice batter cakes with sugar.

16. *Breakfast*—Muffins, broiled mutton chops, fried potatoes. *Dinner*—Fish fresh or canned, whole potatoes, pease, squash, lettuce; Hamburg cream. *Supper*—Toasted muffins, cold pressed meat, corn meal mush with cream.

17. *Breakfast*—Plain bread, veal sweet-breads, fried mush, boiled eggs. *Dinner*—Boiled ham with potatoes, cabbage, string beans; warm gingerbread, lemonade. *Supper*—Dry toast, cold ham shaved, rusk, blackberries and cream.

18. *Sunday. Breakfast*—Vienna rolls, fried chicken with cream gravy, fried tomatoes, cottage cheese. *Dinner*—Roast of beef with potatoes, stewed tomatoes, cucumbers, wilted lettuce; Charlotte russe, cake. *Supper*—Cold rolls, sliced beef, blackberries.

19. *Breakfast*—Butterd toast with poached eggs, cold roast beef sliced and warmed up with gravy, potatoes fried. *Dinner*—Veal stuffed and baked with potatoes, pease; tapioca pudding. *Supper*—Light biscuit, cold veal, cracked wheat and cream.

20. *Breakfast*—Slap-jacks, veal cutlets, breakfast hominy. *Dinner*—Mutton soup, boiled mutton dressed with drawn butter, whole potatoes, tomatoes, beet salad; whortleberry pudding with sauce, cake. *Supper*—Soda biscuit, cold mutton, jelly and cake.

21. *Breakfast*—Graham gems, croquettes of mutton, new potatoes fried whole. *Dinner*—Boiled tongue, mashed potatoes, tomatoes stewed; blackberries and cream. *Supper*—Pop-overs, cold tongue, oatmeal and cream.

22. *Breakfast*—Fruit, Vienna rolls, beefsteak, potato cake. *Dinner*—Chicken croquettes, potatoes, tomatoes, onion sauce; tapioca jelly, oranges. *Supper*—Cold rolls, sliced chicken, stewed berries, short cake.

23. *Breakfast*—Sally Lunn, broiled fish, fried raw potatoes. *Dinner*—Fresh fish chowder or canned fish in fricassee, potatoes whole, pease, baked egg plant, boiled rice; gooseberry fool, cake. *Supper*—Toasted Sally Lunn, cold pressed meat, rice custard, sponge cake.

24. *Breakfast*—Rice waffles, veal cutlets breaded, scrambled eggs. *Dinner*—Ham or shoulder boiled with cabbage and other vegetables, greens; baked custard, cake. *Supper*—Biscuits, cold ham, bread and milk iced, blackberries with cream.

25. *Sunday. Breakfast*—Fruit, breakfast rolls, frizzled ham and eggs, tomato omelet, cottage cheese. *Dinner*—Okra soup, boiled chicken, sweet pickles, escaloped cauliflower, stewed corn, lettuce; ambrosia of oranges and cocoanut, almond cake. *Supper*—Cold rolls, sliced chicken, huckleberries and cream.

26. *Breakfast.*—Rolls, fried pickled tripe, tomato omelet. *Dinner*—Escaloped chicken, whole potatoes, string beans, summer squash, onions, radishes; berries with cream, cake. *Supper*—Plain bread, cold pressed meat, sliced beef, cake and lemonade.

27. *Breakfast*—Muffins, broiled mutton or lamb chops, fried potatoes, tomatoes. *Dinner*—Roast beef, cauliflower boiled with sauce, Lima beans, raw tomatoes; huckleberry roll with sauce, cake. *Supper*—Toasted muffins, sliced beef, cake and lemonade.

28. *Breakfast*—Cream toast, broiled beefsteak, puff omelet, stewed tomatoes. *Dinner*—Boiled corned beef with turnips, potatoes, beans, cabbage; sliced bread pudding, cake. *Supper*—Light biscuit, cold corned beef, egg rolls.

29. *Breakfast*—Waffles, fried chicken, fricassed potatoes. *Dinner*—Roast chicken, potatoes, squash, baked tomatoes; gooseberry tarts, cake. *Supper*—Plain bread, cold chicken, jelly and cake.

30. *Breakfast*—Graham gems, broiled ham with poached eggs. *Dinner*—Fish, fresh or canned, potatoes mashed, onions stewed with cream, Lima beans, lettuce; huckleberry pie, cream puffs. *Supper*—Graham toast, sardines, vanities with jelly.

31. *Breakfast*—Buttered toast, potato cakes, omelet with tomatoes. *Dinner*—Boiled ham or shoulder with cabbage, potatoes and other vegetables, cucumber salad; custard pie. *Supper*—Light biscuit, shaved ham, almond custard and cake.

Bill of Fare for August.

1. *Sunday. Breakfast*—Nutmeg melon, broiled mackerel, potatoes whole, buttered toast, flanuel cakes with syrup. *Dinner*—Chicken soup, roast tenderloin of beef, new potatoes, boiled corn in the ear; blackberry pie, Gopher orange ice, cake, watermelon. *Supper*—Light biscuit, sliced cold beef, chicken sandwiches, cake and berries.

2. *Breakfast*—Graham gems, broiled mutton chops, fried potatoes, sliced cucumbers. *Dinner*—Roast beef, boiled potatoes, macaroni with cheese, young beets, tomatoes; rice pudding, cake. *Supper*—Toasted gems, dried beef frizzled, stewed berries, sweet buns.

3. *Breakfast*—Hot muffins, broiled beefsteak, stuffed eggs. *Dinner*—Meat pie, boiled potatoes, green corn pudding, dressed lettuce; watermelon. *Supper*—Toasted muffins, chipped dried beef, cold buns, coffee jelly and blackberries.

4. *Breakfast*—Light rolls, mutton chops breaded, crushed oatmeal with cream. *Dinner*—Stuffed fillet of veal, mashed potatoes, summer squash, boiled beets sliced; lemon meringue pie, cake. *Supper*—Cold rolls, sliced veal, warm biscuit and honey.

5. *Breakfast*—Fried chicken, whole boiled potatoes, onions and radishes. *Dinner*—Vegetable soup, boiled corned beef, potatoes, corn, wilted lettuce; chess pie, cake. *Supper*—Plain bread, cold corned beef, stewed fruit.

6. *Breakfast*—Breakfast stew, fried potatoes, fried cabbage. *Dinner*—Gumbo soup, fresh fish baked or boiled, succotash, boiled potatoes; berries. *Supper*—Warm biscuit, breaded herring, potato slaw and lemon jelly.

7. *Breakfast*—Waffles, broiled beefsteak, scrambled eggs. *Dinner*—Boiled ham with potatoes, turnips and cabbage; apple sauce, jelly cake. *Supper*—Plain bread, sliced ham, cracked wheat.

8. *Sunday. Breakfast*—Nutmeg melon, broiled veal cutlets, vegetable hash, corn fritters, *Dinner*—Chicken pudding, cold sliced ham, baked mashed potatoes, sliced tomatoes, cucumbers; watermelon. *Supper*—Light biscuit, cold sliced ham, cream cakes and jelly.

9. *Breakfast*—Batter cakes, baked codfish, tomato omelet. *Dinner*—Baked lamb, creamed cabbage, stewed tomatoes; cream pudding. *Supper*—Biscuit, cold lamb sliced, preserve puffs.

16. *Breakfast*—Plain bread, hash, stewed tomatoes. *Dinner*—Beef *a la mode*, boiled potatoes, green corn pudding, sliced tomatoes; tapioca cream. *Supper*—Buttered toast, cold pressed meat, chocolate custard.

11. *Breakfast.*—French rolls, broiled beefsteak, cottage cheese. *Dinner*—Corn soup with chicken, celery, mashed potatoes, stewed beans, sliced cucumbers and onions; watermelon. *Supper*—Cold rolls, chicken salad, apple sauce, bonny clabber.

12. *Breakfast*—Cream toast, fried liver, potato cakes, stewed tomatoes. *Dinner*—Roast leg of mutton with potatoes, green corn, tomatoes; musk melon. *Supper*—Plain bread, frizzled dried beef, boiled rice with cream.

13. *Breakfast*—Rice cakes, mutton stew, fried potatoes. *Dinner*—Meat pie, stewed corn, boiled cauliflower; grapes, plain cake. *Supper*—Toast, cold pressed meat, Graham mush with cream.

14. *Breakfast*—Plain bread, broiled bacon, Graham mush fried, boiled eggs. *Dinner*—Boiled ham with potatoes, cabbage, string beans; lemon pie, cake. *Supper*—Light biscuit, cold ham shaved, apple sauce.

15. *Sunday. Breakfast*—Nutmeg melons, fried chicken with cream gravy, fried tomatoes, cottage cheese, corn fritters. *Dinner*—Roast loin of veal, mashed potatoes, creamed cabbage, egg terrace, tomatoes; watermelon. *Supper*—Cold rolls, sliced veal.

16. *Breakfast*—Buttered toast with poached eggs, cold roast veal sliced and warmed up with gravy, potatoes fried, *Dinner*—Roast beef with potatoes, pease, tomatoes, corn pudding, lettuce; watermelon. *Supper*—Light biscuit, cold sliced beef, apple snow.

17. *Breakfast*—Nutmeg melon, corn oysters, broiled bacon. *Dinner*—Broiled prairie chicken with currant jelly, browned potatoes, sliced tomatoes; cake, orange float. *Supper*—Spoon biscuit, cold beef, jelly and cake.

18. *Breakfast*—Corn gems, croquettes of mutton, fried apples, fried potatoes. *Dinner*—Boiled tongue, whole boiled potatoes, tomatoes stewed; fried bananas. *Supper*—Toasted bread, cold tongue, oatmeal with cream.

19. *Breakfast*—Breakfast rolls, fried sweet-breads, fried potatoes. *Dinner*—Brown stew, baked potatoes, stewed corn, escaloped tomatoes; watermelon. *Supper*—Sliced cold beef, biscuit, floating island.

20. *Breakfast*—Nutmeg melon, Sally Lunn, broiled beefsteak, potatoes. *Dinner*—Fresh fish chowder, potatoes whole, pease, boiled onions, tomato salad; fanchonettes, cake. *Supper*—Toasted Sally Lunn, cold pressed meat, egg gems, sponge cake and jelly with whipped cream.

21. *Breakfast*—Bread puffs, veal cutlets breaded, scrambled eggs. *Dinner.*—Ham or shoulder boiled with cabbage and other vegetables, beets sliced, baked custard. *Supper*—Warm biscuit, cold ham, bread and milk iced.

22. *Sunday. Breakfast*—Nutmeg melons, breakfast rolls, cold boiled ham, shaved, tomato omelet, corn oysters. *Dinner*—Okra soup, fried gumbo, boiled chicken, sweet pickles, cabinet pudding; ice-cream cake. *Supper*—Cold rolls, sliced chicken, rice with sugar and cream.

23. *Breakfast*—Rice cakes, broiled breakfast bacon, fried cabbage. *Dinner*—Escaloped chicken, whole potatoes, string beans, boiled corn in the ear; watermelon, plain cake. *Supper*—Hot biscuit, cold pressed meat, fried apples.

24. *Breakfast*—Muffins, broiled mutton or lamb chops, rice croquettes with gravy. *Dinner*—Roast beef with potatoes, cauliflower with sauce, Lima beans, raw tomatoes; baked apples with cream. *Supper*—Toasted muffins, sliced beef, lemon jelly.

25. *Breakfast*—Cream toast, broiled steak, fricassed potatoes. *Dinner*—Broiled corned beef with turnips, potatoes, stewed beans; bread pudding with custard, cake. *Supper*—Light biscuit, cold corned beef, apple fritters with sugar.

26. *Breakfast*—Waffles, fried chicken with corn dodgers, stewed tomatoes. *Dinner*—Broiled prairie chicken with currant jelly, mashed potatoes, creamed cabbage; mock strawberries, cake. *Supper*—Plain bread, Gelinola salad with sardines, jelly and cake.

27. *Breakfast*—Popovers, fried fish, potato rissoles. *Dinner*—Fish, fresh or canned, potatoes boiled in jackets, stewed tomatoes, Lima beans; watermelon. *Supper*—Graham toast, bologna sausage, vanities with jelly.

28. *Breakfast*—Bread puffs, fried potatoes, poached eggs. *Dinner*—Boiled ham or shoulder with vegetables, cucumber salad; carrot pudding, warm gingerbread and lemonade. *Supper*—Light biscuit, shaved ham, blancmange, with jelly and cake.

29. *Sunday. Breakfast*—Nutmeg melon, French pancakes, broiled ham, sliced tomatoes. *Dinner*—Roast prairie chicken, mashed potatoes, boiled onions; currant jelly, peaches and ice-cream. *Supper*—Plain bread, sliced chicken, watermelon.

30. *Breakfast*—Corn bread, broiled mackerel, potato cakes. *Dinner*—Roast beef with potatoes, corn boiled in ear; watermelon, cake. *Supper*—Toast, cold beef, apple fritters.

31. *Breakfast*—Breakfast stew, fricassed potatoes, breakfast rolls. *Dinner*—Boiled ham with cabbage, potatoes, beets, cucumbers; custard pie, cake. *Supper*—Cold rolls, sliced ham, rusk, apple sauce.

Bill of Fare for September.

1. *Breakfast*—Milk toast, broiled steak, fried potatoes. *Dinner*—Chicken pie, boiled potatoes, young carrots, green corn; peach short-cake. *Supper*—Cold tongue, biscuit, sliced tomatoes, grapes.

2. *Breakfast*—Biscuit, broiled bacon, tomatoes. *Dinner*—Beef *a la mode*, potatoes boiled, onions baked, egg plant, cabbage salad; apple pie, mixed cakes. *Supper*—Pop-overs, honey, peaches and cream.

3. *Breakfast*—Graham gems, mutton chops, potatoes. *Dinner*—Baked fish, potatoes, green corn, stewed tomatoes, pickled beets; peach dumplings with sauce, cake. *Supper*—Oyster stew, crackers, celery, fruit.

4. *Breakfast*—Nutmeg melons, corn oysters, steak. *Dinner*—Beef boiled with cabbage and potatoes, succotash; apple roly-poly with custard sauce, sponge cake. *Supper*—Sliced beef, peaches and cream.

5. *Sunday. Breakfast*—Nutmeg melon, vegetable hash, broiled veal cutlets, tomatoes fried. *Dinner*—Baked chickens, potatoes, green corn pudding, tomatoes, plum sauce; sliced peaches, ice-cream, cake. *Supper*—Cold chicken, sliced tomatoes, baked pears.

6. *Breakfast*—Breakfast rolls, fried liver, fried tomatoes. *Dinner*—Roast beef, potatoes, green corn, fried egg plant, onion salad; watermelon. *Supper* Toasted biscuit, chicken vanity, fruit.

7. *Breakfast*—Buttered toast, hash, green corn oysters. *Dinner*—Meat pe, potatoes, young turnips, stewed onions, pickled beets; apple dumplings wth cream sauce, cake. *Supper*—Canned salmon, biscuit and jam.

8. *Breakfast*—Toasted Sally Lunn, chickens broiled, cucumbers. *Dinner*—Roast mutton, baked sweet potatoes, green corn, apple sauce, slaw; bread pudding with sauce, cake. *Supper*—Toasted bread, sliced mutton, baked pears.

9. *Breakfast*—Corn muffins, breakfast stew of mutton, tomatoes. *Dinner*—Veal pot pie, Lima beans, baked egg plant; peach meringue, lady cake. *Supper*—Pressed chicken, warm biscuit, baked sweet apples.

10. *Breakfast*—Batter cakes, veal croquettes, cottage cheese. *Dinner*—Boiled or baked fish with potatoes, green corn, tomatoes, slaw; peaches and cream, cake. *Supper*—Cold tongue, bread and iced milk.

11. *Breakfast*—Short cake, mutton chops, potatoes. *Dinner*—Economical soup, pickled beets; apple meringue, cake. *Supper*—Soused beef, warm rolls, grapes.

12. *Sunday. Breakfast*—Rolls, breakfast stew, stewed okra. *Dinner*—Broiled prairie chicken, sweet potatoes, green corn, boiled cauliflower, plum

sauce, cabbage salad; tutti frutti, cake. *Supper*—Sliced veal, biscuit, baked pears.

13. *Breakfast*—Cream toast, prairie chicken stew, fried potatoes. *Dinner*—Roast loin of veal, potatoes, baked tomatoes, onions, cabbage; apple snow, cake. *Supper*—Sliced halibut, dry toast, grapes.

Breakfast—Light biscuit, broiled bacon, tomatoes. *Dinner*—Chicken pie, potatoes, Lima beans, stewed onions, slaw; mixed cake, custard. *Supper*—Sliced veal, biscuit, baked pears.

15. *Breakfast*—Graham bread, broiled steak, tomatoes. *Dinner*—Boiled bacon with potatoes and beans, green corn pudding, raw tomatoes, baked egg plant; apple pie, cake, *Supper*—Raw oysters and sliced lemon, biscuit and cake.

16. *Breakfast*—Hot muffins, fried chicken, fried cabbage. *Dinner*—Ragout of beef, potatoes, carrots, corn; compote of pears. *Supper*—Cold sliced beef, sliced tomatoes, egg rolls.

17. *Breakfast*—Buttered toast, poached eggs, broiled ham. *Dinner*—Devilled crabs, potatoes, stewed corn, onions; apple meringue pie. *Supper*—Sardines, toast, baked peaches.

18. *Breakfast*—Plain bread, green corn fritters, mutton chops. *Dinner*—Chicken fricassee, mashed potatoes, pickled beets; peach cake with whipped cream. *Supper*—Sliced veal loaf, warm light biscuit, fried bananas.

19. *Sunday. Breakfast*—Nutmeg melon, fried oysters, baked potatoes, *Dinner*—Baked chickens, sweet potatoes, succotash, baked tomatoes; frozen custard, mixed cakes, watermelon. *Supper*—Sliced chicken, biscuit, apple sauce.

20. *Breakfast*—Nutmeg melon, corn bread, broiled steak, fried sweet potatoes. *Dinner*—Roast beef with potatoes, corn, escaloped cauliflower; watermelon, cake. *Supper*—Cold sliced beef, biscuit, floating island.

21. *Breakfast*—Hash, fried cabbage, sliced cucumbers. *Dinner*—Meat pie, young turnips, Lima beans; bread and apple pudding with cream sauce, cake. *Supper*—Sliced dried beef, baked pears, biscuits.

22. *Breakfast*Hot muffins, fricasseed sweetbread, fried apples, fried raw potatoes. *Dinner*—Boiled beef with soup, potatoes, corn; peaches with cream, cake. *Supper*—Sliced beef, biscuit, sliced tomatoes with cream.

23. *Breakfast*—Plain bread, corn oysters, fried potatoes, mutton chops. *Dinner*—Chicken pudding, baked sweet potatoes, corn, stuffed tomatoes; apple fritters with sauce, cake. *Supper*—Cold tongue, biscuit, ambushed trifle.

24. *Breakfast*—Cream toast, broiled eggs, tomatoes. *Dinner*—Baked or boiled fish, potatoes boiled in jackets, escaloped cauliflower, slaw; baked custard, cake. *Supper*—Mock strawberries, chipped dried beef, pop overs.

25. *Breakfast*—Bread puffs, codfish, fried potatoes. *Dinner*—Broiled steak, mashed potatoes, creamed cabbage; steamed pudding with sauce, cake. *Supper*—Beefsteak toast, rice with milk, fruit.

26. *Sunday. Breakfast*—Nutmeg melon, waffles, broiled chicken, tomatoes. *Dinner*—Veal pot pie, sweet-potatoes, corn, baked onions; peach pyramid, ice cream. *Supper*—Toasted bread, canned salmon, baked pears.

27. *Breakfast*—Breakfast rolls, warmed-over pot pie, fried carrots. *Dinner*—Roast leg of mutton with potatoes, succotash; queen of puddings, cake. *Supper*—Sliced mutton, warm biscuit, baked appies.

28. *Breakfast*—Hot muffins, broiled beefsteak, fried raw potatoes. *Dinner*—Meat pie, onions, chocolate souffle, cake. *Supper*—Yankee dried beef, sliced tomatoes, peaches and cream.

29. *Breakfast*—Melons, hot rolls, broiled chickens, sliced tomatoes *Dinner*—Boiled beef with potatoes, turnips, green corn, pickled beets; apple pie, cakes. *Supper*—Cold corned beef chipped, plain bread sliced thin, rusk, stewed pears.

30. *Breakfast*—Fruit, broiled bacon, corn bread, fried tomatoes. *Dinner*—Roast lamb with mint sauce, baked potatoes, green corn pudding, boiled onions, small pickles; cocoanut pudding, chocolate cake, fruit. *Supper*—Cold lamb sliced, cottage cheese, light buns, peaches and cream.

Bill of Fare for October.

1. *Breakfast*—Broiled steak, flannel cakes, fried potatoes. *Dinner*—Baked or boiled fish, potatoes boiled, fried egg plant; peach pie, cake. *Supper*—Marbled veal, light biscuit, stewed quinces.

2. *Breakfast*—Veal cutlets, plain omlet, hot biscuit, fried potatoes. *Dinner*—Boiled mutton with soup, potatoes, turnips, carrots, beets and pickles; apple dumplings with sauce, cake and fruit. *Supper*—Cold mutton sliced, apple sauce, warm biscuit, cake, jelly.

3. *Sunday. Breakfast*—Broiled oysters, baked apples, corn batter cakes. *Dinner*—Baked chickens stuffed, Lima beans, baked sweet-potatoes, corn, squash, beets, celery; frozen peaches, grapes, cake. *Supper*—Sardines, bread, coffee cake, sliced peaches.

4. *Breakfast*—Biscuit, broiled bacon, fried potatoes. *Dinner*—Roast beef, with potatoes, turnips, corn, tomatoes; bread pudding with sauce, cake, fruits. *Supper*—Sliced beef, bread, cake, stewed peaches.

5. *Breakfast*—Hash or beef croquettes, muffins, fried cabbage. *Dinner*—Meat pie, steamed potatoes, corn, fried egg plant, beets; custard baked, cake, fruit. *Supper*—Sliced tongue, bread, chocolate, lemon souffle, rusk.

6. *Breakfast*—Mutton chops broiled, potatoes fried, buttered toast. *Dinner*—Veal pot pie, sweet-potatoes, Lima beans, tomatoes, pickles; apple fritters with sauce, grape tarts, cake. *Supper*—Cold tongue, currant or plum jelly, baked quinces.

7. *Breakfast*—Corn muffins, fried liver, fried sweet-potatoes. *Dinner*—Chicken fricassee, baked potatoes, turnips, beets; rice apples, cake, fruit. *Supper*—Chicken pates, peaches with cream, bread.

8. *Breakfast*—Waffles, veal cutlets, potato croquettes. *Dinner*—Baked or boiled fish, mashed potatoes, corn, stewed tomatoes; rice pudding, cocoanut cake, fruit. *Supper*—Canned corned beef sliced, buns, fried apples with sugar.

9. *Breakfast*—Bread puffs, croquettes of fish with potatoes, tomatoes. *Dinner*—Saturday bean soup, broiled beefsteak, boiled cauliflower, potatoes boiled in jackets, pickles; plain boiled pudding with sauce, cake, fruit. *Supper*—Beefsteak toast, bread, stewed pears.

10. *Sunday. Breakfast*—Baked beans with Boston brown bread, baked apples with cream. *Dinner*—Oyster soup, roast wild duck, grape jelly, celery, mashed potatoes and turnips, slaw; lemon ice, compote of pears, cake. *Supper*—Sliced duck, bread and milk.

11. *Breakfast*—Graham gems, broiled mutton chop, croquettes of cold vegetables. *Dinner*—Roast beef with potatoes, carrots, plain boiled rice; baked custard, cake, grapes. *Supper*—Cold beef sliced, bread, rice fritters with sugar.

12. *Breakfast*—Hash, fried okra, biscuit. *Dinner*—Boiled mutton with soup, celery, slaw; sliced pine-apple, cake. *Supper*—Sliced mutton, cottage cheese, bread, cake, grape jam.

13. *Breakfast*—Corn batter cakes, croquettes of mutton and vegetables. *Dinner*—Beef *a la mode*, mashed potatoes and turnips, succotash; apples grapes, cake. *Supper*—Meat salad, bread, cake, baked pears.

14, *Breakfast*—Buttered toast, croquettes of cold beef and vegetables, *Dinner*—Fried or smothered chickens, mashed potatoes, Lima beans, pickles; bird's nest pudding, cake. *Supper*—Canned corned beef sliced, rolls, fruit.

15. *Breakfast*—Broiled mutton chops, fried potato cakes, muffins. *Dinner*—Baked or boiled fish, boiled whole potatoes, corn, delicate cabbage, cheese fondu; peach meringue, cake. *Supper*—Bologna Sausage, toasted muffins, honey.

16. *Breakfast*—Plain bread, veal cutlets, breakfast wheat. *Dinner*—Boiled beef with vegetables; cocoanut pudding, cake. *Supper*—Soused beef, light biscuit, fried apples.

17. *Sunday. Breakfast*—Vegetable hash, fried oysters, stewed tomatoes. *Dinner*—Broiled pheasant, sweet-potatoes, tomatoes, onion sauce; peach meringue pie, plum jelly, cake, fruit. *Supper*—Cold beef sliced, rusk, baked apples.

18. *Breakfast*—Biscuit, veal cutlets breaded, potatoes. *Dinner*—Roast beef with potatoes, tomatoes; plain boiled rice, cake. *Supper*—Veal loaf, baked apples, rice waffles with sugar.

19. *Breakfast*—Oyster croquettes, fried cabbage, fried potatoes. *Dinner*—Boiled mutton with soup, potatoes, squash; apple tapioca pudding, cake. *Supper*—Sliced mutton, light buns, fried apples.

20. *Breakfast*—Pates of cold mutton, fried potatoes, plain bread. *Dinner*—Roast beef with potatoes, turnips, carrots; plain batter pudding with sauce, cake, fruit. *Supper*—Sliced beef, grape jam, popovers.

21. *Breakfast*—Hot rolls, broiled bacon, fricassed potatoes. *Dinner*—Meat pie, boiled onions, stewed tomatoes, beets; apple dumplings with sauce, cake. *Supper*—Cold pressed meat, cake, stewed grapes.

22. *Breakfast*—Plain bread, fried fish, corn dodgers, tomatoes. *Dinner*—Baked or boiled fish, whole boiled potatoes, tomatoes, creamed cabbage; molasses pudding, cake. *Supper*—Dried beef frizzled, buns, baked apples.

23. *Breakfast*—Graham bread, mutton chops, fried potatoes. *Dinner*—Broiled steak, Heidelberg cabbage, turnips, pickles; cocoanut pudding, chocolate cake, grapes. *Supper*—Beefsteak toast, mush and milk, light biscuit, baked pears.

24. *Sunday. Breakfast*—Fried oysters, fried mush, poached eggs. *Dinner*—Roast wild duck, grape or plum jelly, mashed potatoes, tomatoes, Lima beans; sliced peaches, ice cream, cake, grapes. *Supper*—Sliced duck, sliced tomatoes, sponge cake, jelly.

25. *Breakfast*—Corn cakes, broiled ham, tomatoes or potatoes. *Dinner*—Roast beef with potatoes, turnips, plain rice boiled; sago pudding, cake. *Supper*—Cold sliced beef, bread, butter, apple sauce.

26. *Breakfast*—Rice cakes, broiled steak, fried potatoes. *Dinner*—Meat pie, Lima beans, stuffed cabbage salad; molasses pudding, cake. *Supper*—Sardines, dry toast, baked apples.

27. *Breakfast*—Mutton hash, Sally Lunn, fried onions. *Dinner*—Breaded chicken, glazed sweet-potatoes, tomatoes; baked quinces, cake. *Supper*—Cold pressed meat, rolls, fried apples.

28. *Breakfast*—Hot rolls, veal cutlets, fried sweet-potatoes. *Dinner*—Ragout of beef, potatoes, turnips, tomatoes baked; Italian cream, cake, fruit. *Supper*—Dried beef chipped, preserves with cream.

29. *Breakfast*—Corn cakes, broiled bacon, omelette. *Dinner*—Baked or boiled fish, whole potatoes, creamed cabbage, tomatoes, beets; boiled Indian pudding with sauce, cake. *Supper*—Bologna sausage, hot toasted rusk, quince jelly.

30. *Breakfast*—Fruit, rolls, broiled mutton chop, potato croquettes. *Dinner*—Broiled steak, Saturday bean soup, potatoes, turnips and carrots, pickles; warm apple pie, fruit cake. *Supper*—Hot biscuit, cold tongue, fried apples, tea cakes.

31. *Sunday. Breakfast*—Baked beans, Boston brown bread, baked apples. *Dinner*—Stewed oysters, roast veal with sweet potatoes, apple sauce,

tomatoes, cabbage salad; cold apple pie, preserve sandwiches, jelly cake, grapes and apples. *Supper*—Toasted muffins, sliced veal, bananas.

Bill of Fare for November.

1. *Breakfast*—Biscuit, croquettes of veal, breakfast hominy. *Dinner*—Veal stew, turnips, beets; baked apples with cream, cake. *Supper*—Cold biscuit, bread and milk, fried apples.

2. *Breakfast*—Graham gems, fried liver, fried cabbage, raw potatoes fried. *Dinner*—Baked chicken with potatoes and parsnips, mashed turnips, celery; apple dumplings with sauce, cake. *Supper*—Light biscuit, cold sliced chicken, lemon souffle.

3. *Breakfast*—Cracked wheat, chicken croquettes. plain bread. *Dinner*—Boiled leg of mutton with soup, macaroni with cheese, boiled cauliflower, whole boiled potatoes, slaw; caramel custard, jelly cake. *Supper*—Biscuit, dried beef frizzled, hot short cake, jam.

4. *Breakfast*—Corn muffins, broiled liver, hominy. *Dinner*—Veal pot pie, escaloped oysters, celery, slaw; tapioca cream, cake. *Supper*—Toasted muffins, sliced tongue, rusk, stewed pears.

5. *Breakfast*—Buttered toast, poached eggs, warmed over pot pie. *Dinner*—Baked or boiled fish, mashed potatoes, tomato sauce, beets; custard pie, cake. *Supper*—Light biscuit, cold pressed meat, bread and milk.

6. *Breakfast*—Bread puffs, croquettes of fish, potatoes. *Dinner*—Larded liver, mashed potatoes, delicate cabbage; rice pudding, cake. *Supper*—Cold biscuit, apple fritters with sugar, tea cakes.

7. *Sunday. Breakfast*—Cream toast, fried chickens, escaloped eggs. *Dinner*—Roast wild goose with apple sauce, celery, turnips, sweet-potatoes; pumpkin pie, cake. *Supper*—Tea rolls, cold sliced goose, gelatine blancmange.

8. *Breakfast*—Corn cake, broiled mutton chops, hominy. *Dinner*.—Roast beef with potatoes, turnips, cabbage salad; lemon pie, farina pudding, cake. *Supper*—Cold roast beef, bread fritters, honey.

9. *Breakfast*—Sally Lunn, breakfast stew, fried potatoes. *Dinner*—Stewed beef, boiled onions, mashed potatoes, Lima beans, jelly; rice apples, cake. *Supper*—Toasted Sally Lunn, sliced cold beef, fried apples, rusk.

10. *Breakfast*—Buttered toast, fried pork steak, potato cake, tomatoes. *Dinner*—Boiled chicken with soup, plain rice, whole potatoes, slaw; apple dumplings, cake. *Supper*—Cold chicken, rice fritters, tea cakes.

11. *Breakfast*—Waffles, broiled steak, fried potatoes. *Dinner*—Toad-in-the-hole, whole potatoes, turnips, onion sauce; cream pie, cake. *Supper*—Cold rolls, canned salmon, black caps.

12. *Breakfast*—Fried mush, oyster fritters, plain bread. *Dinner*—Baked or boiled fish, mashed potatoes, canned pease, tomatoes, grape jelly; cottage pudding with sauce. *Supper*—Rolls, cold mutton sliced, rice fritters, jelly and cake.

13. *Breakfast*—Hot rolls, croquettes of fish, potato cakes. *Dinner*—Economical soup; Estelle puddiag, cake. *Supper*—Cold rolls, soused beef, stewed fruit, tea cakes.

14. *Sunday. Breakfast*—Oyster omelet, vegetable hash, baked apples, potatoes. *Dinner*—Stewed oysters, roast wild duck, mashed potatoes, boiled onions, celery; Charlotte russe, fruit cake. *Supper*—Cold duck sliced, light biscuit, grapes, sponge cake, currant jelly.

15. *Breakfast*—Cream toast, broiled pork, potato cakes. *Dinner*—Veal roast, sweet-potatoes, boiled turnips, chicken salad; economical pudding. *Supper*—Oatmeal mush, cold sliced veal, cranberry tarts, cake.

16. *Breakfast*—Graham bread, croquettes of duck, potatoes. *Dinner*—Spiced beef tongue, baked potatoes, macaroni with cheese; grapes, cake. *Supper*—Toasted Graham bread, cold tongue, baked pears.

17. *Breakfast*—Batter cakes, broiled mutton chops, potatoes. *Dinner*—Oyster pie, baked sweet-potatoes, diced turnips, celery; apple pie with whipped cream. *Supper*—Cold rolls, chipped beef, custard cake, marmalade.

18. *Breakfast*—Waffles, hash, fried sweet-potatoes. *Dinner*—Brown stew, baked potatoes, plain rice, slaw; pumpkin pie, cake. *Supper*—Cold sliced beef, short cake, jam.

19. *Breakfast*—Corn batter cakes, broiled sausage, hominy. *Dinner*—Turbot, mashed potatoes, turnips, Heidelbreg cabbage; prune whip, cake. *Supper*—Light biscuit, bologna sausage, baked quinces.

20. *Breakfast*—Graham gems, veal cutlets, potatoes. *Dinner*—Chicken pot pie; warm apple pie, cake. *Supper*—Toasted gems, dried beef, baked apples.

21. *Sunday. Breakfast*—Cream toast, broiled oysters with pork, fried raw potatoes. *Dinner*—Stewed oysters, roast goose, mashed potatoes, boiled onions, cranberry sauce, celery; peach pie, jelly cake. *Supper*—Cold biscuit, sliced goose, grapes, cakes.

22. *Breakfast*—Granula mush, broiled steak, potatoes, plain bread. *Dinner*—Roast goose warmed over, baked potatoes, macaroni with cheese; grape pie, cake. *Supper*—Buttered toast, cold sliced goose, fried apples, rusk.

23. *Breakfast*—Corn gems, fried liver, breakfast potatoes. *Dinner*—Roast pork with sweet-potatoes or parsnips, tomatoes, beets, apple sauce; bread and fruit pudding, cake. *Supper*—Toasted gems, dried beef, canned fruit.

24. *Breakfast*—Pates of pork, fried sweet-potatoes, plain bread. *Dinner*—Beef a la mode, steamed potatoes, Heidelberg cabbage, beets, plain rice; cocoanut pudding, cake. *Supper*—Cold meat, rice fritters, baked apples.

25. *Thanksgiving Day. Breakfast*—Grapes, oatmeal with cream, panned oysters with toast, hot rolls, broiled mutton chops, raw potatoes fried, flannel cakes with maple syrup or honey. *Dinner*—Turtle, chicken, or oyster soup, baked fish if large and fresh, or stewed if canned (cod, halibut, or salmon,) mashed potatoes, celery, roast turkey, baked sweet-potatoes, Lima beans, stewed tomatoes, onions, beets, cranberry sauce, cabbage salad, green pickles; pumpkin pie, mince pie, plum pudding. ice-cream, rissolletts, assorted cakes, oranges and grapes, nuts. *Supper*—Light biscuit, shaved cold turkey, currant jelly, cheese sandwiches, tea cakes, apples and jelly.

26. *Breakfast*—Buttered toast; turkey hash or croquettes of meat and vegetables. *Dinner*—Escaloped turkey, turnips, beets, potatoes, slaw, corn starch pudding, cakes. *Supper*—Light biscuit, cold turkey, cranberry sauce, Welch rarebit.

27. *Breakfast*—Corn bread, broiled spare ribs, potatoes. *Dinner*—Turkey soup, venison steak, potatoes a la pancake, carrots, boiled beets; custard pie, cake. *Supper*—Cold rolls, cold tongue, mush and milk.

28. *Sunday. Breakfast*—Graham gems, veal cutlets, omelet. *Dinner*—Oyster roll, cold sliced tongue, turnips mashed, baked sweet-potatoes, celery; pumpkin pie, grapes, cake. *Supper*—Light biscuit, cold tongue, currant jelly, cake.

29. *Breakfast*—Buttered toast, fried venison, fried sweet potatoes. *Dinner*—Roast mutton, baked potatoes, baked turnips, plum jelly; grapes, chocolate cake. *Supper*—Light biscuit, sliced mutton, doughnuts.

30. *Breakfast*—Hot rolls, mutton croquettes, potatoes. *Dinner*—Boiled corned beef with turnips and potatoes, pickled beets, Chili sauce; peach roll. *Supper*—Cold rolls, sliced corned beef, baked apples, rusk.

Bill of Fare for December.

1. *Breakfast*—Corn batter cakes, devilled oysters, fried potatoes. *Dinner*—Chicken pie with oysters, canned Lima beans, cabbage salad; pumpkin pie, cake. *Supper*—Hot tea rolls, bologna sausage, canned fruit, cake.

2. *Breakfast*—Buckwheat cakes, sausage, croquettes of hominy. *Dinner*—Veal pot-pie, canned tomatoes, apple sauce; eggless plum pudding, jelly cake, *Supper*—Biscuits, frizzled beef, fried apples, cake.

3. *Breakfast.*—Waffles, broiled steak, omelet. *Dinner.*—Herring pudding, mashed potatoes, celery, turnips; baked apple dumpling with hard sauce, cake. *Supper*—Toast, pressed meat, cream fritters, apple jelly.

4. *Breakfast*—Graham bread, broiled spare ribs, fried raw potatoes. *Dinner*—Broiled beefsteak, stuffed cabbage, potato souffle, turnips, celery; molasses pudding, cake. *Supper*—Toasted Graham bread, cold tongue, floating island.

5. *Sunday. Breakfast*—Flannel cakes, beefsteak toast, potato cakes. *Dinner*—Roast haunch of venison, mashed potatoes, tomatoes, apple sauce, cheese fingers, celery; fig pudding with lemon sauce, cake. *Supper*—Tea buns, cold venison, canned fruit, lady fingers.

6. *Breakfast*—Cream toast, fricatelli, potato cakes. *Dinner*—Baked veal, potatoes, plain boiled rice; peach roll, cake. *Supper*—Cold veal sliced, buttered toast, jelly and cake.

7. *Breakfast*—Sally Lunn, veal patties, corn dodgers. *Dinner*—Veal pie, carrots, boiled beets; crumb pie, cake. *Supper*—Toasted Sally Lunn, baked apples and buns.

8. *Breakfast*—Corn muffins, breaded veal cutlets, Saratoga potatoes. *Dinner*—Stewed oysters, roast mutton with potatoes, tomatoes, celery; pineapple ice-cream, jelly cake. *Supper*—Toasted muffins, cold mutton sliced, apple croutes.

9. *Breakfast*—Hot rolls, cracked wheat, breakfast stew. *Dinner*—Roast quails, baked potatoes, Lima beans, celery; pumpkin pie, cake. *Supper*—Cold rolls, cold tongue sliced, baked apples, tea cakes.

10. *Breakfast*—Buckwheat cakes, smoked sausage broiled, hominy croquettes. *Dinner*—Baked or boiled fish, mashed potatoes, squash, cabbage salad; hot peach pie with cream, cake. *Supper*—Light biscuit, stewed oysters, canned fruit with cake.

11. *Breakfast*—Buckwheat cakes, rabbit stewed, potato cakes. *Dinner*—Chicken fricassee, baked potatoes, baked turnips; cottage pudding with sauce, cake. *Supper*—French rolls, Welsh rarebit, jam.

12. *Sunday. Breakfast*—Muffins, broiled spare ribs, fried potatoes. *Dinner*—Roast turkey garnished with fried oysters, mashed potatoes, turnips, cranberry sauce, celery; cream tarts, carrot pudding. *Supper*—Light biscuit, cold turkey, jelly and cake.

13. *Breakfast*—Buttered toast, fried apples, cold turkey broiled. *Dinner*—Roast turkey warmed over, potatoes whole, canned corn; canned fruit and cream. *Supper*—Cold turkey, mush and milk, buns, jam.

14. *Breakfast*—Plain bread, fried corn mush, breakfast bacon, fried cabbage. *Dinner*—Fried rabbit, canned tomatoes, diced turnips; mince pie, cake. *Supper*—Hot short cake, boiled oysters on the half shell, tea rolls, canned fruit.

15, *Breakfast*—Crumb griddle cakes, breakfast stew, fried potatoes. *Dinner*—Boiled corned beef with turnips, potatoes and cabbage; baked apple dumplings with sauce, cake. *Supper*—Biscuit, cold beef, canned cherries.

16. *Breakfast*—Graham rolls, croquettes of codfish with potatoes. *Dinner*—Baked chickens with parsnips, mashed potatoes, celery, currant jelly; preserves with whipped cream. *Supper*—Plain bread, cold chicken, toasted rusk, jelly.

17. *Breakfast*—Oyster toast, broiled steak, potatoes. *Dinner*—Steamed fish, steamed potatoes, celery, Lima beans, stewed tomato; mince pie. *Supper*—Cold rolls, chicken pates, baked apples.

18. *Breakfast*—Waffles, croquettes of fish, fried potatoes. *Dinner*—Saturday bean soup, broiled venison steak, mashed potatoes, beets; vinegar pie, cake. *Supper*—Toast, cold ham, buns, jelly.

19. *Sunday. Breakfast*—Buttered toast, broiled oysters, potato cakes, fried parsnips. *Dinner*—Bouillon, roast domestic ducks, mashed potatoes and turnips, boiled onions, celery sauce, snow jelly; fig pudding with lemon sauce, cake. *Supper*—Tea rolls, salmi of duck, apple croutes.

20. *Breakfast*—Corn batter cakes, broiled bacon, potatoes. *Dinner*—Macaroni soup, roast spare rib, baked potatoes, salsify, cabbage salad; plain Indian pudding with sauce. *Supper*—Biscuit, cold pressed meat, sliced apples.

21. *Breakfast*—Johnny cake, sausage, hominy croquettes. *Dinner*—Bouillon with Sweedish dumplings, roast rabbits, baked potatoes, slaw; apple meringue pie, jelly cake. *Supper*—Light biscuit, dried beef frizzled.

22. *Breakfast*—Fried pork steak, fried raw potatoes, fried cabbage. *Dinner*—Venison roast with potatoes, boiled onions, plum jelly; chocolate pudding, cake. *Supper*—Sliced venison with jelly, sweet wafers, canned fruit.

23. *Breakfast*—Breakfast stew of cold venison, fried potatoes, Indian pancakes. *Dinner*—Spanish pot-pie, canned tomatoes; starch pudding. *Supper*—Graham mush and milk and jam.

24. *Breakfast*—Sally Lunn, broiled beefsteak, *Lyonnaise* potatoes, bread cakes with syrup. *Dinner*—Chicken soup, chickens dressed with parsley and egg sauce, potatoes, salsify, slaw; hot apple pie with cream. *Supper*—Cold chicken, French rolls, apple sauce.

25. *Christmas. Breakfast*—Grapes and bananas, broiled oysters on toast, waffles with honey. *Dinner*—Raw oysters served with sliced lemon; turtle soup; baked fresh fish; roast turkey garnished with fried oysters, mashed potatoes, Lima beans, pickled beets, mayonaise of chicken salad, celery, cheese ramakins, cranberry sauce; Christmas plum pudding with rich sauce; mince pie, sponge and lady cake mixed, pine-apple ice, fanchonettes, fruit and nuts. *Supper or Luncheon*—Curried oysters, Vienna rolls, slaw, apple trifle with whipped cream, lady fingers, cake.

26. *Sunday. Breakfast*—Corn muffins, oysters in shell, croquettes of turkey, potato rissoles, *Dinner*—Turkey soup, quail on toast, walled oysters, boiled onions, celery and slaw; ice-cream, cake. *Supper*—Bread and milk, lemon fritters with sugar, rusk.

27. *Breakfast*—Buckwheat cakes, broiled spare rib or sausage, pates of turkey hot with gravy, hominy. *Dinner*—Escaloped turkey, baked potatoes, canned corn; mince pie, cakes. *Supper*—Biscuit, cold tongue, cakes.

28. *Breakfast*—Hot rolls, fried liver, oyster omelet. *Dinner*—Oyster soup, roast pig (garnished with boquettes of beets, carrots and green pickles carved), whole steamed potatoes, parsnips, beets, macaroni with cheese; peach pie with cream. *Supper*—Cold rolls, sliced tongue, apple croutes, cake.

29. *Breakfast*—Oyster toast, veal sweet-breads, potatoes fried whole. *Dinner*—Mutton soup, mutton dressed with caper sauce, baked potatoes, canned pease, celery, cranberry jelly; cocoanut pudding, cake. *Supper*—Cold mutton, short cake with jam.

30. *Breakfast*—Graham gems, broiled veal cutlets, fried potatoes. *Dinner*—Roast stufied chicken, mashed patatoes, salsify, canned corn, currant jelly, celery, prairie plum pudding. *Supper.*—Raw oysters, French rolls, jellied chicken, grape jelly, assorted cakes.

31. *Breakfast.*—Fried oysters, *Duchess* potatoes, waffles with maple syrup, baked apples. *Dinner.*—Boiled fish with Hollandaise sauce, steamed potatoes, canned tomatoes, canned succotash; queen of puddings. *Supper.*—Fricassed oysters, slaw, celery, waffles and honey, canned pears.

NOTE.—Observe that these bills of fare are made with especial reference to the ordinary routine of the week in the kitchen, the meals for each day being planned to save labor and fuel, and to interfere as little as possible with the special work of the day. Thus Monday's bill of fare will not fit any other day of the week, if Monday is set apart as washing day. The housekeeper should aim at variety on successive meals rather than in the same meal, remember that a few dishes daintily cooked and served make a far more attractive dinner than many dishes less perfectly cooked and served.

Additional Bills of Fare.

New Year's Table.—When receiving calls on New Year's day, the table should be handsomely arranged and decorated, and provided with rather substantial dishes, such as would suit the taste of gentlemen. Too great profusion, especially of cakes, confectionery and ices, is out of taste. Selections may be made from the following: Escaloped oysters, cold tongue, turkey, chicken, and ham, pressed meats, boned turkey, jellied chicken, sandwiches or wedding sandwich rolls; pickled oysters, chicken and lobster salads, cold slaw garnished with fried oysters; bottled pickles, French or Spanish pickles; cheese straws; jellies; Charlotte-russe, ice-creams, ices, two large handsome cakes for decoration of table, and one or two baskets of mixed cake, fruit, layer, and sponge cake predominating; fruits; nuts; coffee; chocolate with whipped cream, lemonade.

Refreshments.—For small evening parties, sociables, receptions, etc., where the rereshments are handed round or are served from a sideboard, and are of a simple character, everything should be excellent in the highest degree, delicately prepared, and attractively served. Sandwiches and coffee, chocolate or tea, a variety of nice cake, jellies, ice-cream or ices, and fruits are appropriate. For a more pretentious occasion, a simple table prettily decorated with flowers, and set with fruit, lobster salad, chicken croquettes, pickled oysters, and one or two kinds of ice-cream and cake, and coffee and tea is quite enough.

Refreshments for Twenty.—For a company of twenty allow one gallon oysters, four chickens and eight bunches of celery for a chicken salad, fifty sandwiches, one gallon gopher orange-ice, two molds Charlotte russe, two quarts of lemon jelly, one light and one dark fruit cake, two layer cakes, and one white or sponge cake; for coffee use one and a half pints ground coffee and gallon of water; fruit cake especially, and, indeed, all rich cake, should be cut in thin slices with a keen-edged knife; a small piece of each variety is always preferred to a plate overloaded with one or two kinds.

Refreshments for a Hundred.—For a large company of a hundred the refreshments may be made more elaborate: Two gallons of pickled oysters; two large dishes of lobster salad; two small hams boiled and sliced cold, five cold tongues sliced thin, twelve chickens jellied or pressed, each dish garnished with sprigs of parsley, slices of lemon and red beets, or curled leaves of celery, or the tender center leaves of lettuce; two gallons of boughten pickles or a gallon and a half of home-made; twelve dozen biscuit sandwiches; five quarts jelley, four gallons ice-cream; fifteen large cakes, to be made from recipes for rich fruit, delicate, layer, and sponge cakes; twelve dozen each of almond macaroons and variety puffs; four dishes of mixed fruits; five pounds roasted coffee and five gallons water, which should be served just before ice-cream and six gallons of iced lemonade to serve last.

Refreshments for One Hundred and Seventy-Five.—Six gallons oysters; three small hams, five large turkeys, ten tongues; six chickens and twelve bunches celery for salad; three gallons pickles; seventeen dozen buns, twelve loaves bread made in wedding sandwich rolls or in plain sandwiches; twenty-one large cakes; fifteen dozen large oranges sliced, seventeen dozen meringues, fifteen dozen pears; twenty pounds grapes; seven gallons ice-

cream and four gallons lemon ice; coffee made of twelve pints ground coffee and eight gallons water; serve coffee and lemonade as above.

FOR THE PICNIC.

In the "Sunny South, picnics are in order as early as April, but in the more northern latitudes should never be attempted before the latter part of May or June, and September and October are the crowning months for them around the northern lakes, where hunting and fishing give zest to the sports. First, be up at "five o'clock in the morning," in order to have the chicken, biscuit, etc., freshly baked. Provide two baskets, one for the provisions, and the other for dishes and utensils, which should include the following: Table-cloth and oil-cloth to put under it, napkins, towels, plates, cups, forks, a few knives and table-spoons, tea-spoons, sauce dishes, tin cups (or tumblers, if picknickers are of the over-fastidious variety): a tin bucket, for water, in which a bottle of cream, lemons, oranges, or other fruit may be carried to the scene of action; another with an extra close cover, partly filled with made chocolate, which may be readily reheated by setting in an old tin pail or pan in which water is kept boiling *a la* custard-kettle; frying-pan: a coffee-pot, with the amount of prepared coffee needed tied in a coarse, white flannel bag; a tea-pot, with tea in a neat paper package; tin boxes of salt, pepper, and sugar; a tin box of butter (if carried) placed next to block of ice, which should be well wrapped with blanket and put in a shady corner of the picnic wagon. For extra occasions, add a freezer filled with frozen cream, with ice well packed around it, and heavily wrapped with carpeting. To pack the basket, first put in plates, cups, and sauce dishes carefully with the towels and napkins, and paper if needed; then add the rest, fitting them in tightly, and covering all with the table-cloth, and over it the oil cloth. Tie the coffee and tea-pots, well wrapped up, and the frying-pan to the handles. Pack provision basket as full as the law allows, or as the nature of the occasion and the elasticity of the appetites demand.

The following bills of fare may be picked to pieces and recombined to suit tastes and occasions:

Spring Picnics.—Cold roast chicken; ham broiled on coals; fish fried or broiled; sardines; tongue; hard boiled eggs; eggs to be fried or scrambled; Boston corn bread; buttered rolls; ham sandwiches prepared with grated ham; orange marmalade; canned peaches; water-melon and beet sweet-pickles; euchered plums; variety or bottled pickles; chow-chow; quince or plum jelly; raspberry or other jams; Scotch fruit, rolled jelly, chocolate, Minnehaha, old-fashioned loaf, and marble cake; coffee, chocolate, tea; cream and sugar; salt and pepper; oranges.

Summer Picnics.—Cold baked or broiled chicken; cold boiled ham; pickled salmon; cold veal loaf; Parker House rolls; light bread; box of butter; green corn boiled or roasted; new potatoes; sliced tomatoes; sliced cucumbers; French and Spanish pickles; peach and pear sweet-pickles; lemon or orange jelly; strawberries, raspberries or blackberries; lemonade; soda-beer or raspberry vinegar; coffee and iced tea; ice-cream; lemon or strawberry-ice; sponge, white, Buckeye, or lemon cake; water-melon, musk-melon, nutmeg-melon.

Fall Picnics.—Broiled prairie chicken; fish chowder; clam chowder; clams roasted or fried; beef omelet; cold veal roast; sardines; cold roast chicken; pot of pork and beans; rusk, Minnesota rolls, Boston brown bread; potatoes, Irish or sweet, roasted in ashes; egg sandwiches; mangoes, piccalilli; Chili sauce; quince marmalade; baked apples; musk and nutmeg-melon; crab apple jelly; grape jelly; black, orange, velvet, sponge and three-ply cake; combination pie.

Cream 2 Qts milk 1 Qt cream 8 eggs Nos Lusk
1½ lbs sugar, 3 cups 2 table B. Vanilla = 1 Gal

Snapps 1 [illegible] Sugar + [illegible]
[illegible] Table Spoon Ginger Tea Spoon Soda.
1 Egg 2 cups Sugar 1 Butter
Cookies 1 Sour Cream 1 [illegible] Teaspoon Soda

Graham Cookies Corbett. July 7th 99

1 Cup Sugar.
2 " Sifted Graham Flour
1 " Sour milk
5 Tablespoons melted butter
4 " " Molasses
1 Cup raisins or currants seeded or chopped fine
1 Teaspoon Soda
Sift in Cinnamon, Cloves nutmeg and all spice. just a little of the cloves. Pinch of Salt. Stir them and drop into the pans when hot and greased. Don't roll out cookies.

1 cup meal
2 Graham
1 Corn meal Salt
1 Molasses or Sugar
2 Sour milk
2 teaspoons Soda
Steam 3 hrs

1½ cups Apple sauce
1 " Sugar
½ " Butter
1 " Raisins
1 tablespoon hot water
2 teaspoons soda
1 " Cinnamon
1 " Cloves
½ cup flour.

1½ cups Sugar ½ cup butter
1 egg 1 cup Apple sauce
2 cups flour more or less
1 teaspoon soda
Cinnamon - Cloves - 1 teaspoon

Old Pickles — 2 yts Vinegar, 1/2 cup each of Salt - sugar - mustard. Wash and dry cucumbers.

China — 1/2 cup Sugar, Molasses & Sweet milk
1/4 " Shortening 1 Teaspoon Ginger. Little soda & Salt. Mix soft.

1915 — 1 Cup Sugar 1 Cup Boiling Water.
2 Eggs (Save white of one egg) 2 Tablespoons Corn Starch
Put over Kettle of boiling water using
mon — pan with good bottom in it.
Pie. — Before putting over to boil squeeze
A.G. — a lemon and a half into the pan & stir immediately

Cook about 15 min. to consistency of thick cream stirring all the while. Cool & pour into crust. Cover with frosting made of the white of one egg and two tablespoons Sugar. Brown in the oven.

Fanny used one lemon and a small piece butter and the yellow part of rind grated

Washing Fluid One box Babbitt's or Lewis Lye.
One ounce Salts of Tartar
One oz. Carbonate of Ammonia
Dissolve all in five qts of hot
Anabel's water in a stone jar. One tea
cup ful for a boiler of clothes.
Put [illegible] earthen or glass vessel
Don't wash flannels - Colored
[illegible] on [illegible]

Bran Muffins Receipt - for 12 -
2 cups Bran
Minnie 1 " Whole wheat or Graham
3 Table Spoons Molasses
1 Tea " Soda - Salt
Sweet Milk to make thick batter

COOK'S TIME TABLE.

	Mode of Preparation.	Time of Cooking.	Time of Diges'n
		H. M.	H. M.
Apples, sour, hard	Raw	.....	2 50
Apples, sweet and mellow	Raw	.....	1 50
Apple Dumpling,	Boiled	1 00	3 00
Apples, sour and mellow	Raw	.....	2 00
Asparagus	Boiled	15 to 30	2 30
Barley	Boiled	3 00	2 00
Beans, (pod)	Boiled	1 00	2 30
Beans with green corn	Boiled	45	3 45
Beef	Roaste	25	3 00
Beef, seasoned with salt	Boiled	25	2 45
Beef, with mustard, etc.	Boiled	25	3 30
Beefsteak	Broiled	15	3 00
Beefsteak	Fried	15	4 00
Beef, salted	Boiled	35	4 15
Bass, fresh	Broiled	20	3 00
Beets, young	Boiled	2 00	3 45
Beets, old	Boiled	4 30	4 00
Bread, corn	Baked	45	3 15
Bread, wheat	Baked	1 00	3 30
Butter	Melted	.....	3 30
Cabbage	Raw	.....	2 30
Cabbage and vinegar	Raw	.....	2 00
Cabbage	Boiled	1 00	4 30
Cauliflower	Boiled	1—2 00	2 35
Cake, sponge	Baked	45	2 31
Cake, corn	Baked	30	3 00
Carrot, orange	Boiled	1 00	3 30
Cheese, old	Raw	.....	3 45
Chicken	Fricasseed	1 00	3 00
Codfish, dry and whole	Boiled	15	2 45
Custard (one quart)	Baked	30	2 00
Duck, tame	Roasted	1 30	4 00
Duck, wild	Roasted	1 00	4 30
Dumpling, apple	Boiled	1 00	3 00
Eggs, hard	Boiled	10	3 30
Eggs, soft	Boiled	3	3 30
Eggs	Fried	5	3 00
Eggs	Raw	.....	2 00
Eggs	Whipped	.....	1 30
Fowls, domestic, roasted or	Boiled	1 00	4 00
Goose, wild	Roasted	20	2 30
Hash, Meat and Vegetables, warmed over		.....	2 30
Lamb	Boiled	20	2 30
Meat and vegetables	Hashed	30	2 30
Milk	Raw	.....	2 10
Milk	Boiled	.....	2 00
Mutton	Roast	20	2 15
Mutton, boiled or	Broiled	25	3 09
Onions	Boiled	1—2 00	3 00

	Mode of Preparation.	Time of Cooking.	Time of Diges'n.
Oysters	Roasted	.....	2 30
Oysters	Stewed	5	3 05
Oysters, fresh	Raw	.....	2 55
Parsnips	Boiled	1 00	2 30
Pig's feet	Soused	.....	1 00
Pork	Roasted	* 30	5 15
Pork	Boiled	* 25	4 30
Pork, raw or	Fried	.....	4 15
Pork	Broiled	20	3 15
Potatoes	Boiled	30	3 30
Potatoes	Baked	45	2 30
Potatoes	Roasted	45	2 30
Rice	Boiled	20	1 00
Sago	Boiled	15	1 45
Salmon, fresh	Boiled	8	1 45
Salmon, salted	Boiled	.....	4 00
Sausage	Fried	25	4 00
Sausage	Broiled	20	3 30
Soup, marrow bones	Boiled	3 00	4 15
Soup, beans	Boiled	3 00	3 00
Soup, barley	Boiled	2 00	1 30
Soup, vegetable	Boiled	3 00	4 00
Soup, chicken	Boiled	2 00	3 00
Soup, oyster or mutton	Boiled	†3 30	3 30
Spinach	Boiled	1—2 00	2 30
Tapioca	Boiled	1 30	2 00
Tomatoes	Fresh	1 00	2 30
Tomatoes	Canned	30	2 30
Trout, salmon, fresh, boiled or	Fried	30	1 30
Turkey, boiled or	Roasted	* 20	2 30
Turnips	Boiled	45	3 30
Veal	Broiled	20	4 00
Veal, fresh	Fried	30	4 30
Venison Steak	Broiled	20	1 35

*Minutes to the pound. †Mutton soup

The time given is the general average; this time will vary slightly with the quality of the article.

TABLE OF WEIGHTS AND MEASURES.

1 quart oatmeal weighs 1 lb.
1 quart unsifted flour weighs 1 lb, 1 oz.
1 quart sifted flour (well heaped) weighs 1 lb
3 coffee-cups sifted flour (level) weigh 1 lb.
4 tea-cups sifted flour (level) weigh 1 lb.
1 quart of sifted Indian meal weighs 1 lb 4 oz.
2¾ coffee-cups Indian meal (level) equal 1 qt.
3½ tea-cups Indian meal (level) equal 1 qt.
1⅓ pints of powdered sugar weigh 1 lb.
2 coffee-cups powdered sugar (level) weigh 1 lb.
2¾ tea-cups powdered sugar (scant) weigh 1 lb.
1 pint granulated sugar (heaped) weighs 14 oz.
1½ coffee-cups granulated sugar (level) weigh 1 lb.
2 tea-cups granulated sugar (level) weigh 1 lb.
1 pint coffee "A" sugar weighs 12 oz.
1¾ coffee-cups coffee "A" sugar (level) weigh 1 lb.
2 tea-cups coffee "A" sugar (well heaped) weigh 1 lb.
1 pint of best brown sugar weighs 13 oz.
1¾ coffee-cups best brown sugar (level) weigh 1 lb.
2½ tea-cups best brown sugar (level) weigh 1 lb.
1 pint soft butter (well packed) weighs 1 lb;
2 tea-cups soft butter (well packed) weigh 1 lb.
Soft butter size of an egg weighs 2 oz.
1 tablespoon of soft butter (well rounded) weighs 1 oz.
4 tablespoons soft butter (well heaped) equal one tea-cup.
1 pint bread-crumbs weighs 7 oz.
2 tablespoons bread-crumbs weigh 1 oz.
14 tablespoons bread-crumbs equal 1 pint.
1 quart finely-chopped suet weighs 1 lb.
1 pint finely chopped raw meat, (well packed) weighs 1 lb.
1 scant quart raisins, (before cleaning) weighs 1 lb.
10 medium-sized or 8 large eggs weigh 1 lb.
1 1-6 tablespoons rice weigh 1 oz.
3 tablespoons sweet chocolate (grated) weigh 1 oz.
1 tablespoon (well heaped) of common salt weighs 1 oz.
5 tablespoons sifted flour or meal (heaping) equal 1 teacup.
7 tablespoons granulated sugar (heaping) equal one teacup.
2 tablespoons (well-rounded) of powdered sugar or flour weigh 1 oz.
2 teaspoons (heaping) of flour, sugar or meal, equal 1 heaping tablespoon.
1 tablespoon (well heaped) granulated coffee "A" or best brown sugar, 1 oz.
1 tablespoon soda (slightly heaping) weighs 1 oz.

LIQUIDS.

4 teacupfuls equal 1 qt.
8 tablespoons equal 1 gill.
16 tablespoonfuls equal ½ pint.
1 teacupful equals 8 fluid oz. or 2 gills.

TABLE OF WEIGHTS AND MEASURES.

1 pint contains 16 fluid ounces (4 gills.)
1 ounce contains 8 fluid drachms (¼ gill.)
1 teaspoon contains about 1 fluid drachm.
1 tablespoon contains about ½ fluid ounce.
A common-sized tumbler holds about ½ pint.
4 teaspoonfuls equal one tablespoon or ½ fluid ounce.
1 wine-glass full (common-size) equals 4 tablespoons or 2 fluid oz.

A teaspoonful (for brevity, teaspoon is used for teaspoonful in the recipes of this book) is equal in volume to 45 drops of pure water (distilled) at 60 deg. Fah. Teaspoons vary so much in size that there is a wide margin of difference in containing capacity.

AVOIRDUPOIS WEIGHT.

16 drams (dr. make 1 ounce (oz.)
16 ounces make 1 pound (lb.)
25 pounds make 1 quarter (qr.)
4 quarters make 1 hundred weight (cwt.).
2000 weight makes 1 ton (T).

LIQUID MEASURE.

4 gills (gi.) make 1 pint (pt.)
4 quarts make 1 gallon (gal.)
2 pints make 1 quart (qt.)

WEIGHTS OF ARTICLES.

Apples, dried, bushel	25	pounds.	
Beef, firkin,	100	"	
Pork barrel,	200	"	
Beans, bushel,	60	"	
Butter, firkin,	56	"	
" tub,	84	"	
Peaches, dried, bushel,	33	"	
Fish, barrel,	200	"	
" quintal,	112	"	
Flour, barrel, net,	196	pounds.	
Honey, gallon,	12	"	
Molasses, hhd.,	130 to 150	gallons.	
Salt, barrel,	3½	bushels.	
" bushel,	70	pounds.	
Sugar, barrel,	200 to 250	pounds.	
Soap, barrel,	256	"	
" box,	75	"	
Tea, chest,	60 to 84	"	

WHEN FOOD IS IN SEASON.

Apples are in season all the year; cheapest from August until spring.
Artichokes (Jerusalem) are ready for use in September.
Asparagus from the first of May until middle of June.
Bass, a fish of which there are a dozen varieties, at all times of the year.
Beans, String, June to November; Lima, from July through the year.
Beef is good at all seasons of the year.
Beets from June through the year.
Blackberries from July to September.
Blue Fish, a popular fish on the sea coast, from June to October.
Brant, a choice wild fowl, April and May, and September and October.
Bream, a fish sometimes known as dace, in the winter months.
Broccoli, a kind of cabbage, from September to November.
Buckwheat Cakes in cold weather.
Butternuts ripen in September.
Cabbage, May and June and lasts through the winter.
Carrots come from the south, in May, and last until November.
Cauliflower from June until October,
Celery from August to April, but is better after being touched by frost.
Checkerberry in winter and spring.
Cheese all the year round.
Cherries from the south in May, and continue till August.
Chestnuts after the first severe frost.
Chocolate is best in cold weather, on account of its richness.
Chub, a fresh-water fish, in fall and winter.
Clams from May until September.
Conger Eels from November to April.
Corn, Green, from June to September,
Crabs from June to January, but are more wholesome in the cold months.
Cranberries from September to April.
Cucumbers in the south, April; in Middle States June to November.
Currants, green, June to July; ripe July to August.
Damsons, a small black plum, July to December.
Doves the turtle, one of the best game birds, in August and September.

DUCKS, Domestic, are best in June and July; wild in spring or fall.

EELS from April till November.

EGGS are are always in season, but are cheap in spring and high in winter.

ELDERBERRIES August and September.

FISH, as a rule are in best condition just before spawning.

GEESE, wild from October to December, tame at four months old.

GOOSEBERRIES from July to December.

GRAPES from September till winter.

GUINEA FOWL, best in winter when they take the place of partridges.

HADDOCK, from November and December and June and July.

HALIBUT in season all the year.

HERRING from February to May.

HERBS for seasoning should be gathered just as they begin to flower.

HORSERADISH is always in season.

LAMB in March, but from June to August is best as well as cheapest.

LEMONS arrive fresh from West Indies in winter.

LOBSTERS are plentiful in market, except in winter months.

MACKEREL from May through the summer.

MUSHROOMS are most plentiful in August and September.

MUSKMELONS from July to the middle of September.

MUTTON is in season all the year, but is not so good in the fall, the meat being drier and strong flavored.

ONIONS, new, large, from the Bermudas about May 1st, and from the south in June, and those of home raising in the Middle States the middle of July.

ORANGES from Florida and West Indies are in market from October until April; those from the Mediterranean from January until May. The Florida oranges are best and largest.

OYSTERS are in season from September to May; May, June and July being the spawning months.

PARTRIDGES, Pheasants or Ruffled Grouse, are in season in most markets from September to January, but are best in October and November.

PAW-PAWS are ripe about the middle of September.

PEAS, Green, reach market from Bermudas about May 1; from the South May 15; home grown, in the Middle States, about June 15.

PEACHES come from the Bermudas May 1 from the south July 1; and are plenty in market from August to November.

PEARS which are best for eating are in season from August to October.

PICKEREL is best from September to March.

PIGEONS, wild are plentiful in September and October.

PORK should never be eaten in warm weather.

POTATOES, new, arrive from the Bermudas about April; from the South June to July, and are plentiful in July and August.

POTATOES, Sweet, are in season from August to December, after which they lose their flavor.

PRAIRIE CHICKENS in season from August to October.

PRUNES arrive fresh from December to May.

PUMPKINS are in season from September to January.

QUAIL (often called Partridge in the South) from November and December.

QUINCES are in season from October to December.

RABBITS are in best condition in November, but are in season from September till January, and in the North later, until breeding season begins.

RADISHES are in season from April till cold weather.

RAIL, an excellent little game bird, is best in September and October.

RASPBERRIES are in market from the middle of June till September.

REED-BIRDS are best in September and October.

RHUBARB from April to September.

SALMON from March till September.

SHAD arppear in market from February 20 to June.

SMELTS are abundant from October to April.

SNIPE are in market from March 20 to April 20, and again in October.

SPINACH is the earliest vegetable used for greens,and is continued through the season by providing a succession of crops.

SQUASH—Summer, from June to August; winter from August through the winter.

STRAWBERRIES from the South appear as early as April 1, but are not plentiful until June, and the season is over in July

STURGEON from April to September.

SUCKERS from October to April.

TOMATOES are not plentiful in Northern markets before June.

TROUT, Brook, are in season from March till August,; lake trout from October to March; Mackinaw trout in winter months.

TURKEYS are best in fall and winter, though in market all the season,

TURNIPS, new, are in market about June 1, and last through the year.

TURTLES are in market from May to winter.

VEAL is in season except in hot weather, when it keeps badly.

VENISON from the buck is best from August to November, from the doe from November to January.

WATERMELONS are in season from July to October.

WOODCOCK is in season from July to November, but is best in October.

COMPARATIVE VALUE OF FUEL.

A cord of wood is 128 cubic feet; the sticks are cut four feet long and piled four feet high, and in a pile eight feet long. Wood cut to stove length, eighteen to twenty inches, is sometimes sold as a cord, when only eight feet long, four feet high, and as wide as the sticks are long, but it is not, of course, really a cord. The fair way to sell fuel, however, would be by weight; and when weights are equal the wood containing the most hydrogen will produce the most heat. Thus, one hundred pounds of dry pine are worth more as fuel than the same number of pounds of dry oak. Wood can never be economically used in a green state, as it then contains about 25 per cent. of water, which must be evaporated, and all the heat required to evaporate this sap is wasted. We give below a table, in which shell-bark hickory is made the standard of comparison, rated at 100 in value and 1000 in weight, and the weights of other varieties show their comparative value, which may be readily estimated in dollars and cents. For instance, if hickory is worth $7.00 per cord, the proper value of white oak would be $4.86. for as 100 (hickory) is to $6.00, so is 81 to the value of white oak, $4.86.

WOODS.	Comparative Weight.	Weight per Cord.	Comp. Valne.
Shell-bark Hickory	1000	4469	100
White Walnut	949	4241	95
White Oak	855	3821	81
White Ash	722	3450	77
Scrub Oak	747	3339	73
Red Oak	728	3255	69
Black Walnut	681	3044	65
White Beech	724	3236	65
Yellow Oak	653	2916	60
Sugar Maple	644	2878	60
White Elm	580	3592	58
Yellow-pine	551	2463	54
Sycamore	535	2391	52
Chestnut	522	2233	52
Poplar	563	2516	52
Pitch-pine	426	1904	43
White-pine	418	1868	42
Lombardy Poplar	397	1774	40

The quantity of combustible matter in fuel, if weight and other conditions are equal, is indicated by the amount of ashes or non-combustible matter remaining. The heating power of fuel is dependent partly on this, but not wholly. Fuel is valuable for various purposes in proportion to the flame it produces. A blaze is of great service when heat is to be applied to a great surface; but where an even or lasting heat is required, a more solid fuel is to be preferred.

The various qualities of bituminous, or soft, and anthracite coals, as sold in different markets, makes it impossible to give any accurate comparison of values. Measured by pounds, if anthracite is made the standard at 250, seasoned oak ranks 125, or one-half in value; hickory, 137; white pine, 137; yellow pine, 145, coke, 285; while the bituminous coals vary from 188 to 248.

As regards the different kinds of bituminous or soft coal each locality has its preference, but the "Briar Hill" is well known and very popular. Of the anthracite or hard, it is the same, there being many kinds, although many prefer the "Lehigh." In all hard coal there are four grades most commonly used: *Nut*, the finest, for stoves, both cook and heating; *Stove*, next larger, which is often used alone for stoves, but is best when used with Nut, half and half; if there is a good draft to the chimney, it is more economical than using all Nut. *Egg*, next in size and used for grates, open stoves and furnaces. *Grate*, the largest size used for large furnaces; but when used with Egg, half and half makes a *more economical* fuel for house furnaces, where there is a good draft to the chimney, than egg used alone, especially in very cold weather. One should try it thus.

HOUSEKEEPING.

Housekeeping, whatever may be the opinion of the butterflies of the period, is an accomplishment in comparison to which, in its bearing on woman's relation to real life and to the family, all others are trivial. It comprehends all that goes to make up a well-ordered home, where the sweetest relations of life rest on firm foundations, and the purest sentiments thrive. It is an accomplishment that may be acquired by study and experiment, but the young and inexperienced housekeeper generally reaches success only through great tribulation. It ought to be absorbed in girlhood, by easy lessons taken between algebra, music and painting, If girls were taught to take as much genuine pride in dusting a room well, hanging a curtain gracefully, or broiling a steak to a nicety, as they feel when they have mastered one of Mozart's or Beethoven's grand symphonies, there would be fewer complaining husbands and unhappy wives. The great lesson to learn is that work well-done is robbed of its curse. The woman who is satisfied only with the highest perfection in her work, drops the drudge and becomes the artist. There is no dignity in slighted work; but to the artist, no matter how humble his calling, belongs the honor which is inseparable from all man's struggles after perfection. No mother, who has the happiness of her daughter at heart, will neglect to teach her first the duties of the household; and no daughter who aspires to be queen at home and in her circle of friends, can afford to remain ignorant of the smallest details that contribute to the comfort, the peace and the attractiveness of home. There is no luck in housekeeping, however it may seem. Everything works by exact rule, and even with thorough knowledge, eternal vigilance is the price of success. There must be a place for every thing and every thing in its place, a time for every thing and every thing in its time, and "patience, patience," must be written in glowing capitals all over the walls. The reward is sure. Your husband may admire your grace and ease in society, your wit, your school-day accomplishments of music and painting, but all in perfection will not atone for an ill-ordered kitchen, sour bread, muddy coffee, tough meats, unpalatable vegetables, indigestible pastry,

and the whole train of horrors that result from bad housekeeping; on the other hand, success wins gratitude and attachment in the home-circle, and adds luster to the most brilliant intellectual accomplishments.

One of the first ideas the young housekeeper should divest herself of is, that because she is able, or expects some time to be able, to keep servants, it is therefore unnecessary to understand household duties, and to bear their responsibility. "Girls" are quick to see and note the ignorance of the incapacity of the mistress of the house, and few are slow to take whatever advantage it brings them, but the capacity of a mistress at once establishes discipline. The model house should not be large, nor too fine and pretentious for daily use. The mistress of many a fine mansion is the veriest household drudge. A great house, with its necessary retinue of servants, is not in keeping with the simplicity of a republic where trained servants are not known, and is seldom pleasant for the family or attractive to friends. Furniture should be selected for comfort rather than show. Most modern chairs put their occupants to torture, and throw them into attitudes any thing but graceful. Comfortable chairs should have broad seats, and a part at least low seats for women and children. Nothing is more out of taste and "shoddy" than to crowd rooms with furniture, no matter how rich or elegant it may be. Nor is it by any means necessary to have things in *suites*; variety is preferable, and each room, especially, should have an individuality of its own. The modern style is to have all furniture be what it seems; thus a table which often has a foundation of pine, put together mostly with glue, and covered with a veneer of mahogany, walnut, or other wood, and ornamented with carvings. which may mean something or nothing, which are glued to the work gives place to an *honest* table being throughout what it appears to be on the surface, made of solid wood; and if a costly wood can be afforded—well; if not, take a cheaper wood, but let the table be just what it pretends to be; if braces or bars are needed for strength, let them show, and indicate why they are used; and if ornament is desirable, let it be worked in the material, and not glued on. A table of this kind will *last*, and may serve for several generations, while in a few years the pine frame work warps and shrinks out of shape, the veneer peels, the carving gets chipped and the whole becomes "shabby genteel". Let the furniture represent solidity, honesty, and appropriateness. Sets are made of plain woods, such as ash and walnut, inlaid with porcelain tiles, and ornamented with old-fashioned brass rings and handles. They are valued at from thirty to two hundred and fifty dollars. Bedroom sets of French and English walnut, with inlaid woods, gilt and bronze ornaments, and variegated marbles, are sold from thirty-five to fifteen hundred dollars. Parlor sets of rich, carved woods, and satin, damask, cashmere, brocade and tapestry coverings, etc., range in price from one hundred to twelve hundred dollars. Ebony cabinets inlaid with ivory, and richly ornamented are worth from two to eighteen hundred dollars. Marquetry tables, work tables, library tables, Oriental chairs, lounges, easels, music racks, etc., of rich material and design, are valued at from ten

to one hundred to one hundred and fifty dollars. The principal woods used are walnuts of various kinds, ash, bird's-eye maple, satinwood and kingwood. Kingwood is almost crimson in color. Book cases are of all prices from twenty to fourteen hundred dollars, and side-boards from seventy-five to one thousand dollars. It is agood rule in selecting furniture, not to buy anything not actually needed, to buy the best of its kind, and to pay cash or not buy. Never get any thing because some one else has it, and do not be afraid to wait for bargains. Wise young housekeepers buy furniture in single pieces or small lots, as they have means, rather than expend more than they can afford in entire sets, which are really less attractive.

Carpets or rugs should, as a rule, be of small patterns. The stoves—if grates or fire-places are not used—should be of the kind that may be thrown open or closed at pleasure. If a furnace is used, great care must be taken that the rooms are not kept too hot in winter, and that there is most thorough ventilation, as the health of the family depends as much on the quality of the air they breathe as the food they eat. To waste heat is not so bad as to waste health and vigor, and fuel is always cheaper, on the score of economy, than doctors' bills. In furnace-heated houses—and the furnace seems to be accepted as the best heater, though apparatus for steam and hot water seems likely to be so perfected as to supplant it by furnishing a milder and more agreeable heat, entirely free from noxious gases—there should always be grates or fire-places in living or sleeping rooms; and whenever the furnace heat is turned on, there should be a little fire, at least enough to start the column of air in the chimney and secure ventilation. It is a common mistake to buy too small a furnace or other heating apparatus. This ought to be ample for the *coldest* weather, so that ordinarily it need not be kept up to its full capacity. When a furnace is heated too hot, the little particles of dust afloat in the air are charred, and the air has a burnt flavor, as unwholesome as it it disagreeable. Without a fire, chimneys are apt to draw down a current of cold air. If there are no grates or fire-places, do not rely on airing rooms from the halls, but throw open the windows and take in the outside air. This is especially necessary when a room is used as a study, or for an invalid. The air from the halls, although cold, is not pure. House-plants will not thrive in furnace-heated houses where gas is burned without fresh air, and human beings, especially the young and delicate, need quite as pure air as plants. In a study, or other room much occupied, the windows may be dropped during meals, and the room warmed anew before it is needed again. There must also be plenty of sunlight, floods of it in every room, even if the carpets do fade; and the housekeeper must be quick to note any scent or decay from vegetables or meats in the cellar, or from slops or refuse carelessly thrown about the premises. Many a case of fatal diphtheria or typhoid fever may be traced directly to the noxious vapors arising from decaying matter in a cellar, the outside of which is fair to look upon, while the parlors and living rooms are kept with perfect neatness. Such houses are whited sepulchers, and the inmates are doomed to pay the penalty of ignorance or carelessness. Every room must

be clean and sweet. In sickness, care in all these respects must be doubled. In damp and chill autumn and spring days, a little fire is comfortable morning and evening. The food for the family must be fresh to be wholesome, and it is economy to buy the best as there is less waste in it. No housekeeper ought to be satisfied with any but the very best cooking, without which the most wholesome food is unpalatable and distressing; and no consideration of economy should ever induce her to place on the table bread with the slightest sour tinge, cake or pudding in the least heavy or solid, or meat with the slightest taint. Their use means disease and costly doctor's bills, to say nothing of her own loss of repute as an accomplished housekeeper. If children and servants do work improperly, she should quietly insist on its being done correctly, and in self-defense they will soon do it directly without supervision. Order and system mean the stopping of waste, the practice of economy and additional means to expend for the table and for the luxuries and elegance of life—things of which money is well expended. It requires good food to make good muscle and good brain, and the man or woman who habitually sits down to badly cooked or scanty dinners, fights the battle of life at a great disadvantage.

SWEEPING AND DUSTING.

The sweeping and dusting of a room seems simple enough, but is best done systematically. "Dusters," made of old prints, with which to cover books, statuettes, and such articles as are difficult to dust, and larger ones to cover beds, are indispensable in sweeping and dusting. "Carpet sweepers" are only fit for daily use when thorough work is not required, a thorough sweeping once or twice a week sufficing even the tidiest of housekeepers. Before sweeping open the blinds and let in the light, and open the windows if it is not storming or too windy. Look on the ceiling for cobwebs, and sprinkle the carpet over with moistened bran, salt, damp coffee-grounds, or tea-leaves. Clean the corners and edges with a sharp-pointed stick and stiff whisk-broom. Brush down with the feather-duster all picture-cords, frames, and curtains, and remove all cob-webs with a broom about which a towel has been pinned, going through all rooms before sweeping, changing the towel if necessary; then clear one corner of furniture and begin sweeping toward the center with a short, light stroke, going slowly and carefully so as to raise no dust, and drawing, not pushing, the broom. The second time over, increase the length and force of the stroke, and the third, brush with long and vigorous strokes, using care as the dirt at the center of the room is approached. In this way it will take twenty minutes to sweep a large room, but it will be *clean*, and the carpet will wear bright and fresh, much longer than if the dirt were allowed to grind out the fabric. After the sweeping remove the "dusters" carefully, carrying them out of doors to shake, and rub, not simply wipe, off the furniture and other articles with a clean, soft, cotton cloth (cheese-cloth is nice) or an old silk handkerchief, or better, a soft

dusting-towel with fleecy surface which is sold expressely for this purpose, folding the dust in as it soils the cloth, and when it is filled with dust, shake thoroughly out of doors. Managed in this way, curtains, furniture and carpets will never be loaded with dust, but will remain bright, clean and fresh from one year's house-cleaning to another's. If any spot of dust is too firmly fixed, wash in luke-warm soap-suds, and immediately rub dry with chamois-skin. If there is open-work carving, draw the cloth through, or dust with a paint-brush; and it will be found more convenient to blow out some of the places which are difficult to reach, for which purpose a small pair of bellows may be used. To clean and dust a piano, use half a yard best canton-flannel with a nap free from all specks and grit, brushing lightly over to remove the dust; if there are finger marks or spots, rub up and down over them, always keeping the nap next to the instrument. Dust under the wires may be blown out with a pair of bellows. Keep the piano closed at night and in damp weather; open on bright days, and if possible let the sun shine directly upon the keys, is the light will keep them from turning yellow. Tune every spring and fall. As a last finishing touch to the rearranging of the parlor, leave late papers, magazines, a volume of poetry, or a steroscope and views, where they will be readily picked up by callers.

THE SITTING-ROOM.

The sitting-room should be the pleasantest, because most used, of all in the house. To prevent moths under the carpets, grind black pepper coarsely, mix with camphor-gum, and strew thickly about the edges and wherever they are to be found. To clean the oil-cloth, use warm water without soap, or, what is much better, milk and water. By keeping mats at the doors it will only be necessary to sweep the sitting-room thoroughly once a week, but occasionally, when very dusty, it may be cleaned by setting a pail of cold water by the door, wet the broom in it, knock off the drops, sweep a yard or so, then wash the broom as before, and sweep again, being careful to shake all the drops off the broom, and not to sweep far at a time. If done with care the carpet will be very nicely cleaned, and the quantity of dirt in the water will be surprising. The water must be changed several times. Snow sprinkled on and swept off before it has had time to melt (be careful to have rooms cool), is also nice for renovating a soiled carpet. When the sewing machine is kept in the sitting-room, a scrap bag hung on the end of it for storing all bits of cloth and ravelings, and ends of thread, will save much sweeping. In summer, wire doors and windows or mosquito-nettings in the windows will keep flies out, and at the same time admit the air. Washing windows and wiping off doors once a week after sweeping, keeps all tidy. To remove finger-marks, which are constantly appearing on doors about the nobs, use a damp cloth as soon as they are observed.

THE BED-ROOM.

The family bed-room should be on the first floor if possible, if the house s properly built and there is no dampness. Matting is better for the floor

than carpet, because freerer from dust, and this is the room used in case of sickness. If made properly it will wear for several years. Canton mattings are made on boats in pieces about two yards long, and afterward joined on shore into pieces of fifty yards. It is easy to see where these short pieces are joined; after cutting into lengths, first sew these places across and across on the wrong side, then sew the breadths together and tack down like a carpet. Matting should never be washed with anything except moderately warmed salt and water, in the proportion of a pint of salt to a half pail of soft water. Dry quickly with a soft cloth. A bed-room matting should be washed twice during the season; a room much used oftener. There should be a large closet, a part of which is especially set apart for children's use, with low hooks where they may hang their clothes, a box for stockings, a bag for shoes, and other conveniences, which will help to teach them system and order. The bedding should be the best that can be afforded. The inner husks of corn make a good underbed. Oat straw is also excellent. Hair mattresses are best and, in the end, most economical. Mattresses of Spanish moss are cheaper than hair, but soon mat down. Those made of coarse wool are objectionable at first on account of the odor, but are serviceable and less costly than hair. When the woven-wire bed is used, a light mattress is all that is needed; and this combination makes the healthiest and best bed, because it affords the most complete exposure of the bedding to air. The best covering is soft woolen blankets. Comforters made of cotton should be used with great caution, as they need to be frequently exposed to sun and air. The best comforter is made of delaines, which may be partly worn with wool instead of cotton quilted in. Beds are almost always made up too early. The thrifty housekeeper likes to have rooms put to rights in the morning, but it brings up the old adage of "the white glove" which "hides a dirty hand." The bed should lie open for several hours every morning, and at least once a week all the bedding should be thoroughly aired. Air pillows in wind, but not in sun.

THE GUEST-CHAMBER.

The bed of the guest-chamber, as well as in all sleeping-rooms, should stand so that when one opens the eyes in the morning the light from the window will not be directly upon them, as it is trying to weak eyes, and unpleasant to strong ones. If the bed has a canopy to it, lay a large sheet of paper on top, and on sweeping day, it can be carefully lifted off, the dust shaken from it and replaced. This also assists in keeping the bed clean, as dust will filter through most material. Keep the bureau where the sun's rays never strike the mirror, and where it will not be heated by the stove, as will either will granulate the amalgam. Chambers should always be provided with transoms over the doors, and windows arranged so as to lower easily from the top. Tacked on the inside of the wash-stand doors, two crotched pockets are nice for bathing sponges, and there should be plenty of towels, especially of coarse, rough ones which make a morning bath such a luxury.

It is a great protection to all mattresses to have a covering made of unbleached muslin, which may be removed and washed when soiled; some also have a light comforter made of white muslin to place upon the mattress. A little pocket with a flap, made of a pretty print and tied down with a bow of some bright colored ribbon makes a useful receptacle for the dust cloth (made of cheese cloth) and can be hung in the closet of all bedrooms or other rooms; or it will not look amiss if compelled to hang in a more conspicuous place and will be found very convenient. Among the little accessions to the guest-room furniture always add a button hook and a fancy little work basket filled with needles, thread, scissors and thimble may not come amiss to some transcient guest in need. Where one has a nice library it is very pleasant to scatter a few books in each bedroom in the house; for this purpose a pretty little open case of two or three shelves may be made of same kind of wood in which the room is finished, and when filled with appropriate books makes a nice ornament as well as giving pleasure when a trip to the library could not be made.

THE BATH ROOM.

This should occupy as large a space as can be spared and should be arranged with a large closet with shelves and drawers in which all things used in sickness could be placed, and room beneath for the different small bath tubs used, A shelf for medicine bottles, camphor bottle, etc., up out of the reach of children, should be on one side of closet and either bags or drawers for pieces of flannel, linen and all cloths necessary in sickness or case of accident; also a small sponge, and many other needful thifigs where there is a family of children, who are apt to have many a cut or wound to need a mother's care. It is well to have the room off of the family room so there can be a door connecting them, as well as the main door out into hall. Another very useful and convenient room, although not a necessity is

THE SEWING ROOM.

This is nice as far remote from the living and sleeping rooms as possible and the attic if finished off proves a good place. In it have shelves upon which to place the goods for "making up," and finished garments before putting away; and on one side a set of drawers, divided up into as small spaces as needed, for different pieces, having silk pieces, woolens, white goods, etc., each by themselves. These drawers are much more convenient than bags for pieces, etc., as they are more easy of access, for generally with a bag the piece you wish is at the bottom. Now, have a shelf on side of wall on hinges to be used as ironing board, a sewing table, machine, lap board, etc., and this useful room is completed.

HOUSE-CLEANING.

When mother earth summons the stirring winds to help clear away the dead leaves and winter litter for the coming grass and flowers, every house-

keeper has a feeling of sympathy, and begins to talk of house-cleaning. The first bright sunshine of spring reveals unsuspected dust and cobwebs, and to her immagination even the scrubbing-brushes and brooms seem anxious to begin the campaign. In northern latitudes it is best, however, not to begin too soon. Do not trust entirely to appearances, for spring is almost certain to break her promises of pleasant weather, and give us a good many days when it will be anything but pleasant to sit shivering in a fireless room, while the children become unmanageable and husband growls. So, for the sake of health, peace, and comfort, do not remove the stoves before the middle of May.

Devote a week at least to preparations. See that all needed repairs are made about the house, and have all necessary tools on hand and in good order. Provide lime for whitewashing, carpet-tacks, good soap, sawdust, carbolic acid, copperas, and spirits of ammonia. Have closets, bureau drawers, etc., all thoroughly renovated. Reorganize sewing table, arrange bags for the odds and ends that have accumulated during the winter, having different ones for each article, and marking the outside in some way; for instance, for the button-bag, sew one on the outside, and so on; or if white they may be marked with indellible ink. Put pieces of ribbon, velvet, lace, flowers, etc., in a box, and have it in readiness for the spring "fixing up." While this renovating is being done, have "the boys" cleaning the yard of the winter rubbish and debris, as this is far more important in a sanitary point point of view than inside house-cleaning. When you begin do not upset all the house at once, driving your husband to distraction, and the children to the neighbors. By cleaning one or two rooms at a time, and using a little womanly tact, the whole house may be renovated with little inconvenience.

If you are a "lone woman" you will need the help of one stout girl at the least, unless you are stouter than the average American woman, or your house is very small. Hire her at least the week before, so that she can get accustomed to the house and *your* way of doing work. Be sure you wash and iron *every thing* you can find that is soiled, Then, on Saturday, do an extra large baking, so you will have sufficient bread, cakes, etc,, to do you the most of the next week. Make Sunday *truly* a day of *rest.* Then, on Monday, be up early; after breakfast leave the girl to wash the dishes, sweep, and put things in order up stairs, and you take *a man* and go to the

CELLAR;

First have everything taken out of the cellar that does not actually belong there. The reason for cleaning the cellar *first* is, that it is generally left to the last when all are tired and nearly worn out, and is apt to get what is called a "lick and a promise." The cellar should be one of the most particular places about the house; therefore do it first while fresh and strong. After all the surplus things are taken out, move the rest to one end, then give the end a good sweeping overhead, down the sides and under foot. Every particle of vegetable remnants should be removed, and the spot which may

have been moistened by their presence thoroughly swept, and, if necessary, it should be scrubbed or sprinkled over with copperas water to sweeten it and to prevent malarial exhalations. Boxes, barrels, etc., should be removed into fresh localities in the cellar, so that the places which have gathered dampness beneath them may become dry. All the gatherings of earth from stored vegetables, and all the bits and shreds of things that grow, must be cleared away, or they will become dangerous enemies when exhalations that always rise from such things upon heated days shall find their way into sleeping apartments to poison the family with malarial gases. (The cellar should always be aired as early as possible after the intense cold is gone, and all summer long too much fresh air cannot reach its dim recesses.)

Now wash the windows, and then whitewash every nook and corner with common whitewash made yellow with copperas. Do not be saving, and all vermin will bid *your* cellar a long "good-bye." Now move the things back to that end and treat the other end the same way; when all is done, dust or wash out all boxes, barrels, etc., and return to their places, which should be arranged as handily as possible. Carry out all trash, wash down the steps, and you are ready to leave the door and windows open and go to the

GARRET.

Open the windows, gather up all papers and place in a box; next, if rags are lying around, pick them up and sort them, putting in sacks (paper sacks are best for woolen; if not torn, will keep out moths), tie each sack with a strip like the rags it contains, clean up all other trash and take down to burn, if of no other account. Now sweep good overhead, hang up sacks and other articles, sweep floor, moving all boxes, trunks, and bundles, then wash floor up lightly, just to remove the dust. If you have seen any signs of moths they must be attended to, as they will be in the cracks of the floor; it is no use to try to get rid of them down stairs while the garret is kept for a breed-house. Benzine is sure death to moths, but do not use it if there is fire in the house near, *for it is very dangerous.* If no fire, sprinkle the floor freely with it. The odor will soon escape at the open windows. Or take common kerosene and wash the floor all over; it "smells loud," but will all be gone in about two days and so will the moths. Now wash down the steps (other wood-work and windows should have been washed before the floor was), and you are done. The time taken will be in accordance with the size of the rooms and number of things to handle. Now for the

BED-ROOMS.

If there is a hall, move all the furniture out of it from the rooms, and put the bed out to sun. (Never clean house except in sunny weather; if cloudy in the morning, try to put it off till clear weather.)

Take down all pictures, ornaments, etc.; clean them and put them away in the closets. Clothes, carpeting, and "trumpery" stowed away, must be thoroughly dusted and aired in sunshine and wind. Take up carpet, fold it

up by lifting one side, carrying it over to the other, and laying it down carefully, thus preventing straw and dust getting on the upper side. Carry it out and lay it on the grass or hang it on a clothes line and beat it on the wrong side with canes—taking care that the canes have no sharp points. Then spread the carpet out and sweep well on the right side. There is more art in sweeping a carpet than a novice is apt to suppose. An old broom should never be used, and a new one should be kept especially for the carpets. With Brussells and velvet carpeting there are two ways to the pile, just as in velvet, and they should always be swept with the pile. If a carpet is swept against the grain, it soon looks rough and scratched up. Wash out all grease spots with a little gall soap and clean water, after the dust is entirely beaten out. Take one or two pails of sawdust, wet thoroughly and scatter well over the floor; a very little dust will arise when you sweep it off, and it will not be necessary to clean the floor before washing wood-work and windows. If you can not get sawdust, use moist earth instead.

Wash and polish the windows, and if the walls are hard finish, they may be washed off lightly with soap-suds, and wiped dry. Wash floor with hot soap-suds, and rinse with strong, hot brine, or hot water with a strong mixture of cayenne pepper in it, to drive out mice, rats, and other vermin. Now take some *clean* old calico and put around a new broom and rub down every part of the paper; if it gets dirty, get a clean one, and wash that ready for the next room. If well rubbed, will make the paper look clean and bright. If new paper is needed or whitewash overhead, it is better to hire a man who makes that his daily work. The great secret of good floor-washing is never to do the whole room with the same water; change it two or three times in a small room, and more frequently in a large room. After washing, wipe with a flannel, wringing it frequently. In washing wood-work, do not slop water enough about to run a mill, for it can be done just as well without making any slop. Do not use soap if the paint is good; with rain-water, a soft rag, and a brush if there are any fancy moldings, give it time to *soak*, and you will find all dirt comes off, leaving the paint looking like new. In washing hard-wood finish use tepid water without soap, and wipe dry very quickly, rubbing hard to give a nice polish. Glass should be washed, wiped *nearly* dry, and finish with tissue paper. (Always save the tissue paper for that purpose.) In washing the floor, do not forget the closets. If moths are in them, use benzine on the floor; also sprinkle the *room* floor with benzine, remembering that there must be no fire. When floor is dry, blow cayenne pepper in crack and crevice, using a small pair of bellows for the purpose.

Now we are ready to go to the next room the same way. Then return to number one and put the carpet down. A carpet wears better if put down well, and it is better to have it done by experienced persons when the expense can be afforded and such help can be had. Moth-proof carpet lining is best, but several thicknesses of newspaper come next as a carpet preserver. The printer's ink is an exeellent moth preventive, and the newspapers keep the carpet from rubbing on the boards. The good old-fashioned way of put-

ting under good clean rye or oat straw is again in favor, for the reason that dust, so destructive to them, will pass through both carpet and straw to the floor. Begin at one corner, and nail down one of the sides at the *cut ends* of the breadths, continuing round the selvage side, and stretching it evenly and firmly without straining the fabric. When two sides are nailed, take next the other selvage side. The last side will require the most stretching in order to get rid of puckers.

For stair carpets, make a pad of coarse cotton cloth, nearly as wide as the carpet, and the full length of the stairs; fill with two or three layers of cotton-batting, sewed across to stay it about nine inches between seams. This is the best because not displaced so easily as paper. Have half a yard more carpeting than is needed in order to turn the carpet upside down and change the position of the places where the edge of the step makes a mark. When the carpet is new, leave it uncovered, and put down stair cloth after it begins to show wear. Linen over-carpet in the summer is both cool and pleasant; besides it helps to keep away moths. After being swept and laid down on the floor, the carpet should be wiped. Have two pails, one of clean soap-suds, the other with lukewarm water, a clean flannel cloth, and two clean, coarse towels. Take the carpet by breadths, wring the flannel out of the lukewarm water and hold it so that you can turn and use it up and down three or four times on the same place. Rub both with and against the grain as hard as if you were scrubbing the floor, then throw the flannel into soap-suds, and rub the carpet dry with one of the dry towels. If you leave the carpet wet, the dust will stick to it and it will smell sour and musty. Wash the flannel clean in the soap-suds, wring it out of the warm water and proceed as before. If the carpet is very dirty or has much green in it, use fresh ox-gall in the lukewarm water in the proportion of a quart of gall to three quarts of water, and rub the carpet dry as already directed. This rubbing a carpet raises the pile and freshens the colors. When the carpet is nicely down and swept the room is ready for its customary furniture, unless the more thorough renovation of kalsomining and painting is to follow the cleaning. Before replacing, every article should be thoroughly cleaned, every button and tuft of the upholstered goods receiving its share of attention from the furniture-brush. Sofas and chairs should be turned down and whipped then carefully brushed, and all dust wiped off with a clean cloth slightly damped. Clean the pictures and hang them back. If photo or engraving, and dust under the glass, take them out and rub with a clean cloth. Clean the glass by washing in weak ammonia water and wiping dry. If gilt frames, wash with a little flour of sulphur and rain-water; if rosewood or other dark wood and varnished, rub with *Furniture Polish* made as follows: Alcohol, eight ounces, linseed oil (raw) eight ounces, balsam fir, one-half ounce, acetic ether, one-half ounce. Dissolve the fir in the alcohol, then add the others and apply with a flannel cloth, and rub until dry. If oiled (not varnished), rub with a cloth wrung out of kerosene, and they will look like new. Go over all the furniture with the above polish or oil, according as they are oiled

or varnished. If ever troubled with bed bugs, go over every part with kerosene. Clean all the other rooms the same way, leaving the hall until the last. Wash the oil-cloth with water in which some borax is dissolved, and wipe with a cloth wrung out of sweet milk. Follow the above directions for the rooms down stairs; do not have more than two rooms torn up at once. Clean out all moths as you go, for they will soon ruin carpets, chairs, sofas, etc., if not killed. Polish the furniture as above, and do not raise any dust where it is for a few days. Ink stains can be taken out with oxalic acid. Wash in cold water, then in a solution of chloride of lime, then in water again; if white goods, warm them up in salted milk, let them lie some time, and then wash in water. In cleaning paint, use water in which ammonia has been added, till it feels slippery, or use fine whiting—to be had at the paint or drug stores. Take a flannel dipped in warm water, squeezed nearly dry; dip this in the whiting, and rub the paint with it; then wash off with warm water. For windows, use either of the above, or Indexical soap. For natural wood, or grained work, use clear water or cold tea and wipe quickly.

Paint can be taken off where not wanted, with turpentine. Apply with a sponge, after a little time it will rub off; if cloth, rub between the hands and it will crumble off. White spots can be taken off varnished furniture by rubbing with a rag wet with spirits of camphor.

It should be remembered that ammonia, especially the stronger kinds, is dangerous, a few drops being enough to injure a person. When used for cleansing purposes it should be handled with great care, that the gas which is given off freely in a warm room, be not breathed in large quantities, and do injury to the delicate lining of the nose and mouth. Benzine is a liquid, in the handling of which much caution should be exercised. It is very volatile, and its vapor, as well as the liquid itself, inflammable. When employed for removing grease, or other stains, from clothing, gloves, etc., it should never be used at night, nor at any other time near the fire. Alcohol must always be used with great care, especially at night.

When the kitchen is cleaned, all the bake-pans, sauce-pans, tea-kettles, etc., should be plunged into a boiler filled with strong soda water; or, add to clear hot water some of the *Washing Fluid*, which you have already prepared, as follows: One pound of sal-soda, one-half pound stone lime, five quarts soft water; boil a short time in copper or brass kettle, stirring occasionally; let settle, then pour off the clear fluid into a stone jug, and cork for use. After this, they are really purified, even if they are not scoured with sand, sapolio, or whatever burnishing material happens to be a favorite with the housewife. This process of cleaning the pots and pans is often performed by the tidy housewife, but it is especially appropriate at the time when the whole house is being purified of its half year's accumulation of soiling. A kitchen should have a painted wall that can be washed with a scrub-brush and water, or it should be whitewashed with lime. To clean the kitchen, kettle-closets and pantry, is usually the greatest dread of the spring campaign, but it need not be if the formalities of boiling the tins is going on while the walls and shelves

are being scrubbed. Papers should be cut and fitted to the clean shelves. Try to have wire screens at all outside doors and all windows, and the one leading from the kitchen to the dining room, also the lower half of all windows. Keep plenty of husk mats and foot-scrapers at the doors, and learn to stop and use them. Have a place for every thing and always put it there; it will save work. Do not work so hard as to make yourself sick; better be a *little* dirty than have a spell of sickness. A kitchen and pantry need cleaning several times in a year, being used most and should be kept cleanest.

Sinks, drains, and all places that become sour or impure, should be cleansed with carbolic acid and water. This, or some other good disinfectant, should be kept in every house, and used frequently in warm weather. Another good disinfectant is copperas; ten cents' worth dissolved in water, will deodorize your sink and other bad smelling places about the buildings. Probably there is nothing better for the purpose than copperas; it possesses no bad odor. Do not place carbolic powder boxes, nor sprinkle chloride of lime, etc., where your drain openings exist, merely to distract your nose's attention from the sewer gas, which is issuing from some leaking pipe or choked trap; by so doing you but ignore nature's warning, that like the premonitory smoke and rumblings of a volcano, advises you of the eruption of the disease to come. While house-cleaning, brighten up old furniture by rubbing well whith kerosene oil; should it be marred or bruised, use the "Magic Furniture Polish." Take bedsteads to pieces, and saturate every crevice with strong brine; nothing is better to purify and cleanse, or to destroy bed-bugs. To clean mirrors, take clean warm rain-water, and put in just enough spirits of ammonia to make it feel slippery. If very dirty, rinse, if not, wipe dry and you will be surprised at the effect. Do not polish stoves until fall if you are going to put them away during the summer, but to keep them or any iron utensils from rusting, rub over with kerosene. When polishing, six or eight drops of turpentine added to blacking for one stove, brightens it and makes it easier to polish. To remove mortar from windows, rub the spots with hot, sharp vinegar; or, if nearly fresh, cold vinegar will loosen them. For paint spots rub with camphene and sand, To remove spots from gray marble hearths rub with linseed oil.

Fall house-cleaning deserves no less attention, except that white-washing and painting can best be done in the mild days of spring, when the house may be thrown open to wind and sunshine. The best time for the fall cleaning is in the constant weather of October; and before begining, all the dirty and heavy work for the winter, such as getting in coal and wood, should be completed, and the cellar made clean and sweet.

PROTECTION AGAINST MOTHS.

During the week before the "siege" of house-cleaning in spring or fall, look over all garments and articles to be put away, mend, remove all grease spots if possible. An effective mode for cleansing is to a tablespoon ammonia add a teacup boiling water; when cool enough saturate a piece of the goods

or a sponge with it and rub the spot briskly, rinse with a clean cloth and fresh water, rubbing as before. Shape the garment with the hands so that the wet part will neither be stretched or shrunken; dry in the air or by a sunny window. If not out repeat process being careful to rub the goods with the nap, then beat with a limber cane and place on the line in the wind and sun for a day. Towards evening, before dampness finds its way into them, fold them up with pulverized camphor, cut tobacco or cedar chips, laid in their wrinkles; wrap them in newspaper, carefully tie and label them, and they are ready for the closet shelves. Or, have fixed a trunk, box, or chest that is thoroughly cleansed, and lay an old sheet, that has, however, no holes in it, in this receptacle, so that the middle of the sheet is parallel with the bottom of the box. Lay the heaviest garments at the bottom with a plentiful supply of gum camphor in bits the size of a hickory-nut, or cedar shavings, strewn upon each garment; when the box is filled strew camphor or cedar shavings on top of the last garment, and all around the edges, and fold and pin the sheet over so that all of the edges lap over each other. Close the box, and set in closet in some part of the house which is frequented often during the warm weather, for the presence of any animated object is certain to disturb the moth. Always clear out all closets and trunks early in the spring and brush inside with a sponge dipped in a mixture of ammonia and alcohol. Everything closets or trunks contain should be shaken and aired.

Sometimes a heavy carpet, in a room seldom used, is not taken up at house-cleaning time. In this case lay a cloth along the edge of the carpet and pass slowly over it with a hot flat-iron. This will kill moths and their eggs. If moths are discovered in a carpet at a time when it is inconvenient to take it up, they may be killed in the same way. A carpet, particularly if turned under at edges, should not be left down longer than one year, even if not much used.

All moths work in the dark, hence clothing, furs or carpets exposed to the light are not in so much danger as when put away in the dark. The worms are torpid and do not work during the cold of the winter. Early in the spring they change into chrysalids, and again in about three weeks they transform into winged moths, when they fly about the house during the evening until May or June. Then they lay their eggs, always in dark places, and immediately after die. The eggs which are to small to be detected with the naked eye, hatch out in about two weeks, and the young worms immediately proceed to work.

Furs should not be worn late in the season. They should be combed carefully with a dressing-comb, beaten and aired (but not in the hot sun), sprinkled with camphor gum or half and half of black pepper and cut and dried tobacco and wrapped in linen, sewed up, and then put in a paper bag. Newspaper is not strong enough; brown wrapping paper is better. Paper boxes may be used, but should be pasted securely so nothing can enter. Some add a tallow candle wrapped in paper or cloth, to the parcel, thinking it a preventive, and the wrapping of the bundle or box in tarred paper is a good

thing. Cedar chests will effectually keep out moths, but few are so fortunate as to possess these. Any article of fur, which has previously been troubled with moths, should be opened and examined in July, to make sure no moths is harbored in them, despite the precautions taken. This process, pursued resolutely year after year, will keep a house almost, if not entirely free, from the moth, and save much destruction and annoyance.

In the country remote from drug-stores, many housekeepers use the dried leaves of sage, thyme, spearmint and other highly scented herbs. These are gathered after the housewife has laid in all she may require for cooking and medicinal purposes, are tied in bunches and dried, and then laid among the clothes in the large wooden chest; or a pole is laid from rafter to rafter, and the clothing is hung over this, and casings of calico or old cotton quilts are carefully pinned around each garment, the bunches of herbs being also pinned at intervals about the clothing.

KALSOMINING.

If papering and painting, or kalsomining are to be done, do the last named first. Wash ceiling that has been smoked by the kerosene lamp, with a strong solution of soda. Fill all cracks in the wall with a cement made of one part water to one part silicate of potash mixed with common whiting. Put it in with a limber case-knife if you have no trowel. In an hour, after it has set, scrape of the rough places, and after kalsomining no trace of the crack will appear. For the wash, take eight pounds whiting and one-fourth pound white glue; cover glue with cold water over night, and heat gradually in the morning until dissolved. Mix whiting with hot water, add the dissolved glue and stir together, adding warm water until about the consistency of thick cream. Use a kalsomine brush, which is finer than a white-wash brush, and leaves the work smoother. Brush in, and finish as you go along. If skim-milk is used instead of water, the glue may be omitted.

PAINTING.

If painting has been required, a patient endurance of a sufficient number of drying days must be given over to this process. The smell of the turpentine will be very much diminished, and the unwholesomeness of paint almost destroyed, by placing in the apartments, and in the adjoining sleeping-rooms, several wash-bowls or pails filled with cold water. In the morning the top of the water will exhibit the material which it has absorbed, and which those who were breathing the same air would have taken into their system. If but one coat of paint is to be placed upon an apartment, all the wood should be carefully washed with strong sal-soda water, and dried before painting it, to remove any oily or dingy spots that would otherwise soon show through a single layer of either white or color.

Any woman of a mechanical turn of mind can paint a room, buying the paint ready mixed. While painting keep the room well ventilated and eat acid fruits. When done, any spatters on the glass may be removed by the

application of a mixture of equal parts of ammonia and turpentine, washed off with soap-suds. To polish the glass, wash in warm water, wipe with a soft cloth, put a little whiting on the center of the pane, and rub with chamois-skin or a soft cloth.

PAPERING.

In papering a hard-finished wall, a thin solution of white glue should be first applied with a white-wash brush. To make the paste, sift the flour, add one ounce pulverized alum to every pound of flour, mix it smoothly with cold water, and pour over it gently but quickly boiling water, stirring meantime constantly. When it swells and turns yellow it is done, but it is not to be used until cool, and may be kept for some time without spoiling. Or, for paste, clear corn-starch is sometimes used, made precisely as made for starching clothes. It is well to use a small quantity of carbolic acid in it, as a precaution against vermin. A thin paste of wheat, or what is better, rye flour, is, however, very good for anything except the most delicate papers. The wall should be smooth, and if very smoky or greasy in spots, it should be washed with weak lye or soap-suds. Trim the paper close to the patern on one side. A pair of long shears is best for the purpose—allowing the roll to lie on the floor, and rolling up again on the lap as fast as trimmed. Provide a board wider than the paper, and a little longer than a single breadth when cut. Cut all the full breadths that will be required for the room, matching as you cut, and saving remnants for door and window spaces. Begin at the right hand and work to the left. The breadths may be laid one on another on the board, the top one pasted with a good brush, the top turned down, bringing the two pasted sides together, a foot or two from the other end. Carefully adjust the top to its place, gently pressing it with soft towels, first down the middle of the breadth and then to each edge. In turning a corner, paste only that part which belongs to one side, fasten it in place, and then paste and adjust the rest. The border may be tacked on; No. 4 tacks will not be visible at the top of a room, and it may be removed when the ceiling needs whitening. In selecting paper avoid contrasts in colors and large staring patterns, as they are out of taste and tiresome to the eye. Choose rather neutral tints and colors that harmonize and blend agreeably together, and with the general tone of carpets and furniture. Even with a bare floor and plain wooden chairs, the effect of a soft-tinted paper gives a vastly different impression than if the wall is disfigured with glaring figures and contrasting colors. If ceilings are low, heighten the appearance by a figure which runs perpendicularly through the wall-paper; the effect produced is very deceptive—the ceiling appearing much higher than it really is. Wall-paper is half a yard wide, and about eight yards to the roll, so that it is easy to estimate the quantity needed. It is wise always to get one extra roll for repairs. After papering a room build no fire in it until dry

HOUSE-CLEANING DOTS.

To Clean Chromos.—Dampen a linen rag slightly and go over them gently. If the varnish has become defaced, cover with a thin mastic varnish.

To Remove Ink Spots From Floors.—Rub with sand wet in oil of vitrol and water; when ink is removed rinse with pearl-ash water.

Hard Whitewash.—Ten cents worth of kalsomine, five cents worth of glue dissolved in warm water, two quarts of soft soap, and bluing. This will do for halls, closets, fences, etc.

To Remove Grease From Wood Before Painting.—Whitewash the spots over night, and wash it off in the morning. When dry, the paint will stick. Slaked lime laid on the spots and wet a little, will do as well as whitewash.

To Wash Windows.—Dissolve a little washing soda in the water and wet the window well with it; dry quickly with a soft towel, and polish with chamois skin or newspaper rubbed soft between the hands, or put a teaspoon kerosene in a quart of water, wash with that and dry and polish as above.

Cleaning Mixture For Carpets, Etc.—Half bar Ivory soap, and a lump each of saltpeter and salsoda the size of a walnut; add two quarts of boiling soft water; stir well and let stand till cool, then add three ounces ammonia, bottle and cork tight. Will keep good a year. Some use only three pints water. This may also be used for bed-bugs, and it is good for cleaning paint, clothes, etc.

To Clean Looking Glasses.—Divide a newspaper in two, fold up one-half in a small square, wet in cold water. Rub the glass first with the wet half of the paper, and dry with the other. Fly-specks and all other marks will disappear as if by magic. This is only true of the best quality of rag paper, such as is used by the best weekly papers. Paper which has wood or straw in it leaves a linty deposit on the glass.

To Clean Oil-Cloths.—Take a pail of clean, soft, lukewarm water, a nice soft piece of flannel, wash the oil-cloth and wipe *very dry* so that no drop of water is left to soak in and rot the fabric. After washing and drying, if a cloth is rung out of a dish of skim milk and water, and the oil-cloth is rubbed over with this, and then again well dried, the freshness and luster of the cloth will well repay the extra labor, and before or after putting down new ones, put on one or two coats of linseed-oil with a brush, and when thoroughly dry, add one or two coats of varnish. This makes the cloth softer and *much more durable.*

Magic Furniture Polish.—Half pint alcohol, half ounce each resin and gum shellac, a few drops analine brown; let stand over night and add three-fourths pint raw linseed oil and half pint spirits turpentine; shake well before using. Apply with cotton flannel, and rub dry with another cloth. Another polish is one and a half ounces each alcohol and butter of antimony, one half ounce muriatic acid, eight ounces linseed-oil, one half pint vinegar. Mix cold. This has been tried for twelve years and has been regularly sold for $10.

Care of a Stove.—Where one is cramped for room to store heating stoves in summer, they may be utilized very nicely. If a fancy top, remove

it and the legs if pretty high and surround with a light frame, easily made, with a solid top and cover with drapery, making a pretty stand. A very high stove could be thus enclosed and placed in a corner. In a very handsome residence we once saw the steam radiators that look so out of place in summer, covered with a board shelf on top and nicely upholstered and finished with a lambrequin, making a pretty and useful receptacle for books, bric-a-brac, etc.

Care of Oil Paintings and Frames.—Wash the picture, if soiled, in sweet milk and warm water, drying carefully. Or, clean the painting well with a sponge dipped in warm beer, and when perfectly dry, wash with a solution of the finest gum-dragon dissolved in pure water. To retouch a gilt frame wet the rubbed spot with isinglass dissolved in weak spirits. When about dry, lay on gold-leaf, and when quite dry, polish with a very hard burnisher; or some wash with a strong solution of soda, rub with a fine paper and then apply a coat of liquid gold paint. Give the gilt frame when new a coat of white varnish, and all specks can then be washed off with water or suds without harm.

To Paint Floors.—After the house-cleaning is through here is a quick and easy way of painting the kitchen floor: Some bright, sunshiny day, take three quarts soft water, and three ounces glue; put over the fire and heat until glue is dissolved. Then take off and add three pounds yellow ochre; now take a brush (a new white-wash brush does very well), and put on a thick coat all over the floor. When it is dry, which will be soon, take a common paint brush and boiled oil, and thoroughly cover the floor. You can walk on it as soon as the first coat is dry. If any would like the floor very light, instead of using all ocher, use two pounds of pulverized dry white lead and one pound ocher; also use white glue in place of common kind.

To Remove Ink From Fine Woods.—Ink staines on mahogany, rosewood or black walnut furniture may be removed by touching the stain with a feather wet in a spoonful of water in which six or eight drops of nitre have been mixed. As soon as the ink disappears, rub the place *immediately* with a cloth wet in cold water, or the nitre will leave a white stain. If the ink stain then remains, make the solution of nitre stronger, and repeat. *Ink stains on paper* may be removed by a solution made as follows: Dissolve a a half pound chloride of lime in two quarts of soft water; let stand twenty-four hours and strain through a clean cotton cloth; add to an ounce of the lime water a teaspoon of acetic acid, apply to the blot and the ink will disappear. Dry with blotting paper. Bottle the remainder of the lime-water closely, and keep for future use.

The Care of Marble.—Never wash the marble tops of wash-stands, bureaus, etc., with soap. Use clean warm water (if very much soiled add a little ammonia) and a soft cloth, drying immediately with a soft towel. Or after brushing off the dust, coat with thick mucilage and let dry in wind or

sun; it will peel off and thus remove dirt. There is nothing that will *entirely* remove grease spots from marble, hence the necessity of avoiding them. A paste of crude potash, or baking soda can be used, and whiting placed on the spot and left on a short time will remove them partly. To clean marble or marbelized slate mantels, use a soft sponge or chamois-skin, dampened in clean warm water *without soap*, then polish with dry chamois-skin. In dusting, use a feather duster, and never a cloth, as it is likely to scratch the polished surface. To clean off smoke, wet a piece of flannel in strong ammonia and rub the marble quickly with it, and then wash off with hot soap-suds; or make a paste of chloride of lime and water and brush over the whole surface that is smoky. Let it stand a minute, then wash with hot suds.

To Clean Waste Pipes.—A simple, inexpensive method of clearing the pipe is as follows: Just before retiring at night pour into the pipe enough liquid potash lye of 36° strength to fill the "trap," as it is called, or bent portion of the pipe just below the outlet. About a pint will suffice for a wash-stand, or a quart for a bath-tub or kitchen sink. Be sure that no water runs into it till next morning. During the night the lye will convert all of the offal in the pipe into soft soap, and the first current of water in the morning will remove it entirely, and leave the pipe as clean as new. The so-called potash lye sold in small tin cans in the shops is not recommended for this purpose; it is quite commonly misnamed, and is called caustic soda, which makes a hard soap. The lye should be kept in heavy glass bottles or demi-johns, covered with wicker work, and plainly labeled, always under lock when not in actual use. It does not act upon metals and so does not corrode the pipes as do strong acids. As the "ounce of prevention" it is well *once a month* to pour down all the pipes a strong solution of sal-soda and water, a pound or two to a gallon of water. Have a regular day, say the first Monday of each month and then it will not be forgotten.

To Clean a Papered Wall.—Cut into eight pieces a large loaf of bread (made without any lard or butter), two days old, blow dust off wall with a bellows, rub down with a piece of the bread, in half yard strokes, begining at the top of the room, until upper part is cleaned, then go round again repeating until all has been gone over. Or, better, take about two quarts of wheat bran, tie it in a bundle of coarse flannel, and rub it over the paper. It will clean the paper nicely. If done carefully, so that every spot is touched, the paper will look almost like new. Dry corn meal may be used instead of bread, applying it with a cloth. If grease spots appear, put blotting paper over spots and press with a hot flat iron; or a more thorough way is to mix powdered fuller's earth with ox gall and *cold* water, and spread it upon the spot, let it dry on, pinning or in some way affixing to it a sheet of blotting paper. It had better be left for a few hours, or overnight, then brush the powder off very carefully and no doubt the grease will have disappeared, if not, repeat the process. This is almost sure to be successful if the paper is a good one; a flimsy cheap one cannot be so depended upon. Do not rub it

on, but spread on carefully. Some omit the beef's gall. In brushing down a wall to simply free from dust a woolen cloth is best to cover over the broom, f you do not use a long handled feather duster.

To Exterminate Bedbugs.—In March scald with boiling water *every crack* or suspected place where they find refuge, and then touch thoroughly every crack and seam where the bugs are likely to harbor, with kerosene. Great care must be taken not to injure fine varnished furniture. If any injury is done to varnish by the hot water, it may be restored by rubbing immediately with a rag wet in turpentine or oil. Beds should be examined again for vermin in July and August, and if measures are taken to exterminate them, there will be but very little trouble. Another death-dealing method is after the spring house-cleaning to saturate salt with water till wet enough to stick, and place it in the opening for slats and in any other place, and then with a feather apply kerosene around crevice of bed and dip the end of slats in a saucer of coal oil. Paris green and mercurial ointment are deadly poisons to the bedbug, but as they are dangerous to have in the house, the first-named methods are preferable. One part quicksilver to twenty parts white of an egg, applied with a feather to every crack and crevice in bedstead and room, will kill them. Another deadly poison is used as follows: Dissolve corrosive sublimate in turpentine, take beds apart first of April, wash thoroughly in warm water, then in all cracks or corners where bugs are likely to frequent saturate with the corrosive sublimate; follow this treatment every month until cold weather. Others use different insect powders to advantage, but the safest way is to examine in *March* and by having a special day, say the 17th, it will not be forgotton; then follow up at house-cleaning time with the application of salt and kerosene as above. This all wants to be done whether you have bugs or not, and then you never will have them.

To Re-finish Furniture.—One of the most convenient articles the housekeeper can have on hand during the spring house cleaning and renovation, is a small can of hard oil finish. This makes a beautiful, bright finish over varnish, but when applied upon the wax finish just mentioned its most valuable qualities are seen. When the battered and scarred furniture is uncovered after the carpets are up, the housekeeper should begin the raid with fine sand-paper and a scraper of some kind. A putty knife is a good thing, but a case knife or, in careful hands, even a piece of glass will answer the purpose. Wherever there is a scratch that has made the wood rough, scrape or sand-paper a smooth surface; take off all roughness, and if the chair or piece of furniture is pretty well battered, attack freely. On that which is new and in fair condition use only a sharp knife and be careful not to enlarge the imperfections. The object is to smooth down any little abrasions. This being done the use of a hard oil finish begins. A varnish brush of good quality an inch and a half wide is needed, and also a soft brush, say a red sable, such as artists use for oil painting; the latter need not be as thick as a lead pencil. The "finish" if fresh, is ready for use. If old it must be thinned with turpentine a day or two before it is used, and after several stirrings allowed to stand till thoroughly mixed and uniform. The furniture in good condition needs only to be touched upon the cracks and scratches with the small brush. Certain kinds of blemishes may be covered by taking a little of the finish on a cloth, over the thumb, and rubbing them out, and it is not a bad plan to do this from time to time during the year. If a panel or other member must have a coat, put the finish on over the whole surface with a light touch of the brush to smooth it down. When done let it alone. Do what is to be done quickly. The older pieces and those most badly used may have a complete coat. If a chair or piece with openings is to be renovated, cover the edges first, doing it quickly; get on enough of the finish, but

not too much or there will be mortification of seeing it run down. When a panel, back leg or arm has been begun, finish, before touching any other part. Let the brush sweep from end to end of each section at a single stroke. Do the work in a room free from dust, and when finished shut the room up until the varnished surface is hard and dry. Drying depends on the weather and temperature, but it should be continued until the varnish or finish is so hard as not to feel sticky even when hand has been pressed on it a minute.

To Remove Grease Spots from Carpets.—We give below many ways of removing grease when cleansing an entire carpet after it has been taken up, or for spots when it is on the floor. Mix a beef gall well in a pail of hot water; take out some in a pan and with a clean piece of flannel rub the spot vigorously; if of long standing a small brush will be found necessary. When clean wash with some warm soap-suds and then with clear, warm water. The entire carpet may then be scrubbed with warm soap-suds, putting no soap on the carpet, then wash off with clear, warm water, once or twice, till it looks clean and bright. The washing is best done on a clean grass plot, or, on a clean floor in laundry or barn; then, if possible, hang on a strong rope or any place to dry, A brussels, ingrain or rag carpet may be treated thus, or the two latter may be washed on a wash-board, or pounded in a barrel.

A brussels carpet may also be treated in the following manner when not taken up; after it has been swept, sprinkle with a liberal supply of salt, and after an hour or so, sweep off with a new broom. Then in a basin of hot water put a teaspoon of ammonia, and with some fine soap and clean white flannel cloths go over all the soiled spots and stains, then washing them with the suds, being careful not to be too lavish in the expenditure of water; then with clean hot water and clean flannel cloths, rinse the spots. The next day, after the spots have become quite dry, it will look as clean as new. If it is a very old carpet and much faded mix some of the Diamond dyes, and with a camel's hair brush touch up and tone up all the faded flowers and leaves, using the same colors as they were when new; for instance, if the blue had faded to a dirty slate color touch up with blue, and so on till the entire carpet is thus brightened and the result will fully repay the labor. A spot or two of grease may easily be taken out by covering it *thickly* with flour, some prefer buckwheat, pinning over a paper and leaving it on a few days or even a week, then brushing off, and if not entirely eradicated dust again. *For Removing Ink Stains*, there is *nothing better* than milk, new being better. If done directly it will of course be best, but stains of a long standing, if persevered with, will after awhile be got out. Well drench the ink stain with milk, and when thoroughly darkened with the ink, wipe up and repeat the operation. This will do for very delicate carpets as well as for others, Sometimes it is necessary to rub quite hard. Here are some additional hints in regard to carpets which may be of help to some. *To Mend or Piece Out Brussels Carpet*, cut the edges to match with a sharp knife or strong shears; turn the right sides togother and overcast with linen thread; then smooth out the seam little by little in the hand, going over it on the wrong side with a deep "over-and-under" stitch, closely placed, and drawing the thread very tight in and out through the canvass weaving on the under side. Piecing done in this manner is scarcely discernible. We have seen handsome rugs and chair covers made in this way for upholstering renovated furniture.

In *putting down carpets* some advise when newspapers are used to put a dozen layers, as it both keeps out cold and makes a soft footing. The use of straw allows the dirt to pass through to the floor and thus avoids the raising of so much dust when sweeping. Where straw is objected to, cheap straw matting may be used as the dust sifts through that. This is especially good in localities troubled with a great deal of dust during rainless seasons.

After taking up a carpet an easy way *to remove the dust* from the floor is to dampen clean saw dust with water and sprinkle on the floor, then sweep with a broom; or newspapers torn in fine bits and dampened may be used in same way. After a carpet is cleaned, ready for laying, it is nice to sprinkle with salt and let stand an hour or so, then sweep off. Some also use camphor gum in same way when a carpet is first taken out doors, thinking it is good to kill the moths if any, but it is rather an expensive method. Ordinany stains are said to be restored to their original color by the use of benzine.

GENERAL SUGGESTIONS.

On Monday, wash; Tuesday, iron; Wednesday, bake and scrub kitchen and pantry; Thursday, clean the silver-ware, examinine the pots and kettles, and look after the store-room and cellar; Friday, devote to general sweeping and dusting; Saturday, bake and scrub kitchen and pantry floors, and prepare for Sundays. When the clothes are folded off the frame after ironing examine each piece to see that none are laid away that need a button or a stitch. Clean all the silver on the last Friday of each month, and go through each room and closet to see if things are kept in order and nothing going to waste. Have the sitting-room tidied up every night before retiring. Make the most of your brain and your eyes, and let no one dare tell you that you are devoting yourself to a low sphere of action. Keep cool and self-possessed. Work done *quietly* about the house seems easier. The slamming of oven doors, and the rattle and clatter of dishes, tire and bewilder every body about the house. Those who accomplish most in housekeeping—and the same is true of every other walk in life—are the quiet workers.

To Prevent Hinges Creaking.—Rub with a feather dipped in oil.

Rainy Days.—Make the house as bright and sunshiny as possible.

To Drive off Fleas.—Sprinkle about bed a few drops of oil of lavender.

Soap.—It is a great saving to have bars of soap dry. It should be bought by the quantity.

Red Ants.—A small bag of sulphur kept in a drawer or cupboard will drive away red ants,

To Prevent Pails from Shrinking.—Saturate pails and tubs with glycerine, and they will not shrink.

To Destroy Cockroaches, etc.—Sprinkle the floor with hellebore at night. They eat it and are poisoned.

To Keep Flies off Gilt Frames.—Boil three or four onions in in a pint of water and apply with a soft brush.

To Remove Old Putty from Window-Frames.—Pass a red-hot poker slowly over it, and it will come off easily.

To Soften Hard Water.—Hard water becomes nearly soft by boiling. A piece of chalk will soften hard spring-water.

Icy Windows.—Windows may be kept free from ice and polished by rubbing the glass with a sponge dipped in alcohol.

Lost Children.—Label children's hats with the name and place of residence so that, if lost, they may be easily restored.

Provide on Saturday for Monday, so as not to take up the fire with cooking, or time in running errands on washing-day.

Coal Ashes make excellent garden walks. They become very hard by use and no weeds or grasss will grow through them.

To Soften Cistern-Water.—Cistern-water that has become hard from long standing, can be softened by adding a little borax.

To Destroy the Smell of Fresh Paint.—Sprinkle hay with water in which chloride of lime has been mixed, and place on floor.

Parcels.—When parcels are brought to the house, fold paper and put away in drawer, and roll the string on a ball kept for the purpose.

Ants and Insets.—Dissolve two pounds alum in three quarts water. Apply with a brush while hot to every crevice where vermin harbor.

Silver-ware when set away, keeps best wrapped in blue tissue paper; or when put in a tight cupboard place a piece of camphor gum with it.

Cement for China.—To a thick solution of gum arabic add enough plaster of paris to form a sticky paste; apply with a brush, and stick edges together.

Sheets.—When sheets are beginning to wear in the middle, sew the salvage sides together and rip open the old seam, or tear in two and hem the sides.

To Make Artificial Coral.—Melt together four parts yellow resin and one part vermilion. Dip twigs, cinders, or stones in this, and when dry they will look like coral.

To Sew Carpet-rags on a Machine.—Make the stitch short, run it obliquely across the rags where they are to be joined, and sew a good many before cutting the thread.

Mending.—Never put away clean clothes without examining every piece to see if they are in any way out of order. Stockings, particularly, should be carefully darned.

To Destroy Weeds in Walks—Boil ten pounds stone-lime, five gallons water and one pound flour of sulphur, let settle, pour off clean part, and sprinkle freely on the weedy walks.

To Cleanse a Sponge.—By rubbing a fresh lemon thoroughly into a soured sponge and rinsing it several times in lukewarm water, it will become as sweet as when new.

A Rustic Frame.—A neat rustic frame for pictures may be made of cat-tail rods. Hide the corners where they are joined with ivy, or a vine made of leather leaves or handsome autumn leaves and the berries of bitter-sweet.

To Mend Tin.—Scrape the tin about the hole free from greese and rust, rub on a piece of resin until a powder lies about the hole, over it lay a piece of solder, and hold on it a hot poker or soldering iron until it melts.

Bad Smells.—Articles of clothing, or of any other character, which have become impregnated with bad-smelling substances, will be freed from them by burying for a day or two in the ground. Wrap up lightly before burying.

To Temper Lamp Chimneys—Lamp chimneys and glass-ware for hot water are made less liable to brake by putting in cold water, bringing slowly to boiling point, boiling for an hour, and allowing to cool before removing from water.

To Restore White Spots.—Oil, lard, or butter, rubbed on white spots on a dining table, caused by hot dishes or flat irons, will bring back their original color. This is sometimes good for spots on varnished articles whitened by dampness.

To Hang Pictures.—The cheapest and best material with which to hang pictures is copper wire, of a size proportioned to the weight of the picture. When hung, the wire is scarcely visible, and its strength and durability is wonderful.

Care of Slate Hearth.—These are preferable to marble, as they are not so easily soiled. To wash them, use a clean cloth and warm water. Many oil them thoroughly when new with linseed oil; thus prepared they never show grease spots.

To Clean Hearths.—Soapstone or sandstone hearths are cleaned by washing in pure water, then sprinkling with powdered marble or soapstone, and rubbing with a piece of the stone as large as a brick, and having at least one flat surface.

Lightning Cream for Paint on Clothes.—Four ounces white castile soap, four of ammonia, two of ether, two of alcohol, one of glycerine; cut the soap fine, dissolve in one quart of soft water over the fire, and when dissolved add the other ingredients.

Lamp-wicks—To insure a good light, wicks must be changed often, as they soon become clogged, and do not permit the free passage of the oil. Soaking wicks in vinegar twenty-four hours before placing in lamp insures a clear flame. Felt wicks are best.

A Cheap Carpet.—Make a cover for the floor of the cheapest cotton cloth. Tack it down like a carpet, paper it as you would a wall with paper resembling a carpet in figures, let it dry, varnish with two coats of varnish, and with reasonable usage it will last two years.

To Make Rag Rugs.—Cut rags and sew hit and miss, or fancy striped as you choose; use wooden needles, round, smooth, and pointed at one end, of any convenient length. The knitting is done back and forth (like old fashioned suspenders), always take off the first stitch.

Mending Plaster of Paris.—Gum shellac makes an excellent strong cement for joining broken pieces together, and is more convenient than glue. The shellac should be flowed upon the surfaces to be joined, firmly pressed together, and carefully set away for about an hour.

To Keep Ice Water.—Make a hat-shaped cover of two thicknesses of strong brown paper with cotton-batting quilted between, large enough to drop over and completely envelop the pitcher. This prevents the warm air from coming in contact with the pitcher, and the ice will last a long time.

To Sweep a Rag Carpet.—Set a pail of water outside the door and dip the broom in it, shaking the water off, so there will be no wet streaks on the carpet; sweep but a small portion, and then dip the broom again; in this way the dust is taken up in the broom, instead of being sent whirling through the air.

Cement for Attaching Metal to Glass.—Mix two ounces of a thick solution of glue with one ounce of linseed oil varnish, and half an ounce of pure spirits of turpentime; boil the whole together in a close vessel. After it has been applied to the glass and metal, clamp together for two or three days until dry.

To Imitate Old Oak.—To make oak paneling look like old oak, put some common soda into hot water, let the solution be very strong and sponge the

oak over two or three times with it. When it is quite dry rub with fine sand paper, as the soda raises the grain of the wood, and finish off with the best linseed oil.

To Take Out Rusted Screws from Woodwork.—Apply heat to the head of screw. A small bar or rod of iron, flat at the end, if reddened in the fire and applied for a couple or three minutes to the head of the rusted screw, renders its withdrawal as easy by the screw driver as if it was only a recently inserted screw.

To Paste Paper on Tin.—Make a thin paste of gum-tragacanth and water, to which add a few drops of oil of vitriol. Mix a pound each of transparent glue and very strong vinegar, one quart alcohol, a small quantity of alum, and dissolve by means of a water bath. This is useful for uniting horn, pearl, shell and bone.

Cane Chair Bottoms.—To clean and restore the elasticity of cane chair-bottoms, turn the chair bottom upward, and with hot water and a sponge wash the cane work well, so that it is well soaked; should it be dirty use soap, let it dry well in the air, and it will be tight and firm as new, provided none of the canes are broken.

To Paint Houses.—Have them painted in the fall; October or November is the best time for it. The wood does not absorb the oil so readily, and during the winter it hardens and forms a compact coating. When put on during the spring or summer the wood takes up the oil and leaves the paint dry and it will soon crumble and wash off.

To Start a Fire in Damp, Still Weather.—Light a few bits of shavings or paper placed upon the top of the grate; thus by the heated air's forcing itself into the chimney and establishing there an upward current, the room is kept free from the gas and smoke which is so apt to fill it, and the fire can then be lighted from below with good success.

To Clear Cistern Water.—Add two ounces powdered alum and two ounces borax to a twenty barrel cistern of rain-water that is blackened or oily, and in a few hours the sediment will settle, and the water be clarified and fit for washing and even for cooking purposes, or to clear a small quantity use a teaspoon powdered alum to four gallons water.

A Good Cement, for stopping holes in castings, covering screws or mending broken pottery is made by taking equal parts of gum arabic, plaster of paris and iron filings, with a little pulverized glass. This mixture forms a very hard cement that will resist the action of fire and water. It should be kept dry and soffened with a little water when used.

Dust from Carpets.—A good way to remove dust from a carpet is to fasten a damp cloth over the broom; with this the dust may be literally taken up. This will be found useful in the sick room, and also in any room where there are many small articles to catch dust. It brightens a carpet to wipe it off in this way even after the usual sweeping has been done.

Putting Away Clothes.—Before putting away summer or winter clothes, mend, clean, brush, shake well, fold smoothly, sprinkle gum-camphor on every fold, and on the botton of trunks or closets (unless cedar chests are used). Fine dresses, cloaks, etc., should be wrapped in towels or sheets by themselves, and placed in a tray or a separate apartment of the trunk.

How to Wash Chamois Leather.—Make a good, tepid suds with hard or soft soap, put in leather, rub it on the wash-board, put soap on skin and rub again on board, and wash in this way through one or two suds, or until per-

fectly clean; rinse in tepid water without bluing, squeeze dry (do not wring), hang in sun and keep snapping and pulling it till perfectly dry. The leather will be as soft as new if the snapping and pulling are done thoroughly.

To Clean Silver-ware Easily.—Save water in which potatoes have been boiled with a little salt, let it become sour, which it will do in a few days; heat and wash the articles with a woolen cloth, rinsing in pure water, dry and polish with chamois leather. For wiping silver, an old linen table-cloth cut up in pieces of convenient size, hemmed, and marked "silver," is very nice.

Economical Mats for use in front-doors, fire-places, bureus, stands, etc., may be made of coffee sacking, cut to any desired size, and worked in bright worsted or Germantown wool. Any simple pattern may be used or it may be entirely filled in with a plain green. The edges of the sacking may be fringed by raveling. To give it weight, line with an old piece of carpet or heavy cloth.

A Good Cement.—For mending almost anything, may be made by mixing litharge and glycerine to the consistency of thick cream or fresh putty. This cement is useful for mending stone jars, stopping leakes in seams of tin-pans or wash-boilers, cracks and holes in iron kettles, fastening on lamp-tops; in all cases the article mended should not be used till the cement has hardened. This cement will resist the action of water, hot or cold, acids, and almost any degree of heat.

To Preserve Books.—Bindings may be preserved from mildew by brushing them over with the spirits of wine. A few drops of any perfumed oil will secure libraries from the consuming effects of mold and damp. Russia leather which is perfumed with the tar of the birch-tree, never molds or sustains injury from damp. The Romans used oil of cedar to preserve valuable manuscripts. Russia-leather covered books, placed in a stationer's window, will destroy flies and other insects.

Badly Fitting Doors.—When blinds and doors do not close snugly, but leave cracks through which drafts enter, the simplest remedy is this: Place a strip of putty all along the jambs, cover the edge of the blind or door with chalk, and shut it. The putty will then fill all spaces which would remain open and be pressed out where it is not needed, while the excess is easily removed with a knife. The chalk rubbed on the edges prevents adhesion, and the putty is left in place, where it soon dries and leaves a perfectly fitting jamb.

Cellar Floor.—A cellar floor may be cemented as follows: Level the surface very carefully, without making any hollows that will require filling, otherwise the surface should be beaten hard and rammed. Then cover the floor with two inches of broken stone and cement mortar, and beat this down thoroughly, making a smooth surface with a trowel. Finally put on a surface coat of half an inch of clear cement (Portland is best) and water, rub smooth with a mason's float. If troubled with rats strew lime and coperas over floor.

Finish for Room.—A room with plain white walls is finished beautifully by placing a black walnut (or the same wood with which the room is finished) molding around the room where the border of paper is usually placed, at the junction of wall and ceiling, or when the room is papered or frescoed place it at bottom of the border or frieze. The molding finished in oil, costs from one to five cents a foot, and is easily put up. The upper edge should be rounded, and a space of a quarter inch left between it and ceiling. To hang pictures buy an S hook, sold at all hardware stores, place one hook over the moulding, hang the picture cord on the other, and slip to the right or left to the desired position. This saves the wall from injury from picture-hooks.

Perpetual Paste.—Dissolve a teaspoon of alum in a quart of water. When cold, stir in as much flour as will give it the consistency of thick cream, being particular to beat up all the lumps; stir in as much powdered resin as will lay on a five cent piece, and throw in half a dozen cloves to give it a pleasant odor. Have on the fire a tea-cup of boiling water, pour the flour mixture into it, stirring well at the time. In a few minutes it will be of the consistency of mush, Pour it into an earthen vessel, let it cool, lay a cover on, and put in a cool place. When needed for use, take out a portion and soften it with warm water. Paste made in this way will last a year. It is better than gum, as it does not gloss the paper.

Indelible Ink.—Two drams lunar caustic, six ounces distilled or rain-water; dissolve, and add two drams gum-water. Wet the linen with the following preparation: Dissolve one-half an ounce prepared natron, four ounces water, add half ounce gum-water, (recipe below); after smooting it with a warm iron, write with the ink, using a gold, a quill, or a new steel pen. The writing must be exposed to a hot sun for twelve hours; do not wash for one week, then be particular to get out the stain which the preparation will make. If this is followed in every particular, there need be no failure. Gum-water for the above is composed of two drams gum-arabic to four ounces water. One teaspoon makes two drams, two tablespoons make one ounce. If at any time the ink becomes too pale add a little of pure lunar caustic. Never write without using the preparation, as it will rot the cloth.

Farmer's Door Mat.—Every doorstep should be provided with a foot-scraper and a brush or broom, and every one, as he comes in, should take the time to use them before appearing on the carpet or clean floor. If a regular scraper—one made for the purpose—is not at hand, one can make one from a bit of hoop-iron, which is to be placed on a step or edge of the porch in a convenient place. It is well to provide a "mud-mat," which is simply strips an inch or so square—fence pickets will answer—screwed to three or four cross-pieces an inch apart, or a more elaborate one can be made by stringing the slats upon fence wires. One with muddy boots is very apt to stamp and rub them on the steps or floor of the porch; a mud-mat will clean them off more effectually, and save the porch hard wear. A very excellent mat may be made by boring holes in a board, and drawing corn husks through the holes. Careful persons change their foot-gear when they enter the house to remain any length of time—a custom conducive not only to neatness, but so greatly to comfort, that it is to be commended.

Moving.—When about to move to another house, begin packing two weeks beforehand. Carefully packing small and fragile articles in boxes and barrels. In this way, china and glassware, and fragile ornaments may be stowed away with odd articles of clothing, bedding, etc. Books should be packed in boxes, or wrapped several in a package, in several thicknesses of newspaper, and tied with strong twine. They can thus be transported with very little handling. Larger pictures should be taken down and tied in couples, face to face, with rolls of soft paper between the corners to prevent rubbing. Small pictures may be packed with clothing in bureau drawers and trunks. Take up carpets last. When about ready to move, select one room up-stairs into which remove everything possible from the other rooms, and another below for the same purpose. If the occupants of the house into which you are to move will do the same, you can easily make some rooms there ready for occupancy. Of course each room must be swept down and scrubbed. As soon as the floors are dry, carpets may be put down in the more important rooms, and the furniture moved in. On the day the transfer is made, see that coal or fuel is provided, so that a fire may be started, and take along a basket, with matches, towels, napking, knives and forks, sugar, tea, bread and other materials

for lunching. With all the caution you can exercise, you will find Franklin's old saying true, that "three removes are as bad as a fire." Houses that have been empty may become fever breeders when they come to be re-occupied. An English sanitary officer alleges that he has observed typhoid, diphtheria, or orther zymotic affections to arise under these circumstances. The cause is supposed to be in the disuse of the cisterns, pipes and drains, the process of putrefaction going on in the impure air in them, and unobstructed access of this air into the house, while the closure of windows and doors effectually shuts out fresh air. Persons moving from the city to their country homes in the summer, should see that the drains and pipes are in perfect order, that cellars and closets are cleared of rubbish, and the whole house thoroughly aired before occupying. Copperas used freely in the cellar is a good and cheap disinfectant.

Labor-saving Contrivances.—Every good housewife has neatly arranged cupboard and dish closet. Everything has its appropriate shelf and division. But there are other things for which provision should be made. A pile of books is sometimes seen in one part of a dining-room, a few newspapers in another, and a pair of shoes in a third. The inside of a closet is sometimes a mass of confusion—"a place for everything," and everything thrown promiscuously into it. Half a dozen garments are hung upon one nail, to crowd each other out of shape; others are thrown upon the floor amid heaps of boots and shoes. And so on to the end of the chapter of carelessness and slovenly disorder. There is no excuse for such carelessness, and no satisfaction in such housekeeping. Want of time is no excuse, for such want of system and order is the cause of the most prodigal waste of time. It is only necessary to use the brain a little to save the hands. Systematic habits, doing every thing well, and the hundred little contrivances which will suggest themselves to every neat and ingenuous housekeeper, will save time, and establish order and cleanliness. Have shelves in the closet, and regular rows of hooks, and plenty of them; let one side be appropriated to one kind of clothing, with a hook for each article. If necessary to preserve the order, make a neat label, and paste over each hook. Make *Shoe-pockets* (these pockets are made of about two and a half yards of calico; one yard of which makes the back, to be tacked to the door when done. Split the remaining yard and a half in two, lengthwise, and, placing the strips about one inch apart, make, across the back, three rows of pockets, by stitching first the ends of the strips to the sides of the back, and then gather the bottom of each strip to fit the back; then separate each strip into two, three, or four pockets, according to the use for which they are designed, and fasten by stitching a narrow "piping" of calico, from top to bottom of the back, between the pockets. All the work may be done on a machine. A border of leather, stitched on the edges of the back, and a narrow strip used instead of the calico "piping," make whole much stronger) on the inside of the doors, and never put any thing on the closet floor, where it will be trodden upon in entering for other articles. Never stuff anything away out of sight in haste and disorder. Hiding dirtiness does not cure it. Those who write many letters should have a case, with "pigeon holes" labeled and arranged alphabetically—a box for three or four letters is sufficient—in which to keep them, with one compartment for unanswered letters. When the case becomes crowded, or at the end of the year, wrap in packages, and label with letter and the year. Newspapers and magazines, when preserved, should be neatly filed in order and laid away, or sent away for binding. The *Work-basket*, which is in daily use, is often a spectacle for gods and men—the very picture of confusion and disorder. When it can be afforded, one of the new ladies' adjustable work-tables, of which several admirable styles are made and widely advertised, will be found a great convenience, especially where there are children—whose little

fingers delight in tumbling the contents of the basket. If a basket is used, it should be divided into compartments. A circular basket, with divisions about the edge for smaller articles, and larger spaces in the center, is convenient, and easily kept in order. All these, and hundreds of other devices like them, are labor-savers, which relieve housekeeping of a large share of its burdens. And a calculation of the time spent every year in hunting through closets for lost overshoes or slippers, or in cleaning up the scattered items in the sitting-room when company is coming in, and searching for missing letters among a miscellaneous pile thrown into a drawer, will give a startling result, and convey some adequate idea of the real money and time-value of that love of neatness and order which is one of the cardinal virtues in women.

HOUSEKEEPERS ALPHABET.

APPLES—Keep in dry place, as cool as possible without freezing.
BROOMS—Hang in the cellar-way to keep soft and pliant.
CRANBERRIES—Keep under water, in cellar, change water monthly.
DISH of hot water set in oven prevents cakes, etc., from scorching.
ECONOMIZE time, health, and means, and you will never beg.
FLOUR—Keep cool, dry and securely covered.
GLASS—Clean with a quart of water mixed with table-spoon of ammonia.
HERBS—Gather when beginning to blossom; keep in paper sacks.
INK STAINS—Wet with spirits turpentine, after three hours rub well.
JARS—To prevent, coax "husband" to buy "Buckeye Cookery."
KEEP an account of all supplies, with cost and date when purchased
LOVE lightens labor.
MONEY—Count carefully when you receive change.
NUTMEGS—Prick with a pin, and if good, oil will run out.
ORANGE and Lemon Peel—Dry, pound, and keep in corked bottle.
PARSNIPS—Keep in ground until spring.
QUICKSILVER and white of an egg destroy bedbugs.
RICE—Select large, with a clear fresh look; old rice may have insects.
SUGAR—For general family use, the fine granulated is best.
TEA—Equal parts of Japan and green are as good as English breakfast.
USE a cement made of ashes, salt, and water for cracks in stove.
VARIETY is the best culinary spice.
WATCH your back yard for dirt and bones.
XANTIPPE was a scold. Don't imitate her.
YOUTH is best preserved by a cheerful temper.
ZINC-LINED sinks are better than wooden ones.

& regulate your clock by your husband's watch, and in all apportionments of time remember the Giver.

THE DINING-ROOM.

It may not be amiss to give a page or two to the observance of formal dinners in "society," lest some reader—who may hope, if she becomes the rare housekeeper we expect, to be called to give such dinners as the wife of a Congressman, Governor, or even as mistress of the White House itself—should be taken unawares. In every house, great or small, the Dining Room should be as bright, cheerful and cosey as possible, and at the table the mistress should wear her brightest smile. If there are trials and troubles, do not bring them to the table. They impair digestion, and send husband and children out to business or school, glum or gloomy, instead of refreshed and strengthened. The plainest room may be made beautiful by taste, and the homeliest fare appetizing by neatness and skill. Little attentions to decoration or pretty arrangement of the table charm the eye and whet the appetite, and make the home table powerfully attractive. The every-day observance of sensible and simple table manners ought always to be encouraged, because, in the long run, it promotes the comfort and the cultivation of the family, and takes the pain of embarasssment out of state occasions. Above all, the room, the table and its furniture should be scrupulously neat and orderly. For formal dinners, a round table, five to seven feet in diameter, is the best fitted to display the dinner and its fine wares; but the extension table, about four feet wide and any length desired, is generally used. At the round table, conversation is, of course, easily made general, the party being small. The table cloth must be spotless, and *Under-cover* of white felt, flannel or baize gives the linen a heavier and finer appearance. A center-piece of flowers is a pretty ornament (some even place upon the table a handsome vase filled with growing plants in bloom, or a common flower pot may be thus used, covering with a crocheted cover of green zepher made to slip up over the crock and tie at the top with cord and tassel. These are very convenient and pretty.) but the flowers must be few and rare, and of delicate odors. Fruit

in variety and tastefully arranged with green leaves, and surrounded with choice dessert-dishes, is always attractive and elegant. It is also a pretty custom to place a little bouquet by the side of each lady's plate, and to fold a bunch of three or four flowers in the napkin of each gentleman, to be attached to the left lapel of the coat as soon as seats are taken at the table. Napkins, which should never be starched, are folded and laid on the plates, with a small piece of bread or a cold roll placed on the top, or half concealed by the last fold. Beside each plate are placed as many knives, forks and spoons as will be needed in all the courses (unless the lady prefers to have them brought with each new plate. which makes more work and confusion), and a glass, to be filled with fresh water just before dinner is announced. The plates which will be needed are counted out. Such as are to be filled with ready-prepared dessert-dishes are filled and set in a convenient place. Dishes that need to be warm, not hot, are left on the top shelf of the range or elsewhere where they will be kept warm until needed. When the soup-tureen (with the soup at the boiling point) and the soup-plates are placed before the seat of the hostess, dinner may be *quietly* announced. The host or hostess, has of course previously, indicated to each gentleman the lady with whose escort he is charged, the guest of honor, if a gentleman, escorting the hostess, and taking a seat at her right; if a lady, being escorted by the host to a seat at his right. Each gentleman offers the lady assigned to him his right arm, and escorts her to a seat at his left, passing her in front of him to her chair which he has gracefully drawn back. The distribution of seats will tax the tact of the hostess, as the moment of waiting to be assigned to place is extremely awkward. Of course, all should have been decided on beforehand, and the places should be designated with as little confusion as possible. The success of the dinner will depend largely upon the grouping of agreeable persons. The host leads the way to the dining room, the hostess follows last, and all guests stand until she is seated. (In France, and at large dinner parties in this country, a card with the name of each guest is placed on the plate which is intended for him.) Once seated the rest is simply routine. Ease of manner of the host and hostes, and quiet and systematic movements of attendants, who should be well trained, alert and noisless, but never in a hurry, are indispensable. Any betrayal of anxiety or embarrassment on the part of the former, or blundering by the latter, is a wet blanket to all enjoyment.

The attendant places each dish in succession before the host or hostess (the soup, salad and dessert only being served by the hostess) with the pile of plates. Each plate is supplied, taken by the attendant on a small salver, and set before the guest from the left. Any second dish which belongs to the course is presented at the left of the guest, who helps himself. As a rule the lady at the right of the host, or the oldest lady, should be served first. As soon as one has finished, his plate is promptly removed, and when all are done, the next course is served in the same way. Before the dessert is brought on, all crumbs should be brushed from the cloth. The finger-bowls, which are brought in on the napkin on the dessert-plate and set off to the left of the

plate, are used by dipping the fingers in lightly and drying them on the napkin. They should be half full of warm water with a bit of lemon floating in it. When all have finished dessert, the hostess gives the signal that dinner is ended by pushing back her chair, and the ladies repair to the drawing-room, the oldest leading and the youngest following last, and the gentlemen repairing to the library or smoking room. In about half an hour, tea is served in the drawing-room with a cake-basket of crackers or little cakes, the gentlemen join the ladies, and after a little chat over their cups, all are at liberty to take leave.

It is, of course, presupposed that the host carves, and carves well. If he does not he should forego the pleasure of inviting his friends to dinner, or the dinner should be from chops, ribs, or birds which do not require carving.

In making up a dinner party, it is all important to know who will accept; and invitations, which may be written or printed, and should be sent by messenger and never mailed to persons in the same town, should receive a prompt reply, a day's delay being the extreme limit. The simplest form of invitation and reply is best, but both must be formal, this being one of the occasions on which the wings of genius must be promptly clipped. Ten minutes beyond the appointed time, is the utmost limit of tardiness admissable in a guest, and ten minutes early are quite enough.

THE HOST AND HOSTESS.

Those who entertain should remember it is vulgar hospitality, exceedingly annoying to guests, to overload plates, or to insist on a second supply. If a guest wants more, he knows that it is a delicate compliment to a dish to pass his plate the second time. Too great a variety of dishes is also a coarse display. A few cooked to a nicety and served with grace, make the most charming dinners. A sensible bill of fare is soup, fish with one vegetable, a roast with one or two vegetables and a salad and cheese, and a dessert. Parties should be made up of congenial persons, and the table should never be crowded. Novel dishes are great strokes of policy in dinners, but no wise housewife will try experiments on new dishes on such an occasion. The carver should serve meat as he cuts it, so far as possible, and not fill the platter with hacked fragments. It is ill-bred to help too abundantly, or to flood food with gravies, which are disliked by many. Above all, the plate should be served neatly. Nothing creates such disgust as a plate bedaubed with gravy or scattered food. It may be taken for granted that every one will take a piece of the breast; and after this is served, it is proper to ask, "What part do you prefer?" The wings and legs should be placed crisp side uppermost, the stuffing should not be scattered, and the brown side or edge of slice should be kept from contact with vegetables or gravy, so that its delicacy may be preserved. Water should be poured at the right hand. Every thing else is served at the left. The hostess should continue eating until all guests have finished. Individual salt-dishes are used at breakfast, but not at dinner—a

cruet, with salt dish and spoon, at each end of the table, being preferred as giving the table less of a hotel air. The salt dishes should be neatly filled. Jellies and sauces are helped on the dinner plate and not on side dishes. If there are two dishes of dessert, the host may serve the most substantial one, Fruit is served after puddings and pies, and coffee last. In pouring coffee, the sugar and cream is placed in the cup first. If milk is used, it should be scalding hot. Some prefer to make coffee strong, then weaken it with scalding hot milk, and pour into cups in which cream and sugar have previously been placed. For tea it is better to pour first and then add cream and sugar, In winter plates should be warmed, not made hot.

INDIVIDUAL MANNERS.

Manners, at table and elsewhere, are made for the convenience and comfort of men, and all social observances have now, or have had at some time, a good reason and sound common sense behind them. It must be remembered, however, that the source of all good manners is a nice perception of, and kind consideration for, not only the rights, but the feelings and even the whims of others. The customs of society are adopted and observed to enable us to be more agreeable, or at least not disagreeable, to friends. And nowhere is the distinction between the gentleman and the boor more marked than at the table. Some persons are morbidly sensitive, and even slight improprieties create disgust; and every true gentleman is bound to respect their sensitiveness and avoid giving pain, whether in sympathy with the feeling or not.

As this is not an etiquette book, we can only give a few hints. Once seated at table, gloves are drawn off and laid in the lap under the napkin, which is spread lightly, not tucked in. Raw oysters are eaten with a fork; soup from the side of a spoon without noise, or tipping the plate. The mouth should not go to the food, but food to the mouth. Eat without noise and with the lips closed. Friends will not care to see how you masticate your food, unless they are of a very investigating turn of mind. Bread should be broken, not cut, and should be eaten by morsels, and not broken into soup or gravy. It is in bad taste to mix food on the plate. Fish must be eaten with the fork. Macaroni is cut and cheese crumbed on the plate, and eaten with a fork Pastry should be broken and eaten with a fork, never cut with a knife. Game and chicken are cut, but never eaten with the bones held in the fingers. Oranges are peeled with out breaking the inner skin, being held meantime on a fork. Pears are pared while held by the stem. Cherry-stones, or other substances which are to be removed from the mouth, are passed to the napkin held to the lips, and then returned to the plate. Salt must be left on the side of the plate, and never on the table cloth. Cut with the knife, but never put it in the mouth; the fork must convey the food, and may be held in either hand as convenient. (Of course, when the old-fashioned two-tined fork is used, it would be absurd to practice this rule.) Food that cannot be held with a fork should be eaten with a spoon. Never help yourself to butter or any other

food with your own knife or fork. Never pick your teeth at table, or make any sound with the mouth in eating. Bread eaten with meat should not be buttered. Bread and butter is a dish for dessert. Eat slowly for both health and manners. Do not lean your arms on the table, or sit too far back, or lounge. Pay as little attention as possible to accidents. When asked "what do you prefer?" name some part at once. When done, lay your knife and fork side by side on the plate, with handles to the right. When you rise from your chair leave it where it stands. Of course, loud talking or boisterous conduct is entirely out of place at table, where each should appear at his best, practicing all he can of the amenities of life, and observing all he knows of the forms of good society.

BREAKFAST PARTIES.

Breakfast parties are becoming fashionable in cities, because less formal and expensive than dinners, and quite as agreeable to guests. The courses, which are usually fewer in number, are served precisely as described for dinners. Oatmeal porridge is a favorite and healthful first course, and oranges, melons, and all fruits are delicious breakfast dishes. The variety of omelets is also a great resource, and hundreds of other delicacies and substantials are described elsewhere. But in breakfast—and the same is true of dinners—it is better to have a few, a very few, dishes delicately and carefully cooked, than to attempt more and have them less perfect. In fact the trouble often lies in attempting too many, and the consequent hurry in the kitchen. At breakfast, the coffee is set before the mistress, with cups in their saucers in front of it, in one or two rows. The meat with plates is set before the master. For an ordinary table one castor in the center is sufficient. Fruit is served first; then oatmeal or cracked wheat, next meat and vegetables, followed by hot cakes and coffee. Meats are covered, and cakes are brought in between two plates. Butter is put on in small pats with lumps of ice about it. Honey or maple syrup, for cakes or hot biscuits, is served in saucers. A breakfast-table may be spread attractively with a white cloth, and a scarlet and white napkin under each plate, with white table-mats with a scarlet border.

For evening parties, it is often less expense and trouble to place supper in the hands of a regular confectioner, but for small card or literary parties the trouble need not be great. For regular reception evenings, ices, cakes and chocolate are enough.

In cases where no "help" is employed it is better to have some one of the family wait upon the table, the daughters taking turns in serving, as the pleasure of the meal is greatly marred by two or three persons jumping up every now and then, for articles needed.

TABLE OUTFIT.

In the selection of table wares, there is a wide field for the exercise of taste, and those whose purses permit, need not be at a loss to find the most

elegant and artistic designs. An admirable table outfit is an elegant dessert set, all the pieces of which, except the plates, may decorate the table during the whole dinner, and the rest of white and gilt china. Some have tableware decorated to match the colors of the dining-room, or sets of different patterns for each course, or harlequin sets in which each piece may be of different pattern or even of different ware. Chinese and Japanese sets are also fashionable. In every case, ware should be the best of its kind, and for economy's sake should be plain, so that broken pieces may be readily and cheaply replaced. Light knives and forks, heavy tea-spoons, and thin glasses for water are most elegant. The chairs should have no arms to interfere with ladies' dresses, and to prevent noise the legs should be tipped with rubber.

CLEARING THE TABLE.

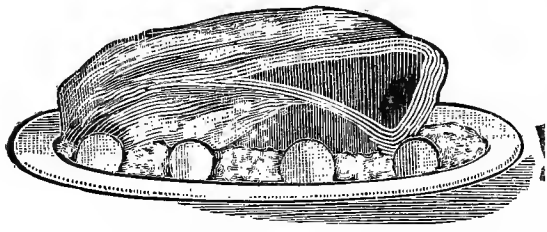
Gather up the fragments that nothing be lost or wasted. When each meal is over, if you do not have a crumb-cloth under the table, which when the chairs are removed, can be lifted carefully at the edges and the crumbs shaken into the center, it is best to take a broom and sweep the crumbs lightly under the table until the dishes and victuals are removed, then brush on a dust pan. To clear the table, bring in a dish-pan, gather up all the silver, cups and saucers, butter and sauce plates, and glassware, carry to the kitchen, place them in the sink and return with the pan. Scrape the plates as clean as possible and put in, add platters and vegetable dishes, saving all the remnants of food that are to be kept, on smaller dishes, to be taken to the cellar or refrigerator. To wash the dishes have clear hot water in the pan, and first wash the silver without soap or cloth, using only the hands; if any are greasy, wipe with a soft paper before putting in the water, (or with a crust of bread and keep it for food for any animal or poultry), rinse in clear hot water and wipe off immediately on a perfectly dry, soft, clean towel; in this way the silver is kept bright, and does not get scratched. Add some soap in the water, make a suds, wash the glassware, rinse and wipe dry. Next take the cups and saucers and so on, leaving those most greasy till the last. Always keep a clean dish-cloth. One lady writes, "I have smelled a whole houseful of typhoid fever in one sour, dirty dish-rag." Many prefer the use of three dish-cloths, one for the nicest articles, one for the greasy dishes, and one for the pots and kettles, keeping each cloth perfectly sweet and clean, and after using, washing, rinsing, and hanging to dry on a small rack kept for this purpose. The towel for wiping dishes may also dry here. A dish mop or swab for washing small deep articles is convenient.

Let no one suppose that because she lives in a small house, and dines on homely fare, that the general principles here laid down do not apply to her. A small house is more easily kept clean than a palace; taste may be quite as well displayed in the arrangement of dishes on a pine table as in grouping the silver and china of the rich. Skill in cooking is as readily shown in a baked potatoe or a johnny-cake as in a canvas-back duck. The charm of good house-

keeping lies in a nice attention to little things, not in superabundance. A dirty kitchen and bad cooking have driven many a husband and son, and many a daughter too, from a home that should have been a refuge from temptation. "Bad dinners go hand in hand with total depravitu; while a properly fed man is already half saved."

GARNISHES.

Garnishes should be used as freely as possible in the different dishes, making the latter inviting to the eye as well as to the palate. Mutton cutlets, for instance, neatly arranged upon the same dish with green pease or tomatoes, appear far more attractive than when dished apart from the vegetables. Fish, cold meats, fowls, etc., can be charmingly decorated with sprigs of parsley, chopped carrots, and such-like trifles. A shape of blanc-mange in a glass dish, surrounded by crimson preserves looks doubly tempting.



Roast of Beef.

A roast of beef surrounded, as illustrated, with flowrets of cooked califlower alternated with slices of red beet makes a handsome dish, and the varity of garnishes are as many as the ingenuity of the cook may devise. Some of the most common for small game are dried toasted bread, slices of lemon, parsley and currant jelly; for larger game, such as wild duck, etc., cranberry sauce, apple sauce, sliced lemons or oranges and parsley, and for a goose, nothing is nicer than baked apples. For prairie chicken, an easily prepared and palatable garnish is slices of fried salt pork. It is cooked with the chicken instead of butter or lard, thus giving the latter a delicious flaver, while the pork is also flavored with the chicken; when served, a slice of pork accompanies a piece of chicken. One should not fail to try this dish, as they will find the frying *With Salt Pork* to be quite an addition. A nice garnish for Charlotte Russe or any other cream, is to take part of an inch-thick sheet of sponge cake and ice with *Cape May Icing* made as follows; to the beaten *yolk* and *white* of one egg, add cup powdered sugar, beating well together; melt in pan over teakettle two or three squares Baker's chocolate according to strength of flavor liked, add this to above and when well mixed, stir in a tablespoon *boiling* milk. Spread at once; when stiff cut cake in small squares, diamonds or any shape wished and surround the cream with them. When serving place one or two squares on each dish. Or cover the cake with with the French Icing, page 418, and over it spread the above, or a Chocolate Icing, page 416, or either of the Chocolate Caramel Icings, page 417; then cut and garnish as above. This latter is called the

Duplex Icing and either it or the Cape May are delicious for large cakes or layer cakes. For more complete directions of different garnishes see Garnishes and Sauces, page 975.

TABLE DECORATIONS.

The candlesticks, or lamps, dishes, glass, and other necessary articles of the table may be placed in line and different positions down the center of the table, for a full course six-o'clock dinner. Always study what will look well in plate, china and glass in combination with flowers. Good taste must be used on this point to avoid bad combinations of color. Huge pieces of plate, set on the table merely for show, often destroy the general effect of the whole table. They would look far better placed on the side-board on a velvet covered dresser. China figures, either to hold flowers or as works of art, always look well, and when flowers are scarce are a great assistance, as a few flowers can then be arranged so as to give the color and life wanted. In the hot days of summer, ice in the form of pyramids cut out in handsome shapes, as ice palaces and different designs, are sometimes introduced to give coolness and freshness to the dinner-table. The pyramid may be surrounded by fern-leaves, cut flowers, and sometimes it is placed on a large (mirror) glass plaque, and with the light reflected from that mirror on to the ice, a brilliant effect is produced. Much caution as to providing drainage must be used, as the melted water is apt to overflow on the table-cloth. A pretty arrangment for a table of twelve or fourteen are flowers in a narrow crystal tray, arranged in form of a St. Andrew's cross, placed in center of table, gilt candlesticks at each end, and down through the centre, lengthwise of the table, a wide strip ot red plush trimmed on its edges with smilax and cut flowers, and at the four corners of table, semi-circular trays filled with the same flowers; or in hunting season, a gilt ornament of hunters and dogs standing by tree, top of tree filled with fruits and flowers, gilt candlesticks each side of this centre, with smilax running from centre to each corner and looped all around the cloth; china ornament at the head of table, camp fire and colored caraffes with clusters of glasses around them, a half dozen or more cut glasses of different heights filled with bright bunches of mountain ash berries; at the left of the centre a large block of ice surrounded by wreaths of water-lilies. This piece of ice should be frozen for the occasion and filled with small fish and mounted on a large silver stand, which is a boat with fishing rods and guns.

STAND-UP SUPPERS.

Suitable refreshments for a supper buffet on occasions such as receptions, after-dinner routs, ball parties, etc., where a supper. on conventional lines, may be dispensed with. Beef, ham and tongue sandwiches, lobster and oyster patties, sausage rolls, meat rolls, lobster salad, dishes of fowls, the latter all cut up, dishes of sliced ham, sliced tongue, sliced beef and galantine of veal; various jellies, blanc-manges and creams; custards in glasses, compotes of fruit, tartlets of jam and several dishes of small fancy pastry; dishes of fresh fruit, bonbons, sweetmeats, two or three sponge cakes, a few plates of biscuits, and the buffet ornamented with vases of fresh or artificial flowers. The above dishes are quite sufficient for a standing supper. Where more are desired, a supper must then be laid and served in the usual manner.

HOW TO GIVE A DINNER.

An oval table, as given in diagram, appears to be the most sociable; and although it is against all precedent, the host and hostess should sit at the two sides of the table instead of the two ends, although in diagram it is arranged for the two ends. Sitting at the sides of the table the host and hostess are nearer their guests, and are better able to enjoy their society and to entertain them. No pains should be spared to have the most comfortable chairs. Under each chair should be placed a stool or hassock for ladies, or for such as may require it. The table linen should be nicely laundried. The table-cloth should not over-lap the table so much as to be in the way of the guests. If napkins are too stiff they cannot be folded well nor used with comfort. Under the cloth there should be a thick piece of belt or green baize the exact size of the table. When carving is to be done on the table a large napkin should be placed before the carver to be removed in case of accidents. It is also advisable to have a supply of napkins at hand to use in case the table cloth is soiled during dinner. The use of mats on the table is to be deprecated, as the thick baize should protect the table from the heat of the dishes. The better way is to put dishes on the table without covers, and thus avoid a puff of fast condensing vapor in the faces of the guests. In first class dinners the soup tureen fs not placed on the table, but soup is served from it from the side-board. The soup having been disposed of, the fish is brought to the table, and served by the host or hostess. On the removal of fish, four *entrees* judiciously selected, and each a complete dish in itself, are handed round; or two are placed on the table one at each end, and the other two handed round. When guests have nearly finished these two *relieves* or *pieces de resistance* are placed on the table one at each end, and each likewise a complete dish in itself. They in turn give place to a couple of roasts or roast and boiled, or poultry, or game, and two or more *entrements* should be served with it. Then comes the dessert. A reference to diagrams will further illustrate this. The above bill of fare is only given in the way of suggestion. Six courses may be made of it, or four as preferred. It is proper to hand around salad with roasts of all kinds,

or with plain boiled or fried fish. If game or poultry do not figure in the bill of fare, one of the *relieves* should be a roast, and the *entrements* should be served with it. Cheese should not be placed on the table, but handed around cut in thin slices. It should be eaten before the *entrements* prepared as some fancy dish, or if served in natural state, use Parmesan cream or some first class cheese. The reason of the English custom of eating cheese after dessert lies in the declining fashion of wine drinking after dinner. In France cheese is always served with the dessert. In hot weather all drinks should be cooled; this should be done from without, except water, in which a lump of ice is not disagreeable. The lady of the house should see that the appearance of the dessert is such that each dish, the fruit especially, should, with the help of flowers and leaves, be made into an elegant ornament. Fern leaves are well adapted for this purpose. It is most artistic to use, when practicable, the leaves of the fruit used on the table. Artificial leaves should never be employed. No fruits or confectionery, should appear accept such as are good to eat. Canned fruits and the many colored productions of the confectioner should always be of the best and purest. There is no limit to the number of dishes which go to form dessert but it is better to have too little than to have inferior kinds or damaged fruit on the table. A dish of dry biscuit and one of olives should never be omitted, but the latter should be served in water and not in the liquid they are preserved in. The position of each dish is important. These should be arranged rightly, both for the effect and appearance and also so as to be accessible to the guests. The dessert should be kept dished up in an adjoining room or if necessary in warm weather in a cool place to be brought in when wanted. Except when dessert is to be handed round, guests prefer to help themselves and to be free from the presence of waiters. Use water in the finger glasses perfumed with a few drops of rose water or lavender.

Coffee as bright as well decantered wine is the proper conclusion of every dinner. The plate, the dinner, the dessert service, the glass, etc., go a great way towards making the dinner table look pretty and inviting. The most fashionable dinner service is of plain white with a small fillet of gold and the arms or crest and motto of the owner printed on the flat rim of the plates and dishes. The glass should also be engraved with the small heraldic device. Dessert service made entirely of glass are sometimes used and has a pretty effect. One thing not to be forgotten is to be sure and have good bread; if you do not, procure rolls from your baker.

INSTRUCTIONS TO WAITERS.

1. In the "*demi-Russe*" dinner here given, the joints or dishes are to be carved before placing before the person serving them.

2. The person serving fills the plates according to the preference of each guest. The waiter then hands the plate, and if vegetables or sauce accompanies the dish, will also hand these to the guest at the same time he does the plate, unless a second waiter does this.

3. If waiter is asked for tea, coffee or chocolate, he will furnish these from sideboard. If asked for water, he will take it from pitcher on table.

4. The waiter will see that the proper number of plates are placed before server for each separate dish of the course.

5. No plates are placed on table for this style of dinner. Only a napkin with a roll or square of bread in its place where the plate would be. Also two knives, one large, one small, and two forks and a spoon, also glass for water. (See diagram.)

6. Furnish both ends of the table alike, and, in addition to the service placed for each guest, furnish a carving knife, and fork, a fish slice and prong. Also furnish a gravy spoon with each fresh dish placed at the ends of the table.

7. If two kinds of soup or in case where any two dishes are to be served, place one at each end of the table. If there are three or four *entrees*, place the two leading ones at ends of the table, and hand around the others.

8. Always hand the sauce for each particular dish to the guest partaking of that dish.

9. If asked for the pepper or anything else from the cruet or castor, hand the cruet or castor entire to the guest.

10. If asked for any condiment such as French mustard, olive, chow-chow, etc., etc., hand bottle, if in a bottle, or glass, if in a glass, to the guest, with the prong or fork, and let the guest serve himself, then place back where it was on the table.

11. Be on the alert, and in case of accident, hand your napkin to the guest, if necessary remove his plate, remedy the trouble as soon as possible, lay down a mat on the soiled cloth, and replenish with knives and forks, napkin, etc., and procure the guest a fresh supply of what he was eating.

12. When you place dessert on the table, place a dessert plate, dessert knife and fork, also spoon, to each plate. Remember also the finger bowl.

13. If ice-cream is served, serve it independent of the head of the table, as his work is through with the first courses. The usual form of ice cream now is bricks, or individual forms as described in Ices and Ice-cream.

14. When dessert is half through, hand the *menu*, or bill of fare to each guest, calling his attention to the ice-cream. Take his order and fill it.

15. If any guest has already ordered ice-cream, do not offer the bill of fare to him

16. If it is decided to have boquets, called a "*boutonniere*," for the guests, then place one in a glass or silver holder by the plate of each lady and gentleman, unless, as is sometimes the case, those for the gentlemen are placed on the napkins without a holder.

17. If salad accompanies any dish—a salad is always in order—hand it around to each guest.

18. The host sits at the head of the table; the hostess opposite him at the other end of the table.

19. The soup is always placed before the hostess, and if the salad is placed on the table, that is also placed before her, and any portion of the dessert she may desire to serve, and is handed from her to the guests.

20. The waiter will remove each person's plate as soon as he has finished.

21. Be quick, yet do not appear in a hurry. Waiters should not speak to each other unless it is positively necessary.

22. The proper dress for a waiter is a dark dress coat and trowsers, white vest and neck-tie. A waitress should wear a dark dress with white apron and cap. Both should wear light slippers or boots, and make as *little noise as possible.*

23. If *menus* or bills of fare are used, place one at each plate.

24. If you have to lay a table for dinner *a la Russe*, the dessert is always placed on the table first, and should be placed tastefully around the center of flowers. Note diagram for *demi-Russe* dinner; the dessert is placed round the edge of the table, that is if the hostess desires to have it thus placed. In a dinner *a la Russe*, the joints or dishes are brought in one at a time and carved by the host, and as he carves each plate, the waiter hands it on a silver tray. In the *demi-Russe*, the joints are carved before being placed before the server. (See diagrams.) In some dinners the joints or dishes are carved and handed to the guests for them to help themselves. In this case each guest must be furnished with a plate which of course must be placed—with napkin and roll on it—when the cloth is laid. The waiters should confer with the cook and the cook with the housekeeper or hostess, and have all these points settled beforehand. If there is a butler it devolves on him to see all these points settled and to instruct his assistants. Sometimes the host or hostess will direct each guest to his seat, sometimes the butler will do it, and sometimes the waiters.

SUMMER BREAKFAST FOR TEN. (TWO RESERVED PLATES.)

First Course, Melon.—When table is laid (see diagram) guests enter and take seats. Waiters place tea and coffee urns and bring melon. The gentlemen serving asks each guest if he will be helped to melon. If the answer be yes, waiter receives plate from server and hands to guest, exchanging plates and returning empty plate to server, who places melon on it for another guest and so on. As soon as all are served, or have refused a second helping, the waiter removes the remains of the melon, and replaces it with dish for second course. The lady at the head of the table asks each guest to partake of tea, coffee, or chocolate. If any accept, waiter receives it and hands to guest. Asking guests to take tea, etc., in first course, is a mere matter of form, as it is seldom taken until second course. Still the question must be asked, and waiter ready to serve it.

Second Course.—In the place of melon a dish of fish—fried perch, smelts, trout, or whatever is selected. *Tartare Sauce* is a proper accompaniment. Decorate dish of fish with shrimps or olives cut in half, or with little bunches

of parsley with shrimp placed on it. Waiters also remove first set of dessert plates used for melon, and replace with a size larger, medium breakfast plates. The waiter then receives a supply of fish from the person who serves it, hands to the guests, receiving empty plates, and helping guests to what accompaninments they desire. Another waiter asks if guest will take coffee or tea, and supplies it from party serving it. Potatoes are handed round (with either meat or fish.) If two kinds, present one in each hand for guest to help himself.

Third Course.—Young chicken sauced with cream gravy, surrounded with potatoes *a la neige*. Waiter remove fish of second course, and replace with young chicken, then attends to wants of guests as in second course, remembering to ask each if he will take tea or coffee; also asking each if he will take his tea or coffee warmer. Clean plates same size as second course, must be supplied for each guest.

Fourth Course.—Poached eggs on toast, or anchovy toast. Waiter removes chicken and replaces it with dish of poached eggs, and furnishes clean plates. Party serving asks each guest if he can help him, and waiters serve as in the other cases. Lady dispensing tea or coffee asks guests if they will be helped to warmer tea or coffee. If any one accepts, waiter hands clean cup and saucer from the sideboard to the lady serving and then hands it to the guest. If milk is asked for he procures from the sideboard and hands to the guest. Waiter also watches the guests and supplies them with hot cakes, receiving a dish of hot ones for that purpose every five minutes, handing dish of cakes to guest who helps himself.

Fifth Course.—Little fillets of porter house steak with tomatoes *a la mayonnaise*. Waiter puts on steak in place of plate of poached eggs, and caters to wants of guests as before. While guests are eating this course, the waiters, or an extra waiter, as quietly as possible relieve the table of the castor, pickles, sauces, dressing and butter. But not till the last moment must this be done, at the same time asking guests if they require more. The dessert, or rather fruit, sixth course, is then brought in and placed where the steak was, arranging as quickly as possible, the service remaining on the table in neat order, removing each guest's plate, and again furnish dessert plates. At a signal from lady at head of table, the waiter hands around fruit to guests, each guest supplying himself, unless the person before serving the other dishes, serves this, in which case waiter supplies each as before. Waiter also supplies each guest with tea or coffee, and hands around cake, biscuit, etc. At this course a finger glass should be supplied to each guest.

Sixth Course.—Peaches quartered, sweetened or half frozen or any fruit decided upon. Carry our the instructions given in the fifth course. In some breakfasts order is reversed, and fruit is served in first course only. In this case various fruits are placed on table, and allowed to remain till end of breakfast so that guests may partake at any time. In first class breakfasts fruit forms the first and last course, but waiters should be instructed beforehand, which plan is to be followed.

INSTRUCTIONS TO WAITERS.

First, air breakfast room well. See that everything has been dusted. Next lay cloth—whatever color and style is fashionable—and see that it is free from wrinkles and creases. See that all articles for table are perfectly clean. Place cruets, castors, sauces, salts, spoon, sugar, syrup and everything that will not hurt to stand a while, in proper position on table. (See diagram.) Then a few minutes before calling breakfast, add cake, sweet biscuit, muffins, etc. Just before guests begin to come, add flowers and salad. Note position of tea tray containing tea cups, also urns. Note also plate at head, which will show you what cutlery and plate to put near that plate. Place a glass for each plate for water. Place the plates bottom up with napkin on the top of each, At end of table where dishes are served, (see diagram for melon,) place plate, cutlery and glasses for other guests, also carver and carving fork and knife rest, also a fish trowel, also a few reserve plates. In event of an accident they are handy. If any guest requires bread, supply it from sideboard. A small roll should be placed in each guest's napkin. If this is not done, place two plates of rolls on table, or pass a dish of rolls. If any one requires a second roll he asks for it. In no case place napkins in glasses, but on plates whether rolls are in them or not. As soon as guests are seated, ask if they prefer milk or water. If water, fill from the water jug. If milk, fill from the milk pitcher. Both jug and pitcher are kept on sideboard. It is necessary to have a waiter or some one at head to see that all table appointments are correct, and that other waiters discharge their duties. It is also necessary to have some party outside breakfast room, to whom inside waiters may hand removes from table and from whom anything may be received for table. Waiters should be as quiet as possible and always should go to left of guest. There should be an understanding beforehand between cook, waiters and lady of the house, so that each may know what is coming next, and how to manage. It is a head waiter's place to see that salt is dry and free from lumps, that castors are in good condition, and that oil, mustard, and salad dressing are fresh, etc. For further instructions refer to diagram, and explanation of courses, and articles on dinners and breakfasts. It is best to place two or three extra cups and saucers in tray to use in an emergency. The sugar, milk and cream should be placed before hostess if she is to dispense them, or she may simply dispense tea and coffee, in which case the sugar and cream should be passed by waiters, or put within reach so that guests may help themselves. Chocolate will be served from sideboards, if at all, and sugar and cream handed with it for those who wish.

Remember the diagram is given only to show the lay of the table, number of dishes, also their nature, but these may be changed to suit. This does not show separate courses, but in case you wish to serve in courses, proceed as for dinner, observing the same rules. Lunches are similar to dinners; dishes are less in number, and not of nature to require much carving. It is usual to have a larger variety of pastries, fruits and confections than for

dinner. In fact some lunches consist of sweets only. In winter lunch diagram two spaces are left (Fig. 2 and 17) to be filled in with anything choice in the way of preserved fruits, fruit jelly, etc. In summer lunch No. 13, 14, 15 and 16, are for same purpose, fruit being more plentiful then.

From the others it is easy to make up supper. These differ so, it is difficult to lay down a plan, as some make them a late dinner, some dinner and supper. To lay supper is an easy thing. The pages of this book tell how to provide a good supper whether for family or for party. In lunches the plan known as *demi-Russe* has been adopted, a compromise between the entire Russian, and the old-fashioned English plan of placing every dish upon the table. The diagram calls for two carvers as servers, one at head and one at foot of table, that is to say if dishes are carved by persons sitting at these places. Place the dishes before them whole, tastefully garnished. If dishes are first carved and then placed before them, they will simply serve them. In either case place plates as shown in diagram, and as fast as each plate is supplied let waiter hand to each guest. Carving knife and fork must be placed on table to serve with, to be ready in case carving is imperfectly done. In case cook or mistress wishes to display her skill in dishing up, garnishing dish, whatever it may be, waiter locates it in proper place on table, and while company are engaged in talking, quietly removes it to sideboard, and quickly and deftly carves it, garnishing as well as time will allow, then replace in its original place. Another plan is to carve, arrange nicely on the dish, and then garnish tastefully, and place before carver or server. If tea, coffee or chocolate are included in lunch, serve from sideboard. Waiters generally have less to do at lunch than at dinner because guests are under less constraint and oftener help each other.

WHAT ARE PROPER DISHES FOR EACH COURSE.

1. Five small raw oysters (on the *deep* shell, so as to retain the liquor) just before dinner, and put at each plate before the dining room is opened. A colored doiley may be put under them on each plate. If oysters are not in season, substitute small round clams. If weather is quite warm, let them rest on each plate in a bed of cracked ice. In either case quarter of a lemon, on each plate. With clams, red pepper within reach.

II. After fish, either patties, bits of roast, each supporting a single selected mushroom and saturated with brown sauce, or some similar trifle. Whatever is used, let but one be put on each plate, and *before* the plates are handed.

III. If you have more than one meat, let the first be relatively substantial, and the second of a lighter character. For instance—a *filet* of beef might be followed by chicken croquettes, or a boiled turkey, (which is never really good without oyster sauce,) by mutton chops with almond paste. Other things, even, let a roast preceed a boil, *but* put the heavier thing first.

IV. After meats, *entrees*, such as croquettes, calves' brain, deviled kidneys, oysters, fried or boiled, etc.

V. With game, jelly; though true epicures don't take it. The salad is frequently served with game, though for those who wish both jelly and salad, this is awkward, if jelly be served.

VI. After salad, cheese, either one of medium strength, or two kinds—one pungent, one mild. The waiter had best hand both kinds together (previously cut up) for the company to choose. With this, hard crackers.

VII. If you elaborate your dessert let the order be; pastry or pudding, ices, fruits, nuts, and raisins, bon-bons.

VIII. Black coffee in small cups. Sugar (in lumps) to be passed separately. This is quite frequently reserved till the ladies have left the table and served to them in the parlor, and to the gentlemen in the dining-room.

GENERAL HINTS.

Never let two kinds of animal food or two kinds of pastry be eaten from the same plate; make a fresh course of each.

Cards on plates, bearing the names of company, so as to seat them with reference to congeniality. are *very* important. For host or hostess to marshal them after they are in the dining-room is not nearly so easy as for them to marshal themselves by the cards, and the host and hostess are sure, in the confusion of the moment, to get people placed exactly as they did not intend to have them.

Cut pieces of bread about four inches long, two wide and two thick, and always place a piece beside each plate in setting the table.

Finger bowls are to be passed after pastry on plates with doileys between the plates and the bowls. The plates are to be used for fruits and nuts, if there are any. If none are handed, the finger bowl will not be taken from the plate. The finger bowl should be filled about one-third, contain a slice of lemon, and in very warm weather, a bit of ice.

It is well to have a dish, at one side, independent of any that may be on the table, with grapes cut into small bunches, and oranges and large fruits halved. If fruit decorating the table is to be used, let it be removed and prepared before it is passed.

Avoid cane seats in a dining room. Where fine fabrics and laces are kept on them so long a time continuously (longer than anywhere else) they play havoc.

One plate should be at each seat. The raw oysters or clams, on a separate plate, are placed on the first plate. So with the soup. The first plate is exchanged for the plate with the fish. Always have a stock of plates in reserve sufficient for all the courses and properly warmed. The most decorated plates are best enjoyed about the time of salad or cheese and at dessert.

It saves the waiter's time to start with at least two each of forks, knives and teaspoons by each plate. It is not bad to have three, One knife should be of silver, for the fish. Silver knives are, of course, essential for fruit.

Napkins are never supposed to appear a second time without washing. Hence napkin rings are domestic secrets and not for company.

Always change knives and forks, or spoons with plates. As before stated it is well to start with two or three relays of implements by the plates.

Don't have over two vegetables with a course. Let them be offered together on the same waiter. At a large dinner you can have two varieties of the *same course, i. e.*, two soups, two fish, two meats, etc., letting the waiter offer the guest a plate of each at the same time, the guest choosing between them.

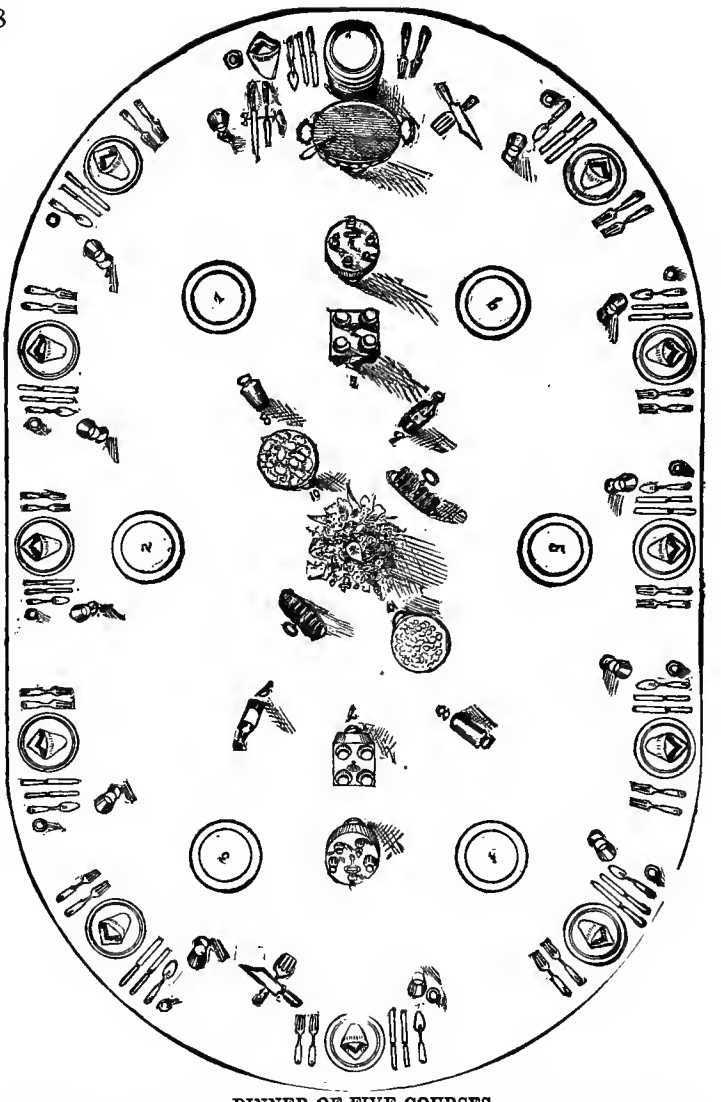
Everybody is always out of bread; prevent it if you can.

One good waiter is worth *much* more than two poor ones.

Two hours is long enough to serve any dinner that Christians ought to eat; three hours and a half is too long.

The host goes in first with the lady whom he seats at his right. The hostess goes in last with the gentleman whom she places at her right.

The worst torture that survives the inquisition is a *bad* formal dinner. A worse torture than any known to the inquisition is *any* formal dinner (the better the dinner, the worse the torture) inefficiently served.



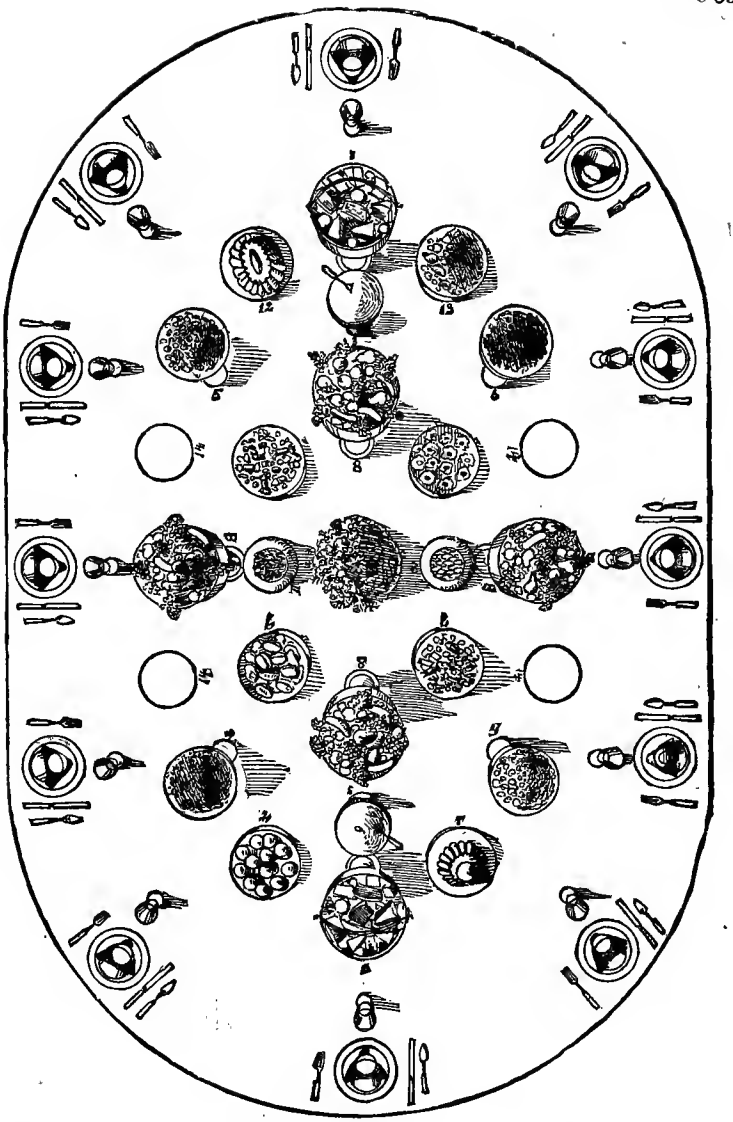
DINNER OF FIVE COURSES.

For ten persons, with 12 covers laid, two extra covers are for accidental guests.

FIRST COURSE—SOUP.

1. For dessert or fancy pieces.
2. Cake, pastry, biscuit or sweets.
3. For dessert or fancy pieces.
4. For dessert or fancy pieces.
5. Cake, pastry or sweets.
6. For dessert or fancy pieces.
7. Cruet.
8. Chutney.
9. Worcestershire sauce.
10. Oyster crackers and soda crackers.

When wines are to be served, four decanters containing the different kinds should be placed between the crackers and toast, another may stand at the right of the host, and still another at right of hostess. The wine glasses, one for each kind, are placed near the glass of water (see diagram,) at the plate of each guest.

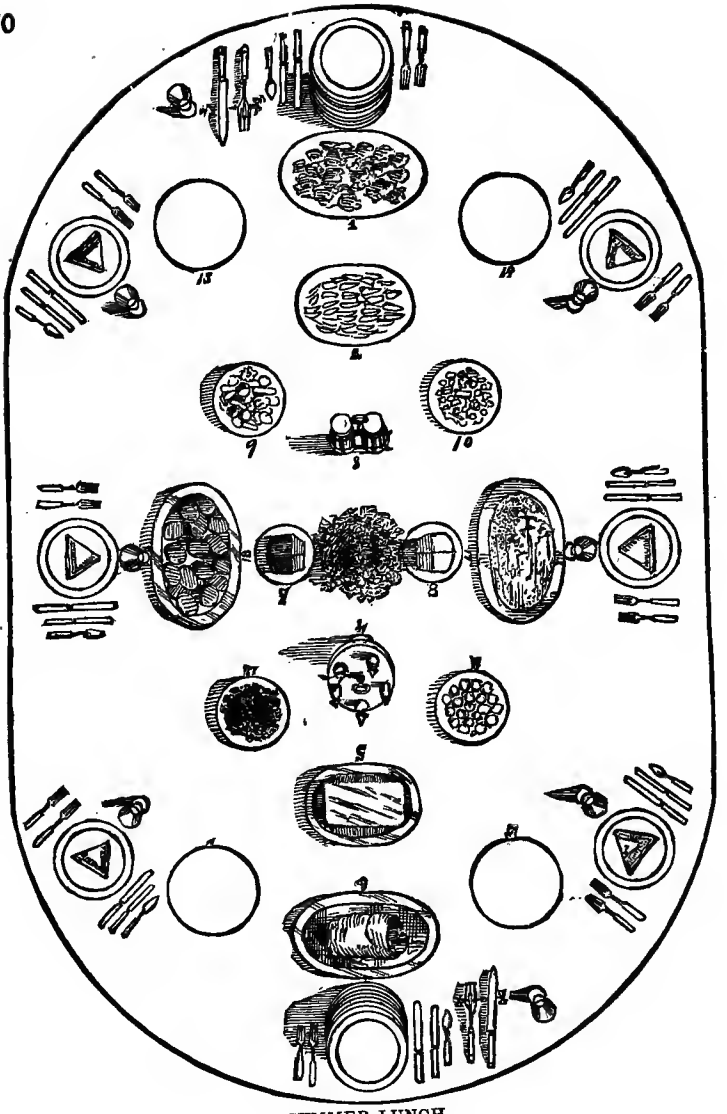


DINNER—DESSERT.

FIFTH COURSE.

1. Cake.
2. Jelly.
3. Sugar.
4. Cup custard.
5. Nuts.
6. Raisins.
7. Bon bons and confectionery.
8. Fruit.
9. Pastry.
10. Spoons.
11. Nut Crackers.
12. Blanc Mange.

13. Crystallized fruits. 14. Here might be puddings to be handed round from the table. Center figure to be flowers or sugar ornament or pyramid.

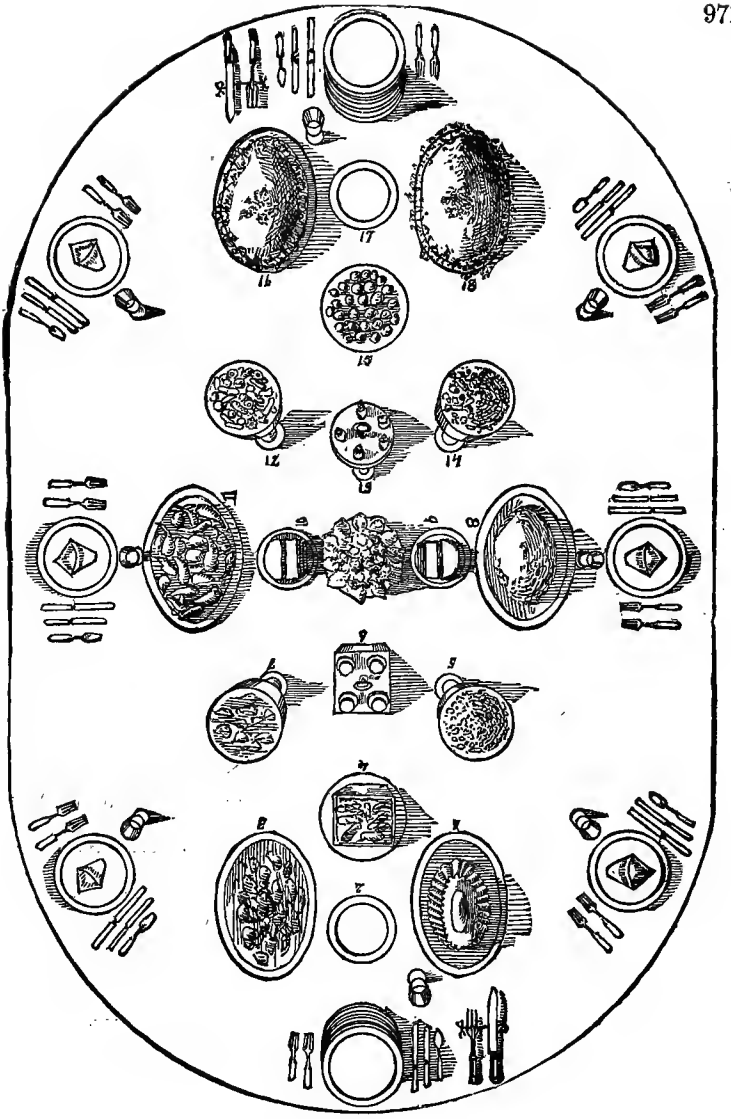


SUMMER LUNCH.
FOR 8 COVERS.

1. Soft shell crabs.
2. Frozen peaches or fruits.
3. Pickles.
4. Cruet.
5. Ice cream.
6. Roast lamb
7. Brown bread,
8. White bread.
9. Cakes.
10. Candies.
11. Fancy biscuit.
12. Chocolate bon bons.

In the center—flowers.

13. } Fruit or what else
14. } you may choose.
15. }
16. }
17. Green pease.
18. Fried Egg plant.



WINTER LUNCH.

FOR 8 COVERS.

1. Vegetable salad.
2. Preserved fruit, fruit jelly, etc.
3. Oyster salad.
4. Potato puffs,
5. Small fancy cakes.
6. Cruet.
7. Bon bons.
8. Baked Sweet potatoes.
9. Bread.
10. Brown bread.
11. Macaroni with tomato sauce.
12. Nuts.
13. Pickles.
14. Preserved fruits.
15. Charlotte russe.
16. Cabinet pudding with cream sauce.
17. Preserved fruit, fruit jelly, etc.
18. Braised beef.

Flowers in the center.

DINING-ROOM DOTS.

Fancy Wood Table Mats.—There are three sizes of table mats, made of stripes of light and dark wood, alternating, and fastened to strong felt cloth. When not in use they may be rolled up into a very small compass. The wood is very highly polished, and the effect is very pretty. They are very cheap, durable and decidedly ornamental.

Place for Extension Leaves.—In arranging a sink in the butler's pantry or china closet, the bottom part of it may be utilized for the leaves from an extension table, thus saving room and having them easy of access also.

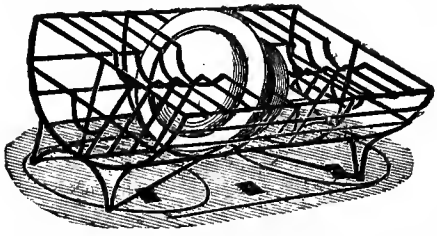
Crumb Brush and Pan.—The cut represents a very neat and convenient crumb brush and pan for cleaning the table of crumbs after each course. A neat table is one of the accompaniments of a good dinner, and the *debris* of one course should be removed before the next makes its appearance. The curved form of the brush makes it easy to gather up the crumbs and sweep them into the pan.

Closets for Bread and Cake Box.—Under the serving board placed at side of china closet a nice cupboard may be made for the bread and cake box, and with the small board used for cutting bread etc., placed on top of the box and the bread knife in a little drawer under the board, either bread or cake can be served very easily.

Knife and Spoon Box.—Knives and spoons ought to be daily counted and put away in box kept for the purpose. The cut represents a strong box, made of tin japanned on the outside, an apartment on one side for knives and forks and on the other for spoons. The lids fit closely and are held in place by a hasp. This insures their keeping dry and free from dust, a matter of considerable importance to the tidy housewife.

A Convenient Crumb Cloth.—An easy way of having a crumb cloth is to take two widths of the wide heavy striped linen, work button holes on one side of the width, and place buttons on one side of the other width to corres-

pond with the holes; then the widths can be placed under the table one at a time and buttoned down the center. Made in this way one can easily handle it alone, lifting one leg of the table and slipping the width under and so on, making it unnecessary to lift whole table at once; or a cloth can be made in shape of a hollow square and buttoned on one corner and slip in in same way.

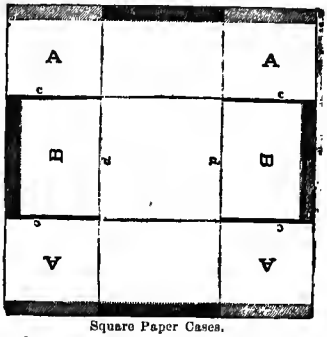


Dish Warmer—This engraving represents a dish-warmer made of wire with feet so arranged that it may be set on a stove. Nothing spoils a good breakfast or dinner so effectually as cold plates, but when placed in the oven to heat they are very likely to be left too long, and get too hot or if fine wares, are ruined by overheating. With this heater there is no danger of over heating, or injury. This may also be used as a dish drainer, and is equal to the best made especially for the purpose.

Tea-table Ornament.—Two goblets, or any pretty glass dishes, heaped with lumps of ice, with a border of geranium or any green leaves, make a nice decoration for the ends of the table.

Inexpensive Napkin Rings.—Cut piece of canvas size of napkin ring, only larger, so that when stitched together one end may overlap the other, and be cut in points or scollops. Work canvas with beads, worsted or silk, as fancy may dictate, leaving space for first name or initials. Line canvas with silk-covered cardboard and bind edges with bright ribbon to harmonize with embroidery.

Paper Cases.—These are very much used now for Cheese Ramakins, Biscuit Glaces, Charlottes, Souffles, Ice-creams, etc., and are either round or square. Make the round ones as follows: Procure half a dozen sheets of cap or fine book paper not ruled, and make a pattern for the paper cases by fitting a band of paper to the outside of a very small tumbler, such as is used for Roman punch, or some similar small shape. The band of paper, when cut to fit, will form a curve. Cut as many such pieces as are needed from the sheets, fringe a quarter of an inch or less in depth. Make some corn starch paste very stiff, and paste the ends of the bands together, forming cup shapes, then cut around the edges, press the fringed bottom edges of the cup on the paste, the fringe bent outward, and the cups, when dry, are ready for use. For the square ones cut paper on the eight dark lines, then crease on every dotted line. At each end turn parts lettered A over that lettered B, so that the lines *c* rest on the line *d*, and one A overlaps the other. Now fold parts b up against backs of part A, and fold inward those parts of edges which are lightly shaded, and fold outward those which are heavily shaded. When this is finished stick the parts of the box together with white of an egg mixed with a little flour. This makes a perfect box, and with a little practice one may become quite an adept. By tracing a copy of diagram one obtains a good model one quarter of size case should be.



Square Paper Cases.

Dustless Side-board.—Where one does not care for any fancy display of silverware and china, the best arrangement for a side-board is one built in

side of dining room, with the upper part divided off into divisions, some with shelves and some without according to the height of articles to be put away, and each enclosed with a glass door. In this way the silver makes a pretty ornament for the room and yet is protected from dust. The back of divisions, or little cupboards, may be lined with canton flannel of any color desired. The lower part of sideboard will be utilized for the china, having little cupboards with shelves according to heighth of dishes, and wooden doors. Between upper and lower cupboard can be drawers for the small silver, and it is nice for spoons, knives and forks that do not come in boxes to have some of the drawers made as a *Handy Drawer* in the following manner; have them two and a half or three inches deep and about a foot and a half wide; cut a heavy pasteboard to fit inside and on it glue wooden strips made as in boughten boxes with grooves for the two ends of knives to fit in, also a single strip for table spoons, forks, etc., having in one drawer two strips for knives and one for teaspoons; in another two single strips for tablespoons; in another two for forks, etc. Cut a piece of colored canton flannel, allowing for the amount that will be taken up, when fitted into the grooves, and place over the pasteboard, having first covered the wooden strips with glue, then press the flannel well into each groove and place the article intended for each place in it, letting it remain there till it ts dry. Proceed in this way till all are finished and when dry put them in their places.

GARNISHES AND SAUCES.

To garnish a dish well, adds very much to its appearance and the most simple dish can be made to appear much more appetizing when served, if surrounded by bits of parsley, or other green, or slices of eggs, pickles or vegetables. The time taken to garnish is only a moment or two if the garnish be a simple one, which should be the kind to use for every day, and one will be well repaid for so doing. Of course a more elaborate garnish takes longer time in its preparation. Care must always be exercised in regard to the quantity used, as a too heavy garnishing really spoils the appearance of the dish. When vegetables are used for the garnishing the garnishing knife

flutes them nicely, adding much to their appearance. There are different ways of garnishing, but the general method is to surround the article and in giving the garnishes, unless otherwise mentioned, that is what is meant. The article is sometimes placed on a bed of the garnish and sometimes around a mound of the latter, as illustrated, the chops surrounding a mound of potatoes. In serving meats, game, etc., it is also very essential to have an appropriate sauce or gravy which will enhance the flavor of the article served, and we give below such garnishes and sauces as have been used by different cooks very successfully, and one can select such as they wish or can prepare most easily. We also give some ways of preparing some of the garnishes although most of them are given in the first part of book.

Chops and Potatoes.

GARNISHES FOR CREAMS, ETC.

For Bavarian Creams.—Whipped cream.

For Blanc Mange.—Boiled custard.

For Lemon Jelly.—Parsley or smilax with a few forget-me-nots.

For Ice-cream.——Whipped cream; a meringue or a spray or two of smilax with some delicate roses.

For Orange Jelly.—Parsley, smilax or myrtle with garden pinks.

For Coffee Jelly.—Some green with bright red geraniums or roses.

For Dishes of Fruit.—Geranium leaves; rose leaves; holly leaves and berries, artificial leaves may be used but natural leaves are much preferred. Where it is possible it is nice to have the leaves of the fruit, as of apples, pears, peaches, plums, etc.

GARNISHES FOR FISH.

For Eels.—Croutons; fried parsley.

For Boiled Cod.—Croutons; potato patties.

For Haddock.—Parsley and slices of lemon alternated.

For Baked Fish.—Sliced hard boiled eggs, or egg pyramid.

For Boiled White Fish.—Spoonfuls of grated horse-radish or potato balls.

For Boiled Fish.—Slices of lemon.

For Fried Fish.—Parsley, celery, or lettuce.

GARNISHES FOR MEATS.

Boiled Bacon.—Tufts of cooked cauliflower or brussels sprouts; or place on a bed of boiled beans.

For Boiled Beef.—Sliced cooked carrots, or turnips, whole glazed onions. *Corned Beef* (hot or cold) the same, or parsley, or the tender inside leaves of lettuce.

For Broiled Beefsteak.—Ringed potatoes, squares of fried mush, sliced cucumbers, grated horse-radish, or place a poached egg on each piece.

For Fried Cold Corned Beef.—Pickled gherkins.

For Minced Beef (or any meats.)—Croutons.

For Roast Beef.—Pieces of asparagus; potato balls; glazed onions; or tufts of scraped horse-radish.

For Stewed Beef.—Tufts of cooked cauliflower or braised cabbage; force-meat or potato balls.

For Boiled Tongue, hot or cold.—Potato roses; tufts of parsley and garnish the root with a paper frill.

For Meat Hash.—Pickled cucumbers sliced in inch slices crosswise; croutons or poached eggs. *For White Meat Hash,* fried oysters, or slices of lemon. *Game Hash,* chopped sweet herbs,

For Baked Ham,—Border of beans and garnish knuckle with a paper frill.

For Boiled Ham.—Aspic jelly; parsley, or flowers cut from vegetables.

For Broiled Ham.—Poached eggs.

For Fried Ham.—Fried eggs.

For Breast of Lamb.—Cooked green pease around or under it.

For Boiled Leg of Lamb.—Cooked cauliflower or spinach.

For Braised Loin of Lamb.—Place on a bed of either stewed pease, spinach or cucumbers.

Stewed Lamb.—Strew over with stewed mushrooms or green pease.

For Lamb Chops.—Crisped parsley or place around a mound of mashed potatoes.

For Lamb Cutlets.—Place chopped spinach in center.

For Lamb Sweet-breads.—Water cresses; tufts of parsley.

For Boiled Neck of Mutton.—Slices of cooked carrots and turnips alternated; or parsnips may be used instead of the latter.

For Braised Leg of Mutton.—Braised onions.

For Roast Neck or Loin of Mutton.—Little mounds of red currant jelly. *Saddle of Mutton,* same. *Shoulder of Mutton,* braised onions or baked tomatoes.

For Boiled Leg of Pork.—Sliced cooked carrots, turnips or parsnips. *For Salt pork,* same.

For Roast Pork or a Roast pig.—Baked apples.

For Pork Chops.—Pickled gherkins, or slices of large pickled cucumbers cut crosewise. *For Fried Salt Pork,* same, or fried apples. *For Fried Sausages,* same as above.

For Pigs Feet Souse.—Slices of lemon.

For Roast Veal.—Sliced lemon and force-meat balls alternating.

For Stewed Veal.—Force-meat balls; rashers of broiled ham or bacon curled and fried; boiled carrots sliced alternated with mounds of green pease; or mushrooms and sorrel or spinach and endive.

For Veal Cutlets or Chops.—Tender leaves of lettuce; olives; breaded rashers of pork, or same as for stewed veal.

Veal Sweet-Breads.—On a bed of cooked pease.

For Boiled Calf's Head.—Egg balls, or fringed celery.

For Calf's Liver.—Sliced lemon and force-meat balls, or sliced pickled beets.

For Calf's Tongue.—Aspic jelly.

For Curries.—Border of boiled rice.

GARNISHES FOR POULTRY, ETC.

For Boiled Chicken.—Sliced hard boiled eggs alternated with tufts of celery or lettuce leaves; or place on a bed of rice.

Fricasseed Chicken.—Little mounds of boiled rice.

Fried Chicken.—Fried oysters alternated with lemon points.

Roast Chicken.—Crisped parsley or stuffed tomatoes.

For Boiled Turkey.—Same as for boiled chicken.

For Roast Turkey.—Fried oysters, or sausages; force-meat balls; water-cresses.

For Game.—Fresh or preserved barberries; little mounds of currant jelly; sliced oranges or lemons.

For Boiled Rabbit.—Rashers of fried ham or bacon; or parsley.

For Roast Rabbit.—A border of mashed potato; force-meat balls; water-cresses, or slices of lemon.

GARNISHES FOR SALADS.

Cabbage Salad.—Sliced hard boiled eggs.

Chickem Salad.—Sliced hard boiled eggs in rings alternated with sliced pickled beets or cucumbers.

Lobster Salad.—Same as above with the coral arranged with it; or surround with a border of cray fish.

Meat Salad.—Tender leaves of lettuce.

Sardine Salad.—Small whole sardines, or lemon points.

Salmon Salad.—Nasturtiums, buttercups, or wild roses.

GARNISHES FOR VEGETABLES.

For Artichokes.—Crisped parsley.

For Asparagus on Toast.—Sliced hard boiled eggs.

For Fried Stewed Cabbage.—Fried sausages.

For Stewed Celery.—Croutons.

For Greens.—Slices of tongue or hard boiled eggs.

For Fried Potatoes.—Parsley sprinkled with grated lemon peel.

For Stewed Peas.—Breaded rashers of bacon fried. This is also nice for beans, poached or fried eggs, and hashed calf's head.

There are many other things that will prove a pretty garnish that we have not mentioned, such as carrot leaves, borage flowers, horse-radish flowers, nasturtium flowers, and many of the wild flowers may be used. In fact one can use almost anything by exercising good judgment as to amount used, and how, when and where. A rule for those most often used would be as follows: Parsley is the universal garnish for all kinds of cold meats, poultry, fish, etc. Horse-radish for roast beef, and slices of lemon for roast veal and calf's head. Carrots in slices, for boiled beef, hot or cold. Sliced beet, or hard boiled egg for cold meat and boiled beef. Mint either with or without parsley for roast lamb, either hot or cold. Pickled gherkins, capers or boiled onions, for boiled meats and stews. Lemon points for all salads. Pickled cucumbers sliced crosswise for fried pork, sausage, hash, etc., and olives are very much used for all meats by those who like them. Where the garnishis an eatable one, a piece, slice, or bit is to be served with the article, but if not, it remains on the dish. We give also some of the preparations of different garnishes.

Lemon Points.—Cut fresh lemons in thin slices, and divide these slices into four parts. They are used as a garnish for salads and made dishes.

Egg Pyramids.—Take the inside of a stale loaf, cut into small pyramids with flat tops, and on the top of each pyramid put rather more than a tablespoon of white of egg beaten to a stiff froth. Over, this sprinkle finely chopped parsley and fine browned bread-crumbs. Arrange these on the napkin round fish, one green and ono brown alternating.

Fried Bread for Borders.—Fry slices of bread cut in any fanciful shape. When quite crisp, dip one side into beaten white of an egg mixed with a little flour, and place it on the edge of the dish. Continue in this manner till the border is completed, arranging the sippets a pale and a dark one alternating.

Rashers of Pork.—Cut breakfast bacon very thin and in strips three or four inches long. Fry only long enough to become transparent, or thoroughly hot; if cooked crisp it is ruined. Serve as a garnish, or laid over beefsteak, roast beef, game, etc. *For Breaded Rashers of Pork,* dip or roll the strips in fine bread crumbs (some first dip in beaten egg) then brown nicely. May be used as a garnish for meat or vegetables.

Sorrel Garnish.—Sorrel is best plucked between May and October. Take about three pounds of sorrel, very fresh and green. Pick it nicely over and remove all stalks; wash well and drain well on a wire sieve, Chop it for quite twenty minutes. Now put into stewpan that will hold about two quarts, tablespoon of flour and one and a half of butter. Stir over the fire for three or four minutes, and then put in gill of broth, and eight minutes after, another gill. Again stir over the fire for twenty minutes. Beat up three or four eggs with one half gill of milk, in a basin; pour these on the sorrel, stirring rapidly for several minutes. It is then ready to use as a garnish

Potato Patties.—Beat or grate to a fine flour three-fourths pound of mealy potatoes, making it moist with a small quantity of milk; put this with two ounces of butter, melted and beaten to a cream. Boil one-half pint of milk, stir it quite boiling into the potato, and stir it, holding it above the fire, into a very smooth, fine paste. Stand it on the hob and mix into it two well-beaten eggs. Let the mixture become cool, when beat it up with the yolks of four eggs; whisk the whites of these to a froth, and stir it carefully into the batter. Butter little patty shells fill with the batter and bake a deep gold yellow in a quick oven. Serve hot as a garnish with any nice dish of fish, fowl, etc. Or butter patty pans and sprinkle grated crumbs over them, then fill with the batter and bake as above.

Paper Frills and Rosettes for Cutlets, etc.—Cut a sheet of note paper into strips two inches wide, and double them lengthwise, to make the width of a knife blade. Cut the double edge into fringe a quarter inch deep. Move the edges of the paper one higher than the other, and the fringe will be bowed out instead of lying flat. Fasten the edge that way with a touch of corn starch paste made very stiff. Then roll the fringed pieces of paper around a pencil and fasten the end with paste—if to be slipped over the ends of frogs' legs; but if for cutlet bones, or ham, or tongue ends of uncertain size wrap them just before serving, and a touch of the very stiff paste will hold them in place.

To Garnish a Ham or Tongue.—Make a glaze as directed in meats, and when it softens, as glue would do, brush over the meat, ham or tongue; then when cold beat some fresh butter to a white cream, and with a kitchen syringe or a stiff paper funnel trace any design wished on the glazed surface; this makes a very handsome dish, and if the ham has been properly boiled will be very satisfactory to the palate. Or the glaze may be omitted and butter, lard, or savory jelly used, with syringe cone or funnel, just as icing is used, as described in Ornamental Icing in first part of book.

To use butter or lard treat it in the same manner as directed for jelly in same place so as to get it just soft enough to pass throngh the cone. Be very careful not to get it too soft or it will not stand. In warm weather add a little flour to stiffen it, but not too much, or it will not pass through the cone; when ready fill cone with it, same as for icing, and use in same manner. This ornamentation, with the addition of a little parsley, and a cut root flower or so, completes the operation of decorating the above named articles. They are sometimes further, or even altogether decorated or garnished with "sippets," (small pieces) cut diamond or triangular form, and consisting of toasted bread, aspic jelly, etc.; but this style of garnishing is usually adopted only by those who are not competant to decorate or garnish with butter, lard or savory jelly, and who are not able to cut their own root flowers. Root flowers are usually cut in the forms of roses, tulips, dahlias, etc., from white and yellow turnips, beets, and carrots, and the edges of the leaves are usually tipped with pink color, such as liquid "cochineal."

To cut root flowers, wash the roots, and for say a rose, take a good shaped turnip, pare it, cut in the proper shape, then with a sharp pocket knife (French root-flower cutters may be had of dealers in confectioner's supplies,) go all around the bottom edge, so ⌒⌒⌒; then repeat this operation, so ⌒⌒⌒, bringing the second cuts between the first, and holding the back of the knife blade from you and the edge towards you. This causes the cuts to meet at the bottom, and then by holding the knife point down, and running it all round inside the cut the piece falls out, leaving the leaves separate and distinct. Continue this until you reach the center, so ⌒⌒⌒. A little practice will assist you in this particular, and you will ⌒⌒⌒⌒ soon be able to make other flowers, as the principle is the same; when the flowers are cut tip the edges as above.

A Fan Garnish.—Slice small cucumbers very thin lengthwise, leaving them attached at the stem end and spread them open like little fans. These are nice for sliced cold meat, chicken or turkey.

A Fancy Garnish.—Cut the breast of a cooked turkey or chicken into slices and then, either with a round tin cutter or a knife, cut these again into shapes all alike. Make some mayonaise sauce with lemon juice, and mix with it nearly an equal amount of aspic jelly, barely warmed enough to melt it. Cover the slices of turkey in the dish with the mayonaise-jelly and set the dish in the refrigerator. Mince a slice of cooked blood-beet extremely fine and some parsley the same. Take up the slices of turkey on a fork, when the jelly is set quite firm, and dip the underside lightly into the minced parsley, and then into the beet, making them appear sprinkled over, and place as a garnish to a Turkey Galatine, or they make a nice dish in themselves, garnishing the edge with green, such as shred lettuce.

SAUCES FOR FISH.

For Baked Fish.—Egg or vinegar sauce.

For Boiled Fish.—Hollandaise or liver sauce.

SAUCES FOR MEATS.

For Boiled Beef.—Apple, asparagus, chilli, cucumber, curry or horse-radish sauce.

For Roast Beef.—Celery, drawn butter, lobster, mushroom, mustard, parsley, pickle and shrimp sauce.

For Stewed Beef.—Oyster sauce.
For Fried beefsteak.—Brown onion cream, or roux sauce.
For Boiled Tongue.—Tartar sauce,
For Boiled Lamb.—Anchovy or Hollandaise sauce.
For Roast Lamb.—Chestnut or mint sauce.
For Boiled Mutton.—Tomato or caper sauce.
For Boiled Veal.—Celery sauce.
For Roast Veal.—Mushroom sauce.

SAUCES FOR POULTRY AND GAME.

For Boiled Chicken,—Bread or cauliflower sauce.
For Roast Chicken.—Giblet sauce.
For Boiled Turkey.—Lemon or oyster sauce.
For Ducks.—Olive sauce.
For Roast Goose.—Apple sauce.
For Game.—White or rice sauce.

THE KITCHEN.

It is almost impossible to give any directions except in a general way regarding the kitchen, as there is an endless variety of plans and arrangement. In no other room in the house are sunlight and fresh, pure air so indispensable as in the room where the most important work must be done. A long, narrow, dark kitchen is an abomination. Always furnish the kitchen well first, and if there is anything left to spend on the parlor, well; if not the money has been spent well. The main point is to systematize every thing, grouping such things as belong to any particular kind of work. For instance, in baking do not go to the china closet for a bowl, across the kitchen for the flour, and to the farther end of the pantry or store-room for an egg, when they may just as well be within easy reach of each other. Study and contrive to bring order out of the natural chaos of the kitchen, and the head will save the hands and feet much labor.

If kitchen floors are made of hard wood and simply oiled two or three times a year, no grease spot is made when grease drops on them, for it can be easily wiped up—carpet or paint is not advisable. Neither paint nor paper the walls, but once a year apply a coat of the good old-fashioned whitewash. Do not have the woodwork painted; the native wood well oiled and varnished lightly is much the best finish. A wide, roomy dresser is a great convenience; it should have two wide closets below and three narrow ones above, with a row of drawers at top of lower closets. Here should be kept all pots and kettles, sauce-pans, waffle-irons, kitchen crockery, tins, etc., all arranged and grouped together so as to be convenient for use. If possible, have good sliding doors, and at the top and bottom of same have a narrow sliding panel for a ventilator, which should be used when sweeping. By this arrangment every article of kitchen ware can be enclosed from the dust and flies. A well appointed sink is a necessity in every kitchen, and should be near both window and range, so as to have light, and also be convenient to the hot water. It should be provided with a "grooved" and movable dish drainer,

set so as to drain into the sink. Always have bracket or wall lamps, if not lighted by gas, placed at each end, or at the sides, so that the room may be well lighted in the evening. When possible, a long table at the end of the sink, and so close to it that water can not drip between, on which to dress vegetables, poultry, game, etc., saves time and steps; and the good light, which is a necessity in this part of the room, leaves no excuse for slighted or slovenly work. Under this table may be two drawers, with compartments in one for polishing materials, chamois leather, and articles needed for scouring tin and copper, and a paring knife, which is so essential in preparing fruit and vegetables, one with a guard on the side, as illustrated, prevents taking too thick a paring; and in the other, articles for keeping the stove or range in order. Back of the table and sink, the wall should be ceiled with wood for three feet above them, and here may be put up galvanized iron hooks and nails on which to hand basting-spoons, ladles, cooking forks and spoons, the chopping knife, cake turner, etc. A set of drawers close at hand for salt, pepper and spices is also convenient. There should never be bevel, beading, or moulding on kitchen window or door frames; and the kitchen door, leading to the dining room, should be faced with rubber and closed with a not too strong spring. Not less than three large windows are desirable in every kitchen, which should be cheerful, pleasant, well ventilated, convenient and clean.

Paring Knife.

In houses of the old style there was either no pantry at all, the kitchen being furnished with a dresser and shelves, or it was merely a small closet to hold the articles in less common use. In modern houses the pantry is next in importance to the kitchen, and it should be so arranged as to accommodate all the appliances used in cookery, as well as the china, glass-ware, cutlery, and other articles for the table, unless a dresser is used as before suggested. In arranging a plan for a building, the pantry should receive careful consideration, as next in importance to the kitchen; it should be sufficiently roomy, open into both the dining-room and the kitchen, and, in order to "save steps," should be as convenient to the range or cooking stove as circumstances will allow. The window should be placed so as to give light without infringing on the shelving; the shelves should be so arranged as to not obstruct the light from it; the lower ones should be two and a half feet from the floor, and two feet or more in width, and project about three inches beyond the closets and drawers below; and the part near the window, where there is no shelving, may be used for moulding and preparing pastry, and such other work as may be most conveniently done here, and if possible, have a Baking Cupboard (as described in Kitchen Wrinkles) near by with drawers, etc., for spices, but if that cannot be had a Spice Rack, which, as illustrated, is a neat rack in which

Spice Rack.

is set small cans coutaining spices. The handle is a convenience and can be set near when cakes are to be made, and when the work is done it may be set away on a shelf or in a cupboard until needed again, or some prefer a Spice Cabinet, being a little bureau, about a foot high with each drawer labeled outside, "nutmegs," "cloves," etc., and put up near where cakes, etc., are made. It costs little, probably about two dollars, and is a great convenience. Other shelves, or a china closet, should be provided for the china and other table furniture in every day use. The pantry should have an abundance of drawers and closets, of which it is hardly possible to have too many—the upper closets for the nicer china and glass, and the lower ones to hold pans and other cooking utensils in less frequent use. The drawers are for table-linen and the many uses the housekeeper will find for them. If psssible the window should be on the north side, but in any case it should have blinds for shade, and a wire gauze or other screen to keep out flies.

Use a cloth to wash potatoes. It is no trouble to keep one for this purpose, and it will save hands and time. Some prefer a small brush which you can buy for the purpose. Tie a strip of muslin on the end of a round stick, and use to grease bread and cake pans, gem-irons, etc. Have two large pockets in your kitchen apron, and in one of them always keep a holder. A piece of clam or oyster shell is much better than a knife to scrape a kettle, should you be so unfortunate as to burn anything on it. If you use a copper tea-kettle, keep an old dish with sour milk and a cloth in it, wash the kettle with this every morning after washing off with clear water, and it will always look bright and new. Cut a very ripe tomato and rub over a kitchen table to remove grease. The juice will also remove stains from and whiten the hands.

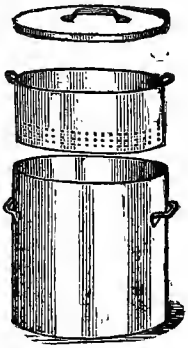
CARE OF LAMPS.

If you use oil, buy the best kerosene. To test it, place a small quantity in a tea-cup, and if it does not easily ignite when brought into contact with a lighted paper or match, it is good; poor oil will ignite instantly. Keep oil in a ten-gallon can, with a faucet at the lower part, so as to draw off into a smaller can or lamp-filler; set the large can in a cool, dark place; keep all the articles used for cleaning, filling and trimming lamps by themselves. For these purposes provide an old waiter (to hold the things), a lamp-filler, pair of scissors or a lamp-trimmer, box of wicks, soap, washing soda, and several soft cloths and towels, also a wire hairpin with which to keep open the vent in the burner, and what is known as a cork puller is useful for holding cloths used in cleaning lamp chimneys as well as pulling corks form bottles and using dish cloths in hot water. When lamps need an extra cleaning, add one tablespoon soda to a quart of water, being careful that none of the bronze or gilding comes in contact with the soda.

Cork Puller.

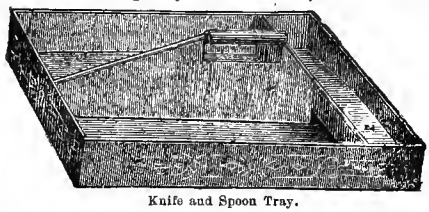
The wick should touch the bottom of the lamp and be trimmed square across. When the wick becomes too short to carry up the kerosene, and you have not time to put in a new wick, a piece or cotton rag pinned on below will prove a good feeder. Whe burners of lamps become gummy and prevent the wicks moving freely, boil them up in suds over the fire for a short time, and they will become entirely clean and work well. Lamps may become encrusted inside with settlings from the oil, and ordinary washing will not remove it. Take soap-suds and fill the lamp about one-third full, then put in a little sharp sand, and shake vigorously. A few minutes will remove every particle of settlings. Always fill the lamps every day and in the day-time; never fill a lamp after dark near a lighted lamp. When lighting a lamp turn the wick up slowly so that the chimney is gradually heated. When taking a lamp from a warm room into a cold one, first turn down the wick; do not fill too full, as the heat expands the oil and drives it out making the lamp dirty and dangerous. Never light or burn an almost empty lamp, as the empty space is nearly always filled with a very explosive gas. Before putting out a lamp turn it down until the wick is below the top of tube; as if left above it the oil gradually works out through the wick and runs down over the burner and lamp. Turn the flame down low, and wave a fan, book, or paper across the top of the chimney. Blowing down a chimney is very dangerous when a lamp is nearly empty and turned up high. Never start a fire with oil. Buy the best lamp chimneys by the dozen. The best are cheapest, and it is convenient to have fresh ones on hand when one is broken at an inopportune time A piece of sponge fastened on the end of a stick or wire is the best thing with which to clean lamp chimneys. Or, hold them over the nose of the tea-kettle when the kettle is boiling furiously. One or two repetitions of this process will make them beautifully clear. Of course they must be wiped upon a clean cloth.

Fill new tin pans with boiling water (having a little soda in it,) let stand on a warm part of the range for a while wash in strong soap-suds, rinse, and dry well. Scouring tins very often with whiting or ashes wears them out; if properly taken care of, washed in suds and thoroughly dried, they will not need scouring. This same care is needed for a steamer, which is one of the nicest utencils in which to cook vegetables, etc., for many vegetables are much better when steamed than when boiled in actual contact with water. Cabbage, with salt sprinkled among the leaves is more quickly cooked and is much more delicate than when boiled. The same is true of puddings, particularly plum puddidgs, and for chickens potatoes, rice, and indeed for nearly every thing usually immersed in water. The outer kettle is partly filled with boiling water, the article to be cooked is placed in the perforated pan and set in the other and a close fitting cover placed over both. There are many other steamers larger and more elaborate, but the one illustrated is a good simple one.



Patent Steamer.

Boil ashes or a bunch of hay or grass in a new iron kettle before cooking in it; scour well with soap and sand, then fill with clean water, and boil one or two hours, To remove the taste of wood, first scald the vessel well with boiling water, letting the water remain in it till cold; then dissolve sal-soda or soda, (two pounds to a barrel of water) in lukewarm water, adding a little bit of lime to it, and wash the inside of the vessel well with this solution; afterward scald it well with plain hot water, and rinse it with cold water befor you use it. Knives for the table should never be used to cook with; those for the former purpose may be a cheap plated set for every day use, and should be kept by themselves, and never be allowed to be used in the kitchen. A convenient tray is the one illustrated; it is made of strong Japanned tin and has a separate apartment for knives, spoons, and forks, and teaspoons. It is also provided with a convenient handle. A wooden box may be made by an ingenious man in the same form, that will be equally convenient. Lucky is the woman who has the ingenious man at hand, who has the time and is willing to spend it in fitting up the kitchen with such conveniences. Never place a range or cooking stove opposite a door or window if it can be avoided, as any draft will prevent the oven from baking well.



Knife and Spoon Tray.

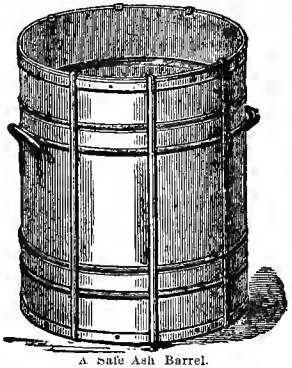
A necessity in the kitchen, because a great protection against clothes taking fire, is a large kitchen apron made full length with bib, and sleeves if wished, the skirt to button close around the dress-skirt. A wooden mat (made by laying down six pieces of lath eleven inches long, one inch wide, and an inch apart, and nailing across these, at right angles, six other similar pieces about the same distance apart) is a great protection to the kitchen table, which should be of ash. Hot kettles and pans from the stove may then be set on this without danger, as the construction of the mat secures a circulation of air under it. It is the "little foxes that spoil the vines" in the kitchen as well as elsewhere—the neglect of little things causes loss of time, patience and money.

CARE OF FIRES.

In building fires *concentration* is the important point; 1st, the fuel should be *concentrated*, that is, put together in a compact heap, and 2d, in a place on the grating where the draft can be *concentrated* upon it. These two points gained it is an easy matter to produce a brisk fire. When the kindling, which must be dry and in sufficient quantity, is well started, the wood or coal, as the case may be, is so put on that the draft and flame will pass directly through the fuel. In starting a fire, all depends upon having the conditions right, and great loss of time, and even patience, is incurred if they are not

provided. Always have wood in the box. This can generally be done without taking special time for it, by remembering to bring some in when you pass the wood-pile without anything in the hands. See that the wood-box is full at night, and the shavings and kindlings in their place. In the morning empty the ash-pan, or better still, clean your stove or range at night. This can always be done, except in the case of late suppers. When supper is ready, and there is no further use for the fire, open the oven doors, take all the covers partly off the holes, and by the time the supper dishes and needful work in the preparation for breakfast is done, if the fire has been properly attended to, the stove will be cool enough to clean out, which should be thoroughly done, removing all the ashes or cinders from every part of it. This is a very particular work, as the corners often secrete quite an amount of ashes that must be removed if you will have a perfectly clean stove. Rap on the sides of the pipes, to dislodge the soot and ashes that collect there, sweep all over with a long handled brush-broom and the stove is ready to receive the shavings, kindlings and wood for the fire.

Where there is a large amount of cooking to be done, the ashes should be cleared from under the slides of the ovens as often as once a week in large or small families; this will insure the oven to bake *well*, and always the *same*, if the fire is properly arranged. In removing ashes it is very important that they are not thrown out in improper places or placed in wooden receptacles where a fire may break out from spontaneous combustion or from some "unknown cause." A proper ash barrel is made of metal, should be heavy enough so as not to be easily bruised, and should be provided with handles for convenient removal. The one represented in cut when used for coal ashes, is provided with a sieve which holds and saves all the unconsumed coal, while it allows the ashes to pass through. Never on any account use kerosene to make the fire burn more quickly. In making the fire, as soft wood burns more quickly than hard, it is better to have some with which to start it, filling up with hard wood. If the wood is good and properly placed you will have a bright clear flame, yielding a great amount of heat which should be utilized for cooking purposes, by so arranging the draught that none of it is wasted. This can only be done by one who so perfectly understands each part of it as to economize in the use of fuel. The fire needs constant attention, as it is poor economy to let the fire go partially out, as in adding fresh fuel the heat is wasted until the stove and oven are again heated to the right temperature for cooking.



A Safe Ash Barrel.

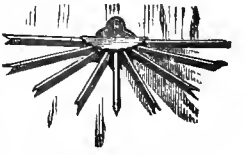
Fill the tea-kettle full of water and place on the stove, and if the fire is good it will boil soon enough for use, and every time water is used, add cold, so as to keep the supply good. The habit is almost universal to put a small

quantity of water in the tea-kettle, aiming to have just enough for certain things, and if an extra demand occurs the kettle is empty, the fire is out, and the delay occasions no little trouble to both cook and mistress. When water has been made to boil no matter what is cooking in it, the fire may be very much lessened, as but little heat is required to keep it boiling. Rapid boiling does not hasten cooking, and the articles cooked are much better when boiled slowly.

For general use copper and brass cooking utincils are not the best, be cause of the great care necessary to keep them clean and free from poisonous deposits, a work that *can never be trusted to servants.* The best granite iron is both safe, light and easy to clean. Care should be used in cooking in tin vessels, as they are liable to be affected by acids, oils and salt, but not to the same extent as copper. For all ordinary cooking purposes, if tin vessels are kept clean and free from rust, no injury will result. A little whiting or dry flour may be used to polish tin with. If a kettle is to be used for cooking fish, heat it first over the fire; if an odor arises, it needs cleaning as above, heat it over the fire, rub well with brown paper, then with an onion. In washing tin ware use soft water and soap, and wash well, rinse with hot water, wipe well, and put on the hearth or stove to dry perfectly; once a week wash tin ware in water in which a little sal-soda has been dissolved; take the suds for the pots and kettles (if not hot add more hot water,) and wash and rinse thoroughly on the inside. To wash the outside of pots, kettles and all iron ware, place in a tub or large dish-pan, and with soap on cloth, rub them briskly and hard; if necessary scrape with an iron spoon or old knife to get all dirt off, rinse in hot water, wipe, and place on stove to dry. The best thing to wash them with is a wire dish-cloth. If kept scrupulously clean, oysters, tomatoes, and even some delicacacies that are usually cooked in porcelain and cranite ware, may be cooked nicely in iron.

Wire Dish-cloth.

Dish washers and wipers should be kept very clean, being washed in suds and well rinsed after each meal. A very convenient article, upon which to hang them to dry is the umbrella folding rack which may be placed on the wall near the stove. When in use it presents a a goodly number of arms on which to hang articles to be dried, and when not in use it closes up modestly and occupies no useful space. We know of nothing so simple and useful for the purpose. It is made in the very best manner, and with fair usage will last a life-time. The cut on the left represents the rack folded with arms dropped against the wall, and the one on the right the same spread out ready for use. Enameled ware may be cleansed by filling the vessel with hot water, with soda dissolved in it—one ounce to a gallon; let it boil twenty minutes; then if the


Umbrella Folding Rack.

stain does not all come off, scour with fine sand or brick dust; rinse well with hot water and wipe dry. If by carelessness or accident, while making chow-chow, or anything else, it becomes burned on the porcelain kettle, empty immediately, fill with water, put in about pint of wood ashes to two gallons of water, let it boil twenty minutes; clean with sand or brick dust as above, if it does not all come off. In either case, if unsuccessful the first time, repeat. To clean a brown porcelain kettle, boil peeled potatoes in it. The porcelain will be rendered nearly as white as when new. To clean silver or plated ware, wash in clean hot water or lay in hot soda water a few minutes; then wipe dry with a canton flannel cloth, and polish with chamois skin. If silver powder is used for cleaning tarnished spots, care must be taken to brush out all the dust from the chased work on the plate. In the daily use of silver, wash in clean hot water and wipe dry with a canton flannel cloth. *Never* use soap in washing silver. Steel knives and forks are best cleaned by being scoured with bath brick, but some good "kitchen maids" always use the common brick pulverized, with good success. Have a properly made knife-box, with board extending, on which to lay the knife to scour, wet a cloth in hot water or soft soap and water, dip in the dust which has been previously shaved off; then rub briskly and hard until all spots are removed; wash and rinse in clean, hot water and wipe dry. Never put a knife into hot fat, as it destroys the temper and the knife is useless. It is nice to have a separate knife for peeling onions, and marked so that it can always be kept for that purpose. One is also nice so marked for potatoes, and one should certainly be had for use in preparing fish as the taint is so strong. A separate pan and board should also be kept for this purpose.

Onion Knife.

Potato Knife.

The sink comes in for special notice. Wash it daily with soap and water, rinse with clean boiltng water, *always rinsing in hot water after pouring suds into it.* This can not be insisted on too strongly, because of such great importance in the cleanliness of the kitchen. The old adage, "A time for everything," applies here. On Mondays and Thursdays, during summer, pour hot water, containing a little chloride of lime, or some copperas water as directed in Kitchen Wrinkles, into the drains, and every Monday in winter. This will prevent all unpleasant and unhealthy odors. The use of soda in cleansing our wares generally diminishes the quantity of soap needed. As a general thing, too much soap is used in washing dishes. Many good housekeepers do not allow soap used in washing dishes at all, except to clean tin and iron ware, dish cloth and sink. In cleaning an unpainted kitchen floor, if there are spots of grease on it, put some soft soap (or lye, if to be had) in a tin cup, kept for the purpose; place on the stove until boiling hot; then pour a little on each spot and scour with ashes; wash the floor with soft hot water, rinse well, and, if the grease is not out the first time, try it again when the floor needs cleaning. Always remember to rinse thoroughly, changing the

water when it becomes too dirty. In cleaning floors, tables, or wood-work, remember to rub always with, and not across, the grain of the wood.

The breakage of dishes in some houses is fearful. There are very few families rich enough to bear it, much less the families of small means or just a competence. The mother is sick or wearied with the eare of the nursery, and cannot see to the putting away of the best china, which has been used because a friend dined with them. While conversing with her guest, she hears a crash in the kitchen. It is with difficulty she remains calm until the guest departs, when she finds a cup has fallen and cracked her nice tureen, and broken a nick out of two or three saucers; or several goblets, set in a careless place, have fallen and are broken. She is sick at heart, for it was but a few weeks before she had spent fifteen or twenty dollars to replace her broken, cracked, and nicked dishes. Little comfort does she get from Bridget, who replies: "La, madam, it was but a few of your dishes, and sure I could not help it. I would not think the likes of ye would make such a fuss." Every wise housekeeper will distinguish between carelessness and accidents. To correct this evil, and stop the great waste, the only way is to have help understand they must replace each broken or nicked dish (for a nick in a dish is as bad as a break), or have the cost of them deducted from their wages. This will cause two very valuahle results. The servant will become more careful, which will add much to the comfort of the mistress, and will also form a habit of *carefulness* that will fit her to become a good housekeeper. There is a dish drainer that is also a help in preventing breakage, as the dishes can be easily arranged in it. It consists of two separate articles —a neat, strong wire basket, with a smaller basket inside, and a drip pan. The smaller dishes are set on edge in the small basket, and the longer ones between the two, there being space enough below the basket in the drip-pan to hold the water which drains off. To rinse with hot water the basket with dishes in it may be removed from pan to sink, hot water poured over them, and then returned to pan to drain. This drain was the invention of a woman, and its convenience shows that she knew what she wanted.

Ford Dish Drainer.

There is an old and true saying, that "a woman can throw out with a spoon faster than a man can throw in with a shovel." In cooking meats, for instance, unless watched, the cook will throw out the water without letting it cool to take off the fat, or scrape the dripping pan into the swill-pail. This grease is useful in many ways. Bits of meat are thrown out which would make good hashed meat or hash; the flour is sifted in a wasteful manner, or the bread-pan left with dough sticking to it; pie-crust is left and laid by to sour, instead of making a few tarts for tea; cake-batter is thrown out because but little is left; cold puddings are considered good for nothing, when often they can be steamed for the next day, or, as in case of rice, made over in other forms; vegetables are thrown away that would warm for breakfast

nicely; dish-towels are thrown down where mice can destroy them; soap is left in water to dissolve, or more used than is necessary; the scrub-brush is left in the water, pails scorched by the stove, tubs and barrels left in the sun to dry and fall apart, chamber-pails allowed to rust, tins not dried, and iron-ware rusted; nice knives are used for cooking in the kitchen, silver spoons used to scrape kettles, or forks to toast bread; cream is allowed to mold and spoil, mustard to dry in the pot, and vinegar to corrode the casters; tea, roasted coffee, pepper and spices to stand open and loose their strength; the molasses-jug looses the cork and flies take posession; vinegar is drawn in a basin and allowed to stand until both basin and vinegar are spoiled; sugar is spilled from the barrel, coffee from the sack, and tea from the chest; different sauces are made too sweet, and both sauce and sugar are wasted; dried fruit has not been taken care of in season, and becomes wormy; the vinegar on pickles looses strength or leaks out, and the pickles become soft; potatoes in the cellar grow, and the sprouts are not removed until they become worthless; apples decay for want of looking after; pork spoils for want of salt, and beef because the brine wants scalding; hams become tainted or filled with vermin, for want of the right protection; dried beef becomes so hard it can't be cut; cheese molds and is eaten by mice or vermin; bones are burnt that will make soap; ashes are thrown out carelessly, endangering the premises and wasting them; servants leave a light and fire burning in the kitchen when they are out all the evening; clothes are whipped to pieces in the wind, fine fabrics rubbed on the board, and laces torn in starching; brooms are never hung up, and soon spoil; carpets are swept with stubs hardly fit to scrub the kitchen, and good new brooms used for scrubbing; towels are used in place of holders, and good sheets to iron on, taking a fresh one every week; table linen is thrown carelessly down, and is eaten by mice, or is put away damp and is mildewed; or the fruit-stains are forgotten, and the stains washed in; table-cloths and napkins used as dish-wipers; mats forgotten to be put under hot dishes; tea-pots melted by the stove; water forgotten in pitchers, and allowed to freeze in winter; slops for cows and pigs never saved; china used to feed cats and dogs on; and in many other ways a careless or inexperienced housekeeper wastes, without heeding, the hard earned wages of her husband. Economy counts nowhere so well as in the kitchen.

Kitchen Wrinkles.

Tomatoes are nice with cream and sugar.

Tea.—Keep tea in a close chest or canister.

Caramel.—Always stir with a wooden spoon.

Coffee.—Keep cool by itself, and closely covered

Tea Stains can be removed from dishes with soda.

Bread.—Keep bread or cake in a tin box or stone jar.

Nutmegs.—Always grate nutmegs at the blossom end first.

To Warm up Soup.—Set the vessel in hot water and heat slowly.

Red Ants.—Scatter branches of sweet-fern where they congregate.

Salt Fish are quickest and best freshened by soaking in sour milk.

Oven Too Hot.—Sprinkle quarter of an inch thick with sand on bottom.

To Keep Cutlery from Rust.—Wipe dry, and wrap in coarse brown paper.

Too Much Salt.—When used, add tablespoon vinegar and teaspoon sugar.

For Soft Dish-cloths, both for washing and wiping dishes, try cheese cloth.

Salt in Gravy.—Do not put salt in milk gravy till it is done or it will curdle.

Bread for Ovem.—When bread will not retain the dent of the finger it is ready for the oven.

To Preserve Milk.—A spoonful of grated horse-radish will keep a pan of milk sweet for days.

Dry Sponge Cake.—When sponge cake becomes dry it is nice to cut in thin slices and toast.

When Washing Baking Dishes.—Rinse well, invert them a few minutes, and they will wash easily.

Tin Tea-ketiles.—Kerosene will make tin tea-kettles as bright as new. Saturate a woolen rag and rub with it.

Charred Casks.—Water and salt meat may be preserved pure a long time if put up in casks with the inside charred.

Corn Starch is a good substitute for eggs in cookies and doughnuts. One tablespoon of the starch is equal to one egg.

Pastry.—Wash the upper crust of pies with milk just before putting them in the oven, and it will be a beautiful brown.

Corks.—When corks are too large to go into a bottle, throw them into hot water for a few minutes, and they will soften.

To Make Meat Tender—A spoonful of vinegar put into the water in which meats or fowls are boiled makes them tender.

The Taste of Fish may be removed very effectually from steel knives and forks by rubbing them with fresh orange or lemon peel.

Stain on Spoons from boiled egg is removed by rubbing with a little salt, or washing in water in which potatoes have been boiled.

Wire Table Ware—Should never be scoured; it will remain bright if merely washed in clean water with a little soap added.

Salt will curdle new milk; hence, in preparing milk poridge, gravies, etc., the salt should not be added until the dish is prepared.

To Clean Windows.—The wing of turkeys, geese and chickens are good to wash and clean windows, as they leave no dust nor lint as cloth.

To Mend Tin Pans.—Put putty on the outside and let dry well. The pan will never need mending in the same place again.

To Beat the Whites of Eggs Quickly, put in a pinch of salt. The cooler the eggs the quicker they will froth. Salt cools and also freshens them.

Copperas Water.—Dissolve one pound copperas in a gallon hot water and add two ounces commercial carbolic acid; pour a pint into sink twice a week.

Lemons.—Before using lemons for any porpose, always roll them awhile with your hand on a table. This will cause them to yield a large quantity of juice.

Silver Polish.—To one quart rain-water add two ounces ammonia and three ounces of precipitated chalk. Put into a bottle; keep well corked and shake before using.

Ground Tea.—If tea be ground like coffee, or crushed, immediately before hot water is poured upon it, it will yield nearly double the amount of its exhilarating qualities.

Oranges.—Oranges and lemons keep best wrapped in soft paper, and laid in a drawer. Lemons may be kept in cold water, which should be changed twice a week.

Fleas.—Carbolic soap is good to keep them away, but I don't know whether it will kill them or not; wash the animal in carbolic soap and water and see how quickly they will leave.

Economy in Soap.—A soft soap for washing dishes can be secured by placing in an old dish, and occasionally adding water, all the scraps of soap which are too small to use for washing.

Cleaning Metals.—Triple lye and alcohol, well mixed, will clean brass, gold or silver, and make it look like new. Have used it three years with satisfaction. It removes verdigris nicely.

Stove Holders.—Take wrapping twine as it comes in the house, tie it together neatly, and cast on to coarse knitting needles thirty stitches; knit garter stitch until it is square, then bind off.

To Clean Bottles.—Save all broken and crooked carpet tacks, and keep them in a box in the kitchen, for cleaning bottles. They are better than shot, for the sharp edges scrape off all stains.

Fly Specks.—A solution of soap and water is about the best cleaning fluid. If you give the dirt and fly specks a little time to soak, they will come off easily. A woolen cloth is best to rub with.

Covering for Jars.—A good water-proof paper for covering jars used in preserving, etc., may be made by brushing over the paper with boiled linseed oil and suspending it over a line until dry.

To Clean Knives.—Cut a good-sized, solid raw potato in two; dip the flat surface in powdered brick-dust, and rub the knife-blades; or, use a cork, or a cloth in some way. Stains and rust will disappear.

To Freshen Walnuts.—When walnuts have been kept until the meat is too much dried to be good, let them stand in milk and water eight hours, and dry them, and they will be as fresh as when new.

Cement for China—The whites of two eggs, and enough quicklime to form a thick paste. The quicklime should be finely powdered; this makes a good cement for mending broken china, marble, or glass-ware.

How To Treat Angels Cake.—When one has not a pan with feet on upper part, turn it out upon muffin rings to cool. This cake can be baked in any pan using same care as to cleanliness as with any cake.

To Remove a Tight Glass Stopper.—Apply a cloth wet in hot water to the neck of the bottle; or wind a cord around once, and "saw" back and forth a few times. This will heat and expand the neck of the bottle.

To Keep Cake From Sticking.—Butter the pans well, and dust heavily with flour; turn them over and knock them on the table to get out all the flour that will not stick, and then put in the cake. Mine never sticks.

Rust on Steel Implements or Knives.—Cover the steel with sweet-oil, rubbing it on well. Let it remain for forty-eight hours, and then, using finely powdered unslaked lime, rub the steel until all the rust has disappeared.

Care of a Gridiron.—All ironware needs thorough cleaning every time it is used, and none more than a gridiron. The bars should be kept perfectly clean and smooth and buttered every time they are used, if one desires a steak cooked to perfection.

Clinkers.—may be removed from grates and range back, by throwing half a dozen broken oyster shells into the fire, when the coal is aglow, and covering them with fresh coal. When red-hot tho clinkers become doughy and are easily removed.

To Preserve Lamp Chimneys from Breaking.—Place a cloth in the bottom of a large pan, fill the pan with cold water, and place new chimney in it; cover the pan, and let its contents boil one hour; take from fire, and let chimney remain in water until it is cold.

Cement for Knife Handles.—Set handle on end, and partly fill cavity with powdered resin, chopped hair or tow, chalk, whiting, or quicklime; heat the spike of the knife and force it into its place. Equal parts of sulphur, resin, and brick-dust also make an excellent cement.

To Soften Water.—Hard water is rendered very soft and pure, rivaling distilled water, by merely boiling a two-ounce vial, say in a kettle of water. The carbonate of lime and many impurities will be found adhering to the bottle. The water boils very much quicker at the same time.

A Fire Kindler.—Melt togefher three pounds resin and a quart of tar, and stir in as much saw-dust and pulverized charcoal as possible, spread the mass on a board to cool, and break into lumps the size of a walnut. Light one with a match, and it burns for some time with a strong blaze.

Table Cover, to be thrown over the table after it is set, is best made of red cheese cloth. Pink mosquito netting is handsomer but does not keep off dust; set table for next meal immediately after the dishes are washed—the most convenient plan where the dining-room is not used for other purposes.

Slaw Spoon-Fork.—One of the most convenient articles for dishing slaw is the spoon-fork as illustrated. One can serve neatly and quickly with it.

Slaw Spoon-Fork.

To Cleanse a Syrup Jar.—If maple syrup is not hot enough when put in jars, or is imperfectly sealed, it will crystalize. In getting the crystal out lay the jar on the side, put in a little water and turn a little occasionally, and the crystal will come out without breaking the glass as it will if you try to soak it out while upright.

To Renew Stale Bread, Etc.—Spread a good sized cloth in the steamer, and lay in any dry biscuit or slices of light bread you may have. Cover closely with the cloth, which will absorb superfluous moisture, and steam ten or fifteen minutes. The bread will be almost as fresh as when new.

Salt Dishes.—The "star salts" are now very generally used on account of their convenience and utility. In the bottle, which has a perforated top like a pepper-box, is a pulverizer which keeps the salt loose, and insures its free delivery. When it is not necessary to measure the quantity, they are always ready, and insure a good distribution of the salt.

Pancake Lifter.—This simple and cheap lifter is a necessity if unbroken and neatly baked pancakes are a desideratum. The cost is small, and the lifter will last a lifetime, and with it there is no excuse for not serving the breakfast cakes neatly.

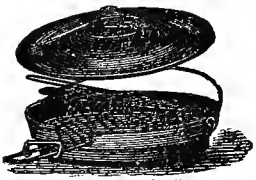
Measures.—They should be a quart, pint, half pint and gill, all made of best charcoal tin that contains no poisonous lead which is so commonly used to coat inferior tin-ware. Still more convenient is a lately invented measure of tapering form with ring or shoulders, at different heights, showing any measure desired from a gill to a quart.

A Clean Cook Stove.—Housekeepers should endeavor to keep their cook-stoves clean, an easy matter by using care. Salt sprinkled over anything that is burning on the stove will prevent any disagreeable odor. Instead of using a knife to scrape the dirt off, a small sheet of sand-paper is more convenient and better. Stove legs painted red are very pretty and are more easily kept clean.

To Make Kindlings.—Put two or three ounces tallow to one pound resin, melt very carefully together and when hot stir in fine sawdust and make very thick. Spread it immediately about one inch thick upon a board, first sprinkling the board with fine sawdust to prevent sticking. When cold, break into lumps one inch square. Or make nicer thus; while the mixture is warm on the board, take a thin board grease the edge and mark the kindling off into squares, pressing it in deep; then when cold they will break off into regular pieces.

Cement for Dishes.—Into a thick solution of gum arabic stir plaster of paris until the mixture assumes the consistency of cream, apply with a brush to the broken edges of the ware and join together. In three days the article cannot be broken in the same place. The whitness of the cement adds to its value. A simple way is to tie the broken dishes carefully together then boil for ten or fifteen minutes in milk keeping the broken parts covered with milk, they will be nearly as strong as when new. Some use simply white lead and place the dish away for two or three months.

The American Broiler.—This popular broiler has been before the public for many years, and has done more to banish the health-destroying frying pan from the kitchen than any of its later rivals. It will also be a favorite.



The American Broiler.

To Clean Silver.—"Inoxical Soap" is the best thing for the purpose in use, not for every day, but when thorough cleaning is required. It is well, also, to keep it in a convenient dish, and rub on with a bit of flannel whenever a spot appears on the silver.

A Moveable Sink, set on very large and strong casters, is a labor-saving contrivance. It may be run into the dining-room to receive dishes after the meal is over, and afterwards returned to the kitchen and placed where the light is best, or in the coolest part of the room if the weather is hot. Simple contrivances of this kind, which cost little except the labor of the "men folks," may often be used to save steps and preserve the health of the overworked housekeeper.

Batter Bucket.—This convenient utensil to be used in making griddle cakes should be used in every kitchen. The most perfectly shaped cakes can be made from it without dropping over stove and griddle, and the cover and stopper keep it closely covered after batter is made, till wanted for use.

Batter Bucket.

To Clean Brass Kettles.—When much discolored, scour with soap and ashes, then put in a half pint vinegar and a handful of salt, put on stove, let come to a boil, take cloth, wash thoroughly, and rinse out with water. If using every day, the salt and vinegar and rinsing are sufficient. Copper utensils are cleaned by simply rubbing with the salt and vinegar, using as much salt as the vinegar will dissolve, and apply with a woolen rag, rubbing vigorously; then polish with pulverized chalk.

Water boiled in galvanized iron becomes poisonous, and cold water passed through zinc-lined iron pipes should never be used for cooking or drinking. Hot water for cooking should never be taken from hot water pipes; take from cold-water pipes and keep a supply heated for use in kettles.

Lid Lifters.—There are a great many forms of lifters for stove lids. The two best we illustrate here. In one the handle is of wood, set in an iron socket, and the other serves as a lid lifter, and has a hook for lifting pots and kettles, which are provided with bails. Always have a shelf for the lifter near the stove; never hang on a nail.

Gas Stoves.—In cities where gas is used the use of gas stoves for cooking in hot weather is as a rule economical, and adds much to comfort, or rather saves much discomfort. Gas companies usually make a discount for gas consumed in cooking. There are many gas stoves in market, many of them excellent for the purpose.

Vienna Lime.—Vienna lime and alcohol give a beautiful polish to iron or steel. Select the soft pieces of lime, such as will be easily crushed by the thumb and finger, as they are the most free from gritty particles. Apply with a cork, piece of soft pine wood, leather, chamois, etc.

Oil Stoves.—Where gas is not in use, some one of the many kind of oil stoves may be used for cooking to advantage, in hot weather especially, when the family is small. The use of those which use gasoline, and the lighter products of petroleum, usually increases the rate of insurance, and is too dangerous to be trusted to any but the most careful and experienced persons.

Iron Sink.—The best sink for service and convenience is made of cast-iron in one solid piece. There are several sizes manufactured, and the largest size that can be afforded should be selected. The iron sink never leaks, is easily cleaned, does not need painting, does not get foul like wood, or wear out like zinc. The waste-pipe is easily and firmly attached, and in short it has all the merits and none of the faults of other sinks.

Hot Alum-Water is the best insect destroyer known. Put the alum into hot water, and let it boil till it is all dissolved; then apply the solution hot with a brush to all cracks, closets, bedsteads, and other places where any insects are found. Ants, bedbugs, cockroaches, and creeping things are killed by it, while it has no danger of poisoning.

To Prevent Rusting of Tin, rub fresh lard over every part of the dish, and then put in a hot oven and heat it thoroughly. Thus treated, any tin-ware may be used in water constantly, and remain bright and free from rust. To clean tin or other metalic vessels which have held petroleum—hot soap and water.

Fly Trap.—In spite of carefully screened windows, flies will make their their way into the best kept houses. The trap represented here is the invention of a lady, and is a perfect success. It will clear a room of flies in a short time, if none are allowed to get in from out of doors. The flies are attracted inside the cage by bait and can't get out, and are easily killed and trap set for more.

Kitchen Windows—Ought to be as cheerful, light and bright as in any room in the house. If the sills are extra broad, and a few choice flowers thrive on them, so much the better. The ceilings should be of a cheerful tint, and the wood-work, whether oiled or painted, *varnished.* This protects the wood and paint, and it is easily cleaned. It is a mistaken idea to neglect the kitchen for the parlor.

Spoon Cupboard.—As near the stove or range as possible have a small cupboard, made of the same wood as kitchen is finished in, without any shelves. Have little screw hooks screwed in the back of it in rows for large basting spoons, meat forks and any of the small articles used in cooking that can be hung up. At the bottom place the small knives and forks, and have a hollowed out shelf placed on bottom of door high enough up to shut in, for the table and teaspoons needed. This saves many steps and much time in fumbling through drawers.

Baking Cupboard.—In the pantry have a cupboard without shelves, beside the place used for baking and in it have screw-hooks screwed on the sides and back, upon which to hang measures, egg-beater, cake paddles, and all small utensils used in baking. On the bottom keep the flavoring extracts, cook-book and anything else that can not be hung up. Under this cupboard it is nice to have some small drawers for raisins, currants, boxes of spice, gelatine, etc. Making them of different heighths as wanted.

Cabbage Water.—Be careful that no cabbage water is poured down the kitchen-sink, as the smell of it—a singularly unpleasant one—is so strong that it will penetrate all over the house, and produce the suspicion of a bad drain. The water in which any vegetable has been boiled, should be thrown away out of doors, in a distant corner of the garden, if possible.

Pulverized Charcoal—should be kept in every house in a glass jar with a wide mouth, containing a half pint. The coal should be freshly burned—the best is not from the hardest or softest wood, but a medium—pulverized finely in a mortar while the coals are yet red. Cork tight; it is invaluable in preserving meats and poultry and is sometimes even given as a remedy for indigestion.

A Grate Heater.—One of the latest cheap conveniences is a neat iron plate, large enough to set a coffee or teapot on, which has appendages be-

low which slip over the front bars of a grate, and furnish a place to heat coffee, tea or water by the grate fire. This heater may be attached so as to project inside over the fire, or outside when the heat would be less intense.

A Table Heater.—Another ingenious heater is a round piece of solid iron, as large as the bottom of a coffee-pot. This is placed on the top of the stove and heated, and when the coffee-pot is placed on the table this heater, set in a neat cast-iron basket, supported on three neat legs, takes the place of a table mat and keeps it steaming hot, as the iron holds heat for a long time. The basket is constructed so that air circulates under the iron and prevents injury to the table.

Tension Chopping Knife.—In this knife the blades are made of fine steel, wrought very thin, and are kept firm by the tension of the frame in which they are set. It does very rapid work, and is an excellent knife for family use. Most people consider hash a very delicious breakfast dish, in spite of all the hits newspaper paragraphers have made on it, and a good implement for making it is indispensable in every well ordered kitchen. The chopping knife is a great saver of butchers' bills, and ought to be respected accordingly.

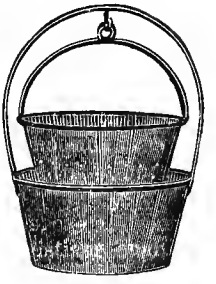
The Smell of Onions and other odors can be removed from kettles and sauce-pans. Put some wood ashes into the utensils, add boiling water, and let it stand a short time on the back part of the stove. Or, if you have no wood ashes, use potash, soda, or concentrated lye with water, then wash in hot suds. All cooking utensils in which onions, cabbage, or turnips have been cooked should be thus cleansed.

Polishing.—Flour of emery, which is cheap and is kept at all drug-stores, is excellent for polishing every thing except silver. Common water-lime, such as is used in plastering cisterns, is an excellent material for polishing knives, forks, and tin-ware. First rub tins with a damp cloth, then take dry flour and rub it on with the hands, and afterwards take an old newspaper and rub the tin until bright. Keep in an old pepper-box, and apply with a damp cloth.

Rack for Covers.—There are always needed about a kitchen stove or range a number of articles, such as tin covers for pots and pans, handles for stove covers, etc. There should always be a rack or other convenient place on the wall near the stove and within easy reach for all such articles. The handle for stove covers is often hung up, but never should be, because it is often snatched off in a hurry. A small shelf is better if placed at a convenient height. Arrange everything about a stove to save time and steps.

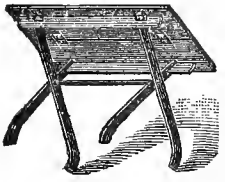
A Good Lantern is a necessity in every house, and a poor lantern that is always out of order when wanted, is as much a nuisance as a broken umbrella. The form represented here burns kerosene oil, and is a cheap, convenient, and in every way a good lantern for family use. The lamp is easily filled. The tube that surrounds the lamp furnishes the air for combustion and it is not easily broken or damaged.

Cupboards.—There ought always to be an iron-ware closet, with deep shelves, in the kitchen where the iron-ware can be kept out of the dust. For china, glass and silver, if such a luxury is known, a corner cupboard with glass doors is a pretty article of furniture, and takes very little available room. Drawers for napkins and table-clothes and for the children's bibs and aprons are also in order.


Fryer and Drainer.

Fryer and Drainer.—This invention furnishes a convenient method of frying, oysters, potatoes and other articles that when done need to be removed quickly from the boiling fat and drained, while remaining over the hot fire, in order to remove all superfluous grease. It has a support for the perforated pan which rests inside the frying pan, which may be detached, leaving the frying pan a little deeper than those in common use.

To Wash Preserve Jars —Preserve jars or bottles should be carefully washed as soon as emptied, taking care that the stoppers and covers have their share of attention. It is well to put soda or ammonia into the jars or bottles, fill up with water, and let stand an hour, putting the stoppers or covers into a bowl to soak in the same way. Then pour out and scald nicely, but not with boiling water, as that cracks the polished surface inside, wipe dry, set in the sun or wind to air, and then set away carefully.



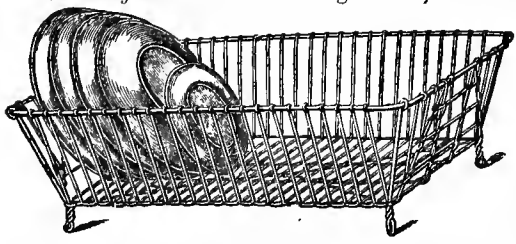
A Folding Table.—A folding table is very useful in small houses, and even in large houses for many purposes. The accompanying cut represents a form which is simple, convenient, and easily made by any carpenter. It folds up compactly when not in use, and when needed may be instantly unfolded and is ready for use. When an extra table is needed in making up clothing, etc., such a piece of furniture is invaluable, and when not in use it does not occupy valuable space and get in everybody's way.

Coffee Syrup.—Take a half pound of the best ground coffee; put it into a saucepan containing three pints of water, and boil it down to one pint; boil the liquor, put it into another sauce-pan, well scoured, and boil it again. As it boils add white sugar enough to give the consistency of syrup; take it from the fire, and when it is cool put in a bottle and seal. When traveling if you wish for a cup of good coffee put two teaspoons of the syrup into an ordinary cup, and pour boiling water upon it, and it is ready to use.

Spice Box.—The spice box serves the same purpose as the rack and cabinet, but is closer than either and equally convenient. It has a handle on the top and a clasp which fastens the lid in place. For keeping spices from waste, and for convenience, one of these contrivances is a great addition to a kitchen outfit.

A Pair of Good Scales is a necessity in every well-regulated kitchen. Unfortunately for people who always want to get the full worth of their money, not every grocer and butcher is honest, and when the quality of goods is satisfactory there is sometimes a serious shortage in weight. A *good* pair of scales is a little detective that does its work quietly and faithfully. If after all allowance for error that reasonable man could ask, you find weights habitually short, it is better and safer to try a new dealer; but if the dealer knows you have a weighing scale and use it, your weights will be full, especially if you pay your bills promptly.

Washing Dishes.—In washing dishes, in addition to directions given in "Dining Room," care must be taken not to put tumblers which have had milk in them into hot water, as it drives the milk into the glass, whence it can never be removed. They should be first rinsed well in tepid water. Tumblers and goblets should be placed in hot soapy water, dipping the sides first, and turning them rapidly, thus heating the outside and inside at the same time and preventing breaking; when wiped, they should not be turned down until put away in a china closet. It is a very nice way to use the easy dish drainer as illustrated. The bottom is spaced so as to hold plates upright as represented in cut. The drainer may also be used as a bread-cooler, and the same frame, lined with pretty material, makes a nice family work basket.

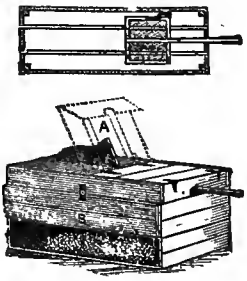


Easy Dish Drainer.

To Keep Table Clothes Clean—for a long time. After clearing the table, place a clean towel under any spots that may have been made during dinner, and rub the spot with a fresh clean cloth wet with clean soap-suds, then rinse with clean water, dry with a clean dry towel, fold and lay under a heavy weight. In changing table cloths during the week, contrive to bring the fresh table cloth on first at dinner. Place a large napkin over each end of table cloth, to protect it from soiling in the process in serving the plates, removing when the crumbs are brushed.

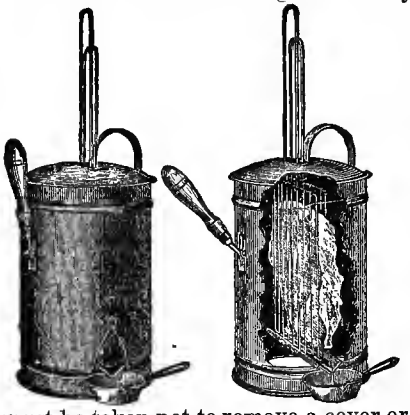
To Clean Coffee or Tea-pots.—Musty coffee-pots and tea-pots may be cleaned and sweetened by putting a good quantity of wood ashes into them and filling up with cold water. Set on the stove to heat gradually till the water boils. Let it boil a short time, then set aside to cool, when the inside should be faithfully washed and scrubbed in hot soap-suds, using a small brush that every spot may be reached; then scald two or three times, and wipe till well dried. Pots and pans or plates that have been used for baking and grown rancid, may be cleansed in the same way. Put the plates into a pan with wood ashes add cold water, and proceed as above stated. If no wood ashes can be had, take soda. Pie-plates and baking-dishes cleaned after this fashion will keep sweet all the time.

A Convenient Ash Box.—This can be made of cheap lumber, and of a size that the lumber at hand will cut without waste; seven feet in length by three feet in width, and four feet high may answer in most circumstances. A lid, *A*, is provided occupying nearly one-half of the top, as shown in fig. 1, and also a side door *B*, used for removing the ashes. Two strips of board are fastened within and lengthwise of the box, upon which the sifter or sieve rests as it is shaken, as shown in verticle view, upper figure. The sieve, which is an ordinary one, costing perhaps twenty-five cents at the store, has a long handle fastened to it; with this the ash box and sifting apparatus is complete. The advantages claimed for this ash box are: The ashes can be sifted without making any dust, as when the lid is closed the whole is confined within the box. The ashes and sieve are kept from exposure to storms, and the latter is always in place and ready



for use. It dispenses with a disagreeable looking heap of ashes often found on exhibition the year round, and lastly it is cheaply and easily made. As the structure is of wood, care should be taken that there be no live coals among the ashes when they go to the ash box. A coat of paint will add to the appearance of this useful and economical article.

The Dover Broiler.—A good deal of ingenuity has been exhausted in various inventions for broiling meat easily and quickly, and leaving housewives



no excuse for using the dyspepsia-producing, old-fashioned frying pan, and there are several good ones in the market. The latest candidate for favor hails from Boston, and is well represented in the engraving. The meat is placed between the bars of a reversible wire broiler, and set upright inside the tin or Russia iron case, the cover to which slides over the handles and keeps in all the heat. The case has no bottom, but is made in several sizes to fit the holes of the various sizes of stoves. The meat is thus subjected to great heat without danger of burning. A spout is arranged to catch all the juices as they flow, and carries them to a little pan provided for the purpose. Great care must be taken not to remove a cover or open the stove door while the broiling is going on, or the smoke will rush up into the broiler. With care to avoid this, not a particle of smoke reaches the meat.

The White Mountain Freezer.—This freezer is the best in the market, and will give satisfaction to every purchaser. It has three motions. The center beater shaft has lifter arms, or floats, which mix the cream in the middle, turning opposite the outside beater. The outside beater scrapes the cream off the can and has floats extending to inside beater, which throws the cream to the center, when it is thrown back by the inside beater to the outside, the can in the meantime turning in an opposite direction making THREE similtaneous motions, thus mixing the cream thoroughly and evenly. These beaters are of maleable iron and coated with pure block tin.

Single beater Freezers do not mix the cream evenly because there is no opposite motion, and the cream goes around with the beater. It is the same principle of rinsing by putting your hands into a pail of water and moving it around, the water goes with the hand for the reason there is no opposite obstruction to prevent. In the Tripple Motion Freezer the arms or floats pass each other and the cream MUST be better worked.

The beaters are light and easy to clean, but single beater freezers have large beaters, which fill up the can and are hard to clean, and must necessarily waste cream. This freezer has no large surfaces of zinc in contact with the cream, but TIN instead. Families especially look to this, as freezers put away damp, will, when dry, show oxide of zinc, which is a well-known poison.

The can is moved from the bottom, and while at work the cover can be removed, showing its operation clearly. Other freezers are so constructed that the cover actuates the can, and cannot be removed while working.

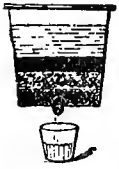
The cover of the White Mountain Freezer does not have to be adjusted to a particular place, but fits anywhere upon the can, and being loose can be taken off easily without pulling the can out of the ice.

Soldering Liquid:—In soldering tin-ware, especially in mending old ware, the use of soldering liquids will greatly help. There are several of these. The best is made as follows: Get any convenient vial about half full of muriatic acid; procure at the tin shop some scraps of sheet zinc; if you have no strong shears, let the tin-smith cut the zinc in strips narrow enough to enter the vial. Place the vial out doors, or under a shed, and add a strip or two of zinc. A great bubbling or boiling will take place as the zinc dissolves. As one piece of zinc dissolves add another, and when a piece remains without any action or bubbling of the liquid, it is done. Fit to the lower end of the cork a piece of stick to reach into the liquid; after the liquid is perfectly quiet, cork it. In soldering, wet the place where the solder is to go, with this liquid; the drop or two that the stick will take up is enough. Do not get this liquid on the clothing, or on the skin, as it may irritate it and make it feel very rough.

Dish Cloths, Wipers, Table Linens, Etc.—Roller towels for the hands should be marked with the number of each, and also with the whole number; as 1-6, 2-6, etc., where the whole number is six. This shows at once the whole number to be accounted for, and also makes it easy to use them in rotation, so that they may be worn equally. Of dish cloths, of which there should be six—two for the best dishes, two for greasy, and two for pots and kettles, the first two may be marked, "B-1-2" and "B-2-2;" the second two, "G-1-2" and G-2-1;" the third, "P-1-2" and "P-2-2." Wfping towels, of which there should be six, two to be used each week, washing every day, may be marked in a similar way, which is equally good for napkins, table cloths, cloths for silver, etc. Never buy new cloth for dish cloths or wipers; buy Stevens' crash (or any other linen crash) for towels; when worn soft, take for dish-cloths and wipers; keep whole for dish wipers, and cut one of a yard in length into three, hem and place in kitchen for dish-cloths, you thus have one for pots and kettles, one for dishes, and one to wipe a knife, fork or spoon that you may be using while cooking, for the wipers should never be used for this purpose.

Water.—Pure water is as necessary to health as pure air. Rain-water, filtered to remove any foreign matters caught from the roof or in the smoky atmosphere, is the purest attainable. It is a debatable question whether the mineral matters held in solution in hard water are injurious to health, but vegetable or animal matters are agreed by all chemists to be injurious, and, in many cases, rank poisons, breeding fatal fevers, and other violent diseases. Water that is at all doubtful, should be boiled before drinking, as the vegetable and animal matters are thus destroyed, and the mineral deposited on the bottom of the kettle. Wells. even in the country, are very doubtful sources from which to procure a supply of pure water. In cities the sources of well-supply are almost invariably poisoned by the numerous cesspools, vaults and drains that filter through the earth until they reach the underground streams of water, poisoning them as surely as they would a surface stream or pond. When it is remembered that all water in wells must come first from the surface, and that it dissolves all sorts of filth as it passes into the earth, carrying a good deal with it, particularly if the soil is sandy and porous, it will be readily understood that wells are apt to furnish impure

water as surely as if they scattered arsenic. Wells should be covered to exclude all leaves and vegetable matter. The ground should slope away from the well so as to carry away surface water, and it should be located as far as possible from barns and out-buildings where filth accumulates. There are various good filters in the market, but one may be easily and cheaply made as illustrated: Take a large flower pot, and insert a sponge in the hole in the bottom, fill the pot with alternate layers of sand, charcoal, and small pebbles. The flower pot thus filled up may then be placed on a jar or other convenient vessel, into which the water can be received as it filters through. Never use hot water drawn from a lead pipe, but take the cold and heat it on the stove.



To Cleanse Filters.—In order to be safe and efficient, a filter requires cleansing every few weeks or months according to the amount of water filtered and its quality. When ordinary cistern water is used, a filter should not be used longer than six months without cleansing, and if a large amount of water is used, not more than half that time. The sponge should be cleansed and scalded at least two or three times a week. The charcoal should be renewed every time a filter is cleansed. Fresh charcoal may be used or the old may be renewed by heating to redness in a close vessel, excluding air. The gravel and sand and the inside of the filter vessel reservoir for filtered and unfiltered water, should be thoroughly cleansed whenever the filter is taken apart for cleansing. The surest way to secure thorough cleansing is to boil the gravel and sand in a large kettle or wash boiler for half an hour, rinsing out the filtering vessels with boiling water. After rinsing all well with clean water, wash everything with a strong solution of permanganate of potash and caustic potash. A solution of the permanganate and four of crude caustic potash in a pailful of water will be sufficient for an ordinary filter. If the permanganate solution becomes brown by the washing more must be used, until a pinkish color remains when the gravel is rinsed. This will indicate that all impurities are removed. A few gallons of water will suffice to rinse away the remains of the permanganate, and the filter may be repacked as before, with fresh charcoal as directed. The closer the filtering medium if packed, the slower the water will filter through, but the more perfect will be the purification.

How to Kindle A Coal Fire.—Hard coal will not ignite until it is thoroughly heated through and through, and as small coal will not require as much wood to heat it up as large, it is important, where the supply of kindling wood is limited, that the pieces of coal which touch the wood should be small. As wood in cities is more expensive than coal, economy suggests the use of as little as practicable. The coal, then, for kindling, should not only be as small as a pigeon's egg, called "chestnut coal" by the dealers but to economize the wood, the pieces should not be over four inches long, so that they can be laid compactly, and the heat more concentrated on a given point of coal, and thus the sooner heat it through. If the wood is thus placed, and is covered with one layer of chestnut coal, it will redden with great rapidity and certainty. Now cover the reddened coal with another layer or two, and in a minute or two put on the large size. Put a handful of shavings or paper in a grate compactly, then some splinters of dry wood, not larger than the little finger, and outside of that a layer of pieces an inch or more thick and three or four long; apply a match to the paper, and while it is catching put on small coal as above, and there will not be a failure during the winter, nor a growl in the household, for the

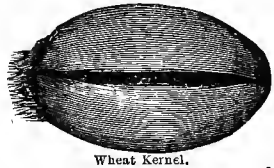
want of a good and timely fire. To lessen a coal fire, press it from the top, so as to make the mass more compact, giving less room for air. To revive it, lay on small pieces tenderly; put on the blower, and when red, add larger pieces, and riddle out from below. Heaping on more coal, or letting out the ashes below, will certainly put out a low coal fire.

How To Use Coal Economically.—The *Scientific American* says: There is a great want of intelligence regarding the burning of coal, and it is not to be expected that servants should know how to save it. The grate or range is stuffed so full that the oven-top is loaded with it, so the fire will not die out or need looking after; then the draft is opened, and the money, or what is the same, the heat, goes flying up the chimney. With a little forethought all this could be prevented, and a ton of coal made to last three months instead of one. A good bright fire can be steadily maintained with coal, with less trouble than with any other kind of fuel, but not by raking, poking, and piling in green fuel continually. After breakfast the fire should be cleared of ashes, if there are any, and fresh fuel put on to fill the grate moderately. Let the oven damper be turned up so as to heat it, and leave the small top door open, more or less, according to the intensity of heat required. In this way air enters over the top of the fire, and maintains a far better combustion, and consequently greater heat than when the draft-dampers are thrown down. A washing can be done, or "ironing" accomplished with one-third less coal than is generally thought necessary to use. There is also great waste in throwing away half-burned coal under the impression that it is cinders. One who has experimented with coal for twenty years, both in the house and under the boiler, writes: In cleaning the grate in the morning you will find there is a quantity of unburned coal, which has been externally subjected to combustion. It is covered with ashes, and looks to the inexperienced eye like cinder. It is often relentlessly dumped into the ash-box. The fact, in many cases, is, that the lump is only roasted on the outside, not even coked, and is in a better condition for igniting than the fresh coal. We have stated that coal is a *condensed* form of carbon. The superficially burned lumps, found in our grates or among our ashes, sufficiently prove this. But take a lump of anthracite coal from the fire, red-hot and all alive, throw it into the water until the ashes are washed from it, and it is black externally and cool. Take it out and break it open with a hammer, and you will find it red-hot and glowing inside. This shows that time, and a pleantiful supplly of air are necessary to burn coal, and that large amounts of what we call ashes and cinders are really excellent fuel. To prove this fact, let any one carefully sift his ashes, throwing out the inevitable slate, which can be readily detected, and start his coal fire on wood or charcoal, kindling his coal fire with the savings. He will find that he can get a good bed of incandescent coal sooner than with green coal on the kindlings. Never, whether rich or poor, suffer cinders or unburned bits of coal to be wasted in the ash-barrel. Measure for measure, they are worth more than coal. Save them, soak them, try them. Water renovates the coke, and wet cinders upon a hot coal fire will make it hotter, and keep it so longer than fresh coal. Saving cinders is not meanness, it is *economy*.

Flavoring Extracts, Fruit Juices, etc.—The following directions for the preparation at home of extracts, etc., are contributed by a trustworthy and reliable dealer, and may be relied upon. Of flavoring extracts put up for the general market, almond and peach are seldom pure, and are sometimes even poisonous. The other kinds are less liable to be adulterated. To prepare *Vanilla*, take one ounce of fresh vanilla beans, cut fine, and rub thoroughly with two ounces granulated sugar, put in a pint bottle, and pour over it four ounces pure water, and ten ounces of ninety-five per cent deoderized alcohol. Set in a warm place, and shake occasionally for fourteen days. *To make Va-*

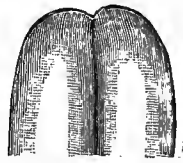
nilla Sugar take one pound sugar and one ounce Mexican vanilla bean. Cut bean very fine, pound in a mortar, with the sugar, to a fine powder, like flour, sift it, grind the remainder and sift till all is done; then bottle and cork. It will keep for any length of time. A wire sieve will allow the seeds of the bean, which show the purity of the flour, to pass through with the powdered sugar. *For Lemon*, cut in small pieces the rinds of two lemons put in a four-ounce bottle and fill with deoderized strong alcohol, set in a warm place for a week; then put two drams fresh oil of lemon, four ounces of deodorized strong alcohol, and the juice of half a lemon, in a bottle of sufficient size to hold all; then strain in the tincture of lemon peal. To make *Orange*, use the rind and oil of orange, as directed for lemon. To make *Rose*, put one ounce of red rose leaves in one pint of deodorized alcohol, let stand eight days; press out the liquid from the leaves, and add it to a half dram of otto of roses. Oils must be fresh and pure, or the extract will have a turpentine taste; and always use *deodorized* alcohol. For fruit juices, select ripe fruit, press out juice, and strain it through flannel; to each pint of juice, add six ounces pure granulated sugar, put in a porcelain kettle, bring to boiling point, and bottle while hot, in two or four ounce bottles. Canned fruit juice may be used in the same way. These juices are a perfect substitute for brandy, wine, etc., in all puddings, and sauces, etc. To filter water and alcoholic solutions (not syrups) pass through filtering paper, folded in conical form, so as to set into a funnel (a half-pint glass funnel is best.) The paper is kept at all drug stores.

Flour and Bread.—A wonderful advance has been made in the manufacture of flour. Before the discovery of the gradual reduction or "New process" in milling, white flour contained but a part of the nutriment of the wheat kernel, the starch remaining, while the muscle-making and brain-feeding gluten went into the bran and other waste products and was sold for feed. Winter wheat was then used for the best grades of flour, the small, dark and hard kernels of the Northern grown Spring wheat making so dark a flour that it was only sold as an inferior grade. The introducing the "new process" by which the grain is gradually reduced to flour by passing through a set of steel-rollers, each of which crushes the grain a little finer than the last, not only revolutionized milling, but produced from the heretofore despised Spring wheat, the finest flour in the world which sells in all markets at the highest price, makes finer bread and several loaves more to the barrel than the best product of Winter wheat. In the day of Graham, who advocated unbolted flour, it was true that the loaf of white bread did not contain much of the most valuable nutrition of the wheat. The white flour of modern milling does contain all that is valuable. The bran left by the "new process" contains lfttle that is valuable in any way as food. The only advantage gained by eatfng corn bread, is the evidence of concentrated food, but fruit and vegetables would supply the bulk required much better than the harsh and flinty and, to many, irritating particles of bran. Modern white flour possesses a much larger proportion of phosphates and gluten than the old fashioned Graham; indeed more than the wheat itself. There is, however, a great difference of opinion as to the comparative merits of bread made from fine flour, and Graham, or whole wheat flour. The latter is considered best for persons who lead sedentary lives, as the coarse particles stimulate the digestive organs, causing the fluids to flow more freely; while for those who follow active, out of door pursuits the New Process flour is probably best as being more nutritious and economical, because wholly digested.



Wheat Kernel.

This "new process" of milling was first perfected in this country at Minneapolis, Minnesota, the mills of which now have a capacity of 35,000,000 bushels of wheat annually, and the brands of Minneapolis flour are known in every market in the world as the best. Nearly a million and a quarter barrels of flour are being exported yearly. The wheat from which this flour is made is the hard spring wheat, *raised in the extreme North*, that raised south of Minnesota and Dakota being inferior, and most of it not available for the best grades, while that raised on the line of the Northern Pacific, and in the rich valley of the Red River of the North, makes the very highest grades of flour. This hard wheat is first passed through rollers and mashed; then to stones, which are run at a low rate of speed, and so dressed that the grinding is nearly all done near the outer edge of the stone, the "runner" being set high, so as not to heat the flour, but to leave it in hard, sharp globules. From this stone it is conveyed to a series of bolts, where the bran is separated, the softer and finer particles being passed through and put up as lower grades of flour, known as "All-Wheat Flour." The coarser particles and "midlings" are separated by this process, and conveyed to the purifiers, where they are thoroughly cleaned of all bran and impurities; after which, they go to the stones to be reground and rebolted, and thus made into the "New Process Flour." These middlings are mainly from the outer portion of the kernel, which lies immediately below the flinty and worthless husk (which goes off in bran) and is rich in the nutritious gluten—the nitrogenous principle of wheat which makes it rank first as a "force producing" food. Before the introduction of this process, the stones were driven at a high rate of speed, and the wheat thoroughly ground by the first run through the mill, the flour coming out quite hot, and much of its strength lost by the heating. The comparative rate of speed may be known by the fact that only five bushels are ground per hour by the new process; while, with the old, from fifteen to eighteen would have been consumed. By the old process, the "middlings" made a second rate dark flour; by the new, it is transformed into the best known to the trade.



That this flour is the most economical for use, there is no doubt among those who have tried it. The hard spring wheat makes a much stronger flour than any of the soft varieties of spring or winter wheat, because it contains a larger portion of glutten and less starch; and a given quantity will make from fifteen to twenty per cent. more loaves of bread of the same size and weight than the best winter wheat flour. This fact is what has given Minnesota bakers' grades their popularity. Another advantage possessed by this flour, especially for family use, is that bread from it does not become stale and dry as soon as that made from winter wheat, but retains its moisture and good table qualities much longer.

The following in regard to the New Process Flour is from George H. Christian, Esq., who has spent years in studying the best methods in use in this country and Europe. and is the largest manufacturer in the United States.

"In regard to the economy of the New Process Flour, made from Minnesota spring wheat, it is claimed, and I believe has been established, that the best qualities will make forty or fifty pounds of bread to the barrel more than flour from the best quality of winter wheat. This is explained by its superior affinity for water which, being held in that much greater quantity in the bread, insures its keeping moist for a long time. The authorities give the chemical analysis as 20 parts glutten, 50 parts starch, 10 parts dextrine, glucose, etc., 5 parts salts, fatty material, etc., and 15 parts water, for flour made from the best Minnesota spring wheat by the new process. The above percentage of glutten is nearly double that of flour made from the soft vari-

eties of wheat (that of Minnesota is of the hard). Gluten is the most important compound of flour, and is the substance which renders the dough firm, and gives it sufficient consistency to hold the gases, generated by fermentation, long enough to make it rise well, and ensure a light palatable bread. It is well known also that bread from spring wheat is sweeter. The percentage of gluten in New Process Flour is more than in flour made of the same wheat by the old process."

In the process of modern milling, not only is every foreign substance removed from the wheat, but every individual kernel is rubbed clean by an ingenious arrangement of brushes, which scours away every particle of dirt that adheres to it. There is probably no article of food required in housekeeping so absolutely and perfectly clean and pure as flour as it comes from the mill. Dishonest dealers may adulterate it, but it ought not to be difficult to bring it in unbroken packages with the brand of the mill on them as a guarantee of purity, as most mills now put the flour up in neat half barrels for family use. Another flour which makes palatable and wholesome bread is made by a secret process and is called "White Wheat Flour." It is of a golden brown color, and makes a handsome loaf, somewhat sweeter to the taste than the white flour. Much is claimed for it as a complete food especially valuable for invalids or children and is useful to build up the wastes of the body and in many forms of disease. It is used in the same manner as the fine flour in bread-making. Graham flour of the old fashioned kind, as usually found in the market is unfit for food. It is made of the poorest quality of wheat, mixed with foul seeds, and ground in a crude way with none of the care and neatness which characterizes the process of making fine flour. There are mills, however, like those at Dansville, New York, which make a specialty of Graham flour from selected wheat, and produce an article which makes a delicious and wholesome bread, not unlike but somewhat coarser than the Whole Wheat flour mentioned above. These various forms of flour from wheat, are used for making bread in the usual way, which in most families is and ought to be the "staff of life." Of many other preparations of wheat none has been made under appropriate heading before.

Flour from rye and meal from oats and Indian corn are all rich in waste repairing elements, and an excellent and cheaper substitute for wheat kept in bread-making. The frequent use of either gives variety in the bread-supply, and variety is wholesome and appetizing in bread as well as other table supplies.

The proportion of gluten in wheat, and consequently in flour, varies greatly in different varieties. Flour in which gluten is abundant will absorb much more liquid than that which contains a greater proportion of starch, and consequently is stronger; that is, will make more bread to a given quantity. Gluten is a flesh-former, and starch a heat-giver, in the nutritive processes of the body. Flour containing a good proportion of gluten remains a compact mass when compressed in the hand, while starchy flour crumbles and lacks adhesive properties. Neither gluten or starch dissolve in *cold* water. The gluten is a grayish, tough, elastic substance. In yeast-bread, the yeast, in fermenting, combines with the sugar in the flour and the sugar which has been added to the flour, and carbonic acid gas and alcohol are produced. The gas tries to escape, but is confined by the elastic, strong gluten which forms the walls of the cells in which it is held, its expansion changing the solid dough into a light, spongy mass. The kneading process distributes the yeast thoroughly through the bread, making the grain even. The water used in mixing the bread softens the gluten, and cements all the particles of flour together, ready for the action of the carbonic acid gas. In baking, the loaf grows larger as the heat expands the carbonic acid gas, and converts the water into steam and the alcohol into vapor, but it, meantime,

loses one-sixth of its weight by the escape of these through the pores of the bread. Some of the starch changes into gum, the cells of the rest are broken by the heat, the gluten is softened and made tender, and the bread is in the condition most easily acted upon by the digestive fluids.

Cider Vinegar can be made easily and quickly if the following directions are followed: When cider is made, save the pomace and put it in tight barrels or hogs-heads, with one head out, and put in enough rain water to cover it. After it has begun to ferment, draw off from the bottom all that you can, dilute the cider with it, and nearly two barrels of vinegar can be made of one of cider. Do not fill barrels in which the cider is to be made quite full, as there should be a space for air. Put into each barrel one or two pounds of bread dough, in the condition it is in when kneeding out into loaves. Once a day, for a few weeks, draw out from each barrel a gallon of the cider and pour it into the bung-hole, so as to get air into it. A quart or two of molasses are recommended as a help, and beech shavings and brown paper are often used to hasten the acetic fermentation; but we think the bread dough is best. If the vinegar is made in summer, it may be made out of doors; but late in the fall it should be in a room where the temperature can be kept up to 70 or 80 degrees by stove heat. For quick cider vinegar, fill a jug with cider, and turn into each gallon of cider a pint of molasses and a cupful of lively soft yeast, or two tablespoons of Brookside yeast. Have the jug full of the liquid, let it stand uncorked back of the cook-stove where it will keep warm. It will commence fermenting in twenty-four hours, and will not take over a week to make splendid sharp vinegar. It must be drawn off into another jug, leaving the dregs, and kept in a tight-corked jug or bottles, where it will not freeze.

The Brookside Yeast is made by sitrring together three tablespoons mashed potatoe tablespoon white sugar, level teaspoon salt and quarter of a yeast cake, soften sufficient to mix well. After mixing place in an earthen bowl or jar cover with a saucer, and place in a place of a moderate temperature, ready for use next day, but will keep a week or more in summer, and three or four weeks in winter. To make more take a tablespoon of above and add it to three or four times above recipe omitting the yeast cake. This is *never failing* and very easily made and kept.

Corn Vinegar.—Boil one pint shelled corn in one gallon rain water till the grains burst, put in a stone jar with the water in which it was boiled, adding sufficient rain water to make a gallon. Add pint of syrup (sugar cane is best as it is not so likely to be adulterated) and tie a piece of cheese cloth, or two thicknesses of mosqueto netting over jar. Keep in a warm place one month, then pour off vinegar in a jug, putting in half the mother and it is ready for use. More can be made of same corn, by covering it with rain water, adding the half of the mother and a gill of syrup and let stand as above one month. Tie a thin cloth over jug of vinegar instead of corking it and keep in a dry place not too cold. This costs about seven cents a gallon and is said to be richer and better flavored than the best cider vinegar and is equally good for most purposes.

Economical Vinegar.—After washing the fruit, discarding all that is rotten, place the pealings of apples, pears, peaches or quinces in a stone crock. If you use any crab apples, put them in too; boil pure rain water and pour hot over them; if in cold weather they can stand several weeks then place in a porcelain kettle, covering them with water to the depth of two inches; set on stove, let them boil for half an hour, strain through a cullender, let the juice stand until it settles, then add enough molasses to make a pleasant taste; now pour it into the keg or vinegar barrel that has been prepared with a hole for faucet in the end of the barrel at the lower side, made the size of faucet; it should be one inch from the stave, so that it can be easily cleansed

with a wet cloth wrapped around the finger and passed under the faucet. The bung hole ought to be in the upper side of barrel equally distant from each end. Take cork out of bung hole, or if none in barrel make one, and cover it with a piece of mosqueto netting or other very thin material; paste can be put around the hole, and the cloth put on it, or tack it on with small tacks—either will do, for you have to lift up one corner so as to place the funnel in when you wish to add more juice. Here in Minnesoto, many apples are used in the winter. All the pealings and cores can be saved, by placing them in a crock, pouring water over them, keeping them until crock is full. Then boil and proceed as above. Add one pint alcohol to eight or ten gallons of juice, or if you can get boiled cider add one gallon of that. If starting the vinegar in the fall while making jelly, marmalade, etc., save all the waste juices, place in a crock and add to the vinegar. If you can get a little "mother" from an old keg of vinegar, it helps start it more quickly, or put a cup of good sponge made ready for bread into a four gallon jar of juice, letting jar stand in the sun with a thin cloth tied over it for a few weeks; then pour into keg. In putting the juice into keg let some of the settlings run in, as this furnishes yeast for the vinegar. If you have a large quantity of juice to start with, a good proportion is to eight or ten gallons of juice take one gallon of molasses, one pint alcohol. If at any time it needs more sweet, you can add molasses. Cold tea can be added, but never coffee, as that makes the color too dark. After the meal is over, fill the teapot with hot water, set on stove to steep; when sufficiently steeped pour into the vinegar. The excellence of the vinegar is that you know all the ingredients in it, and of every apple that is eaten the peeling can be used. Teach the help to save all the peelings when she makes apple or peach sauce, and even when one or two apples are pared save the peeling.

A young housekeeper once had half a barrel of excellent vinegar, which her husband had brought from the store. As it was old and had many settlings in it, she thought she would cleans it, so pouring it out, she rinsed her barrel thoroughly with hot water, then strained the vinegar through a flannel cloth, and replaced it in the barrel. Some time afterward she drew out some of the vinegar, but it had lost all its good taste and was covered with a white scum. She was sorely vexed, but an old friend coming in at the time, told her she had thrown away the life of the vinegar. Had she kept some of the settlings (which is the yeast of the vinegar) and the *mother*, putting them in the barrel when she replaced the vinegar, all would have been right. Happily her friend had plenty of old vinegar and gave her a pail of settlings and *mother* to add to the vinegar. In years *mother* will accumulate, so that it is necessary to throw some away. In such cases always keep some of the large pieces of *mother* and some of the floating particles (a funny writer has called this the *father*), and some settlings to put in the vinegar, after it is returned to the barrel. While the vinegar is making it should never be more than half full; after it is good vinegar small quantities of juice, either hot or cold, can be added until the barrel is two-thirds full. A better way is to have a second keg into which pour the fresh juices with a little molasses, (but no alcohol), and as the good vinegar is used out of the barrel it can be replenished from keg. Or, having no keg, draw off one or two gallons or good vinegar into a jug for immediate use, then add the fresh juices, as you may have it, to barrel. By the time vinegar in jug is used all will have become good in barrel and ready for use. These things remembered and practiced will always insure good vinegar. Sometimes vinegar barrel will leak around the chine, when it is inconvenient to change barrel. To stop the leak, take equal parts of tallow (beef or mutton) and wood ashes. Mix well (in cold weather you may have to warm the tallow), then with a narrow bladed knife spread it around the chine, pressing it firmly into the crack and making it smooth on surface. This has kept vinegar from leaking for months and years. If

wanted extra nice *clarify molasses* by heating it over the fire and pour in one pint of sweet milk to each gallon of molasses. The impurities rise in scum to the top, which must be skimmed off before the boiling breaks it. Add the milk as soon as molasses is placed over the fire, mixing thoroughly with it.

Gooseberry Vinegar.—Wash two pecks quite ripe gooseberries in a tub with a mallet and add six gallons water, about milk warm; let stand twenty-four hours, then strain through a sieve, add twelve pounds sugar, stir well, and put in nine-gallon cask; if not quite full more water must be added. Stir the mixture from bottom of cask two or three times daily for three or four days, to assist the melting of the sugar; then paste a piece of linen cloth over the bunghole, and set the cask in a warm place, *but not in the sun*; any corner of a warm kitchen is the best place for it. The following spring it would be drawn off into stone bottles, and the vinegar will be fit for use twelve months after it is made. This will be found a most excellent preparation, greatly superior to much that is sold under the name of the best white wine vinegar. Many years' experience has proved that pickle made with this vinegar will keep, when bought vinegar will not preserve the ingredients. The cost per gallon is merely nominal, especially to those who have their own fruit. Let remain in cask nine months.

Rhubarb Vinegar.—For ten gallons, take twenty-five ordiuary stalks of rhubarb, pound or crush with a piece of wood in bottom of a strong tub, add ten gallons water; let stand twenty-four hours; strain off the crushed rhubarb, and add eighteen pounds sugar free from molasses, and a teacup best brewer's yeast; raise the temperature to 65 or 68°, and put the compound in a twelve-gallon cask and keep where the temperature will nof fall below 60°. In a month strain it off from the grounds, returning to the cask again, and let stand till it becomes vinegar.

Sauer Kraut.—Slice cabbage fine on a slaw-cutter; line the bottom and sides of an oaken barrel or keg with cabbage leaves, put in a layer of the sliced cabbage about six inches in depth, sprinkle lightly with salt, and pound with a wooden beetle until the cabbage is a compact mass; add another layer of cabbage, etc., repeating the operation, pounding well each layer, until the barrel is full to within six inches of the top; cover with leaves, then a cloth, next a board cut to fit loosely on the inside of barrel, kept well down with a heavy weight. If the brine has not raised within two days, add enough water, with just salt enough to taste, to cover the cabbage; examine every two days, and add water as before, until brine raises and scum forms, when lift off cloth carefully so that the scum may adhere, wash well in several cold waters, wring dry and replace, repeating this operation as the scum arises, at first every other day, and then once a week, until the aceteous fermentation ceases, which will take from three to six weeks. Up to this time keep warm in the kitchen, then remove to a dry, good cellar, unless made early in the fall, when it may be at once set in the pantry or cellar. One pint of salt to a full barrel of cabbage is a good proportion; some also sprinkle in whole black pepper. Or, to keep until summer: In April squeeze out of brine, and pack tightly with the hands, in a stone jar, with the bottom lightly sprinkle with salt, make brine enough to well cover the kraut in the proportion of a tablespoon salt to a quart of water; boil, skim, cool, and pour over; cover with cloth, then a plate, weight, and another cloth tied closely down; keep in a cool place, and it will be good in June, Neither pouud nor salt the cabbage too much, watch closely, and keep clear from scum for good sauer kraut.

EXPLANATION OF FRENCH TERMS USED IN MODERN DOMESTIC COOKERY.

Aspic.—A savoury jelly, used as an exterior moulding for cold game, poultry, fish, etc. This, being of a transparent nature, allows the bird which it covers to be seen through it. This may also be used for decorating or garnishing.

Assiette (plate).—*Assiettes* are the small *entrees* and *hors d'œuvres*, the quantity of which does not exceed what a plate will hold. At dessert, fruits, cheese, chestnuts, etc., if served upon a plate, are termed *assiettes*. Assiette Volante is a dish which a servant hands round to the guests, but is not placed upon the table. Small cheese souffles, and different dishes which ought to be served very hot, are frequently made *assiettes volantes*.

Au-bleu.—Fish dressed in such a manner as to have a *bluish* appearance.

"*Augratin.*"—Dishes prepared with sauce and crumbs, and baked.

Au Naturel.—Plain, simple cookery.

Bain-marie.—An open saucepan or kettle of nearly boiling water, in which a smaller vessel can be set for cooking and warming. This is very useful for keeping articles hot, without altering their quantity or quality. If you keep sauce, broth, or soup by the fireside. the soup reduces and becomes too strong, and the sauce thickens as well as reduces; but this is prevented by using the *bain-marie,* in which the water should be very hot, but not boiling.

"*Baba.*"—A peculiar, sweet French yeast cake.

Batterie de Cuisine.—Complete set of cooking apparatus.

Bechamel.—French white sauce, now frequently used in cookery.

"*Bisque.*"—A white soup made of shell-fish.

Blanch.—To whiten poultry, vegetables, fruit, etc., by plunging them into boiling water for a short time, and afterwards plunging them into cold water, there to remain until they are cold.

Blanquette.—A sort of fricasse.

"*Bouchees*"—Very tiny patties or cakes, as name indicates—mouthfuls.

Bouilli.—Beef or other meat boiled; but, generally speaking, boiled beef is understood by the term.

Bouillie—A French dish resembling hasty-pudding.

Bouillon.—A thin broth or soup.

Bouquet of Herbs.—Parsley, thyme, and green onions, tied together.

"*Braise*"—Meat cooked in a closely covered stew-pan, so that it retains its own flavor, and those of the vegetables and flavoring put with it. It is sometimes previously blanched.

Braisiere.—A saucepan having a lid with ledges, to put fire on the top.

Brider.—To pass a packthread through poultry, game, etc., to keep together their members.

"*Brioche*"—A very rich, unsweetened French cake, made with yeast.

"*Cannelon*"—Stuffed, rolled up meat.

Caramel (burnt sugar).—This is made with a piece of sugar, of the size of a nut, browned in the bottom of a saucepan; upon which a cupful of stock is gradually poured, stirring all the time, little by little. It may be used with the feather of a quill, to colour meats, such as the upper part of fricandeaux; and to impart color to sauces. Caramel made with water instead of stock may be used to color *compotes* and other *entremets*.

Casserole.—A crust of rice, which after having been molded into the form of a pie, is baked and then filled with a fricasse of white meat or a puree of game.

Collops.—Small, round, thin pieces of tender meat, or of fish, beaten with the handle of a strong knife to make them tender.

Compote.—A stew, as of fruit or pigeons.

Consomme.—Rich stock, or gravy, or clear soup or buillon boiled down till very rich—*i. e.*, consumed.

Coulis.—A rich brown gravy, employed for flavoring, coloring, and thickening certain soups and sauces.

Croquette.—Ball of fried rice and potatoes, or a savory mince of fish or fowl, made with sauce into chapes and fried.

Croutons.—Sippets of bread.

Croustades.—Fried forms of bread to serve minces or other meats upon.

Daubiere.—An oval stewpan in which *daubes* are cooked; *daubes* being meat or fowl stewed in sauce.

Desosser.—To *bone*, or take out the bone from poultry, game, or fish. This is an operation requiring considerable experience.

En Couronne.—Said of chops, cutlets, etc., when they are arranged round a central mass of vegetables, as mashed potatoes, or rice, which they encompass after the manner of a garland or wreath.

Entrees.—Small side or corner dishes, served with the first course.

Entremets.—Small side or corner dishes, served with the second course.

Feuilletage.—Puff paste.

Flamber.—To singe fowl or game, after they have been picked.

Foncer.—To put in the bottom of a saucepan slices of ham, veal, or thin broad slices of bacon.

Fondue.—A light preparation of melted cheese.

Fondant.—Sugar boiled, and beaten to creamy paste.

Fricassee.—Chickens, etc., cut in pieces, in a white sauce, with truffles, mushrooms, etc., as accessories.

Galette.—A broad thin cake.

Gateau.—A cake, correctly speaking; but used sometimes to denote a pudding, and a kind of tart.

Gauffres.—A light spongy sort of biscuit.

Glacer.—To glaze, or spread upon hot meats, or larded fowl, a thick and rich sauce or gravy, called *glaze*. This is laid on with a feather or brush; and in confectionery the term means to ice pastry and fruit with icing which glistens on hardening.

Glaze.—Stock boiled down to the thickness of jelly and employed to improve the look of braised dishes.

Gratin.—A French force-meat usually of poultry.

Hollandaise Sauce.—A rich sauce, something like hot mayonnaise.

Hors D' oeuvre .—Small dishes or *assiettes volantes* of sardines, anchovies and other relishes of this kind served during the first course.

Lit.—A bed or layer; articles in thin slices are placed in layers other articles or seasoning, being laid between them.

Maigre.—Broth, soup or gravy made without meat.

Marinade.—A liquor of spices, vinegar in which fish and meats are steeped without cooking.

Maletole.—A rich fish stew, which is generally composed of carp, eels, or trout. It is generally made with wine.

Mayonnaise.—A rich salad dressing or sauce.

Menu.—Bill of fare.

Meringue.—A kind of icing, made of white of eggs and sugar well beaten.

Miroton.—Larger slices of meat than collops; such as slices of beef for a vinargrette or ragout or stew of onions and dished in circular form.

Mouilier.—To add water broth or other liquid during the cooking.

Nougat.—Almonds candied.

Pouer.—To cover over with very fine crumbs of bread, meat, or any articles to be cooked on the gridiron, in the oven, or frying pan.

Pate.—A small pie.

Piece De Resistance.—The principal joint of the dinner.

Requer.—To lard with strips of fat bacon, poultry, game, meats, etc. This should always be done according to the vein of the meat so that in carving you slice the bacon across as well as the meat.

Poelee.—Stock used instead of water for boiling turkeys, sweetbreads, fowls and vegetables, to render them less insipid.

Poulette Sauce.—A bechamel sauce, to which white wine and sometimes eggs are added.

Puree.—Vegetables or meat reduced to a very smooth pulp which is afterwards mixed with enough liquid to make it of the consistency of thick soup. Sometimes the liquid is omitted.

Ragout.—A rich, brown stew, with mushrooms, vegetables, etc.

Remoulade.—A salad dressing differing from mayonnaise, in that the eggs are hard-boiled, and rubbed in a mortar with mustard, herbs, etc.

Rissoles.—Pastry made of light puff-paste and cut into various forms and fried. They may be filled with fish, meat or sweets.

Roux.—A cooked mixture of butter and flour, for thickening soups and stews. There is both the brown and white.

Salmi.—A rich stew of game, previously half roasted.

Sauce Piquante.—A sharp sauce, in which somewhat of a vinegar or lemon flavor predominates.

Sunter.—To dress with sauce in a saucepan, repeatedly moving it about.

Stock.—The broth of which soups are made.

Souffles.—A very light, much-whipped-up pudding or omelette.

Tarius.—Tamny, a sort of open cloth or sieve through which to strain broth and sances, so as to rid them of small bones, froth, etc.

Timbale.—A sort of pie in the mold.

Tourte.—Tart, Fruit pie.

Trousser.—To truss, a bird; to put together the body and tie the wings, and thighs in order to round it for roasting or boiling, each being tied with strong thread or held by skewers, to keep it in required form.

Vol-au-vent.—A rich crust of very fine puff paste which may be filled with various delicate ragouts or fricasses of fish, meat, or pork. Fruit fresh or preserved may also be enclosed in a vol-an-vent. Small vol-au-vents are made as tarts.

Kitchen Utensils.

The following is a list of the utensils needed in every well-furnished kitchen. Of course an ingenious housewife will make fewer do excellent service, but all these save time and labor, and make the careful preparation of food easier. In buying tinware and kitchen utensils generally, it is economy to purchase the best at first. The very best double plate tinware will last a lifetime, while the poor cheap kind will not last a year. The low-priced earthenware, particularly that which looks like the substance of a common brick when broken, is worthless. The solid, strong stoneware costs perhaps a quarter more, but it is worth ten times as much as the other. It is also much better for milk than tin.

WOODEN WARE.

One bread board.
One rolling pin.
One small spoon for stirring pudding-sauce.
Two large spoons.
One potato-pounder.
One lemon squeezer.
One wash-board.
One mush stick (hard wood).
One small paddle for coffee.
One meat-board.
One board upon which to cut bread, prepare vegetables, etc.
Three buckets for sugar.
One chopping tray.
Two large and one small wash-tubs.
One wringer.

EARTHEN AND STONE WARE.

One crock, two gallons, for mixing cake.
Two crocks, one gallon each.
Two crocks, two quarts.
Two three-gallon jars.
Two two-gallon jars.
Two one-gallon jars.
Two two-quart jars.
One bean-pot.
One bowl.
One bowl, four quarts.
Three bowls, one quart.
Three bowls, one pint each.
One nest of three baking dishes, different sizes.

TIN WARE.

One boiler for clothes, holding six gallons, with copper bottom or all copper.
One milk strainer.
One bread-pan, holding five or six quarts.
One deep pan for preserving and canning fruits.
One six-quart pan.
One four-quart pan.
Two two-quart pans.
Two one-quart pans.
Two dish pans.
Two two-quart covered tin pails.
One four-quart covered tin pail.
Two tin-lined sauce pans with covers, holding four quarts each, for boiling potatoes, cabbages, etc.
Four cups with handles.
Two pint molds, for rice, blanc-mange, etc.
Four half-pint molds.
One skimmer with handle.
Two dippers of different size.
Two funnels, one for jugs and one for cruets.
Two quart measure.
Two pint measure.
Two half pint measure.
Two gill measures.
If possible, get these measures broad and low, instead of high and slender, as they are much more easily kept clean.
Three scoops of different size.
Four bread-pans for baking. The smallest make the best-sized loaves, and will do for cake also.
Four jelly-cake pans.
Four round and two long pie-pans.
Two 1½ inch deep for custard and cocoa-nut pies.
One coffee-pot.
One tea-pot.
One colander.
One large bread-grater.
One small nutmeg-grater.
One wire-sieve.
One hand sieve (quart measure),
One frying-basket.
One egg-beater.
One spice-box.
One pepper-box.
One cayenne pepper-box.
One pepper-box for salt.
One biscuit-cutter.
One potato-cutter.
One dozen muffin-rings.
One soap-shaker.
One tea-kettle with copper bottom or all copper.
One wire spoon.
One tea-canister.
One toasting-rack.

IRON WARE.

One pair of scales.
One pot, holding two gallons, with steamer to fit.
One pot, holding three gallons, with close-fitting cover, for soup.
One preserving kettle, porcelain lined.
one deep frying-pan.
Two sheet-iron dripping-pans of different sizes.
Two spoons with handles of moderate length.
Two spoons with wooden handles.
One griddle.
One broiler.
One waffle-iron.
One toasting-rack.
One large meat-fork.
One jagging-iron.

One large turkey pan.
Two sets of gem pans.
Two spoons with long handles.
One can-opener.
One coffee-mill.
One chopping-knife.
Three flat-irons, two No. 8, and one No. 6.

ICES AND ICE-CREAM UTENSILS.

An Ice-cream freezer.
A custard-kettle.
A wire strainer.
A mortar and pestle.
An egg-beater.
A wooden paddle.
A lemon squeezer.
A wooden paddle.
A Tinned grater.
A long handled iron spoon.
A large boxwood spoon.
A jelly bag.
A crash strainer.
A porcelain-lined bowl.
A household scale.
A set of measures.
An Ice-cream mold.

THE MANAGEMENT OF HELP.

In all families whose style of living demands help in the household duties, the management of servants is the great American puzzle. "Girls" come and go like the seasons, sometimes with the weeks. The one who is "such a treasure" to-day, packs her trunk and leaves her mistress in the lurch to-morrow, or, if she happens to have a conscience and works on faithfully, she becomes the mistress and runs the household in her own way, her employer living in mortal fear of offending and loosing her. This state of things is due partly to the fact that all girls who go out to service, do so as a make-shift until they marry or obtain some more congenial work. Few of them have any ambition to do their work well, and few ever dream of making themselves a necessity in the family, becoming a part of it, sharing its joys and sorrows, and so establishing that honorable and close relation which exists between servants and families in Europe. Here, it is so much work for so much pay, and no bond of sympathy or attachment is allowed to spring up on either side. Another cause is the fact that too many American women, who ought to know better, regard work as degrading, instead of positively elevating and ennobling when it is well and conscientiously done. Is it wonderful that "girls" catch something of this vicious sentiment, and that it poisons their minds with false views of life, until they look upon their work as brutal drudgery, and strive to do as little of it as they possibly can and collect their wages?

Perhaps the reason why girls prefer situations in stores, or shops, or even factories, to housework, is that their work there is confined to certain hours, after which they are free, and it is quite possible that an arrangement which would give the domestic certain hours of the day of her own, would work a reform; or still better, certain reasonable tasks might be allotted her to do after which she would be free.

The fixed wages which prevail in most cities and towns offer no inducement for the "girl" to try to become skillful or expert at her work. Among

men the best, neatest, and most skillful workman commands the largest pay, but the "girl" who is a superior cook, or maid of all work, gets only the same wages paid to a bungler who lives next door. Such a thing as a combination among ladies who employ help, to grade wages and protect each other from the imposition of untidy, dishonest, or indolent "girls," has never been made, and perhaps, indeed, it is no more called for than a combination of "girls" to protect themselves from lazy, tyrannical, or too exacting mistresses. Certain it is that the whole system by which domestics are hired and serve is demoralized beyond any speedy reform. All that any individual can do is to remedy its evils so far as possible in her own family. In employing a new domestic, there should be the utmost frankness. She ought to be fully informed as to what she is expected to do, what her wages will be, and how paid, and what privileges will be granted. If she is not pleased, let her depart without regret. If you engage her, let her understand first and always that you are mistress, and claim the right to have the work done in your way, which, if you are as skillful a housewife as you ought to be, you will be able to show her what is the best way. The mistress ought always to be able to do everything better and quicker than any domestic ever dared think of doing it. If she gives orders which betray her ignorance, she may as well resign her scepter at once in shame and humiliation. No mistress who does not know how to do work herself can ever be just to her help; and even when she is a thorough housekeeper, a turn in the kitchen for a day or two will often be like a new revelation to her.

Above all, the utmost kindness should be shown, and the mistress of the house should always be mistress of her temper. She should put herself in the "girl's" place, and apply the golden rule in all dealings with her. Give unqualified praise when deserved, but never scold. If anything is done improperly, take some proper time and have it done correctly, again and again if necessary. Give domestics all the privileges possible, and when obliged to deprive them of any customary indulgence, make it up soon in some other way. Never to find fault at the time an error is committed, if in the least irritated or annoyed, is an invaluable rule in the management of domestics or children, and indeed in all the relations of life. A quiet talk after all feeling has subsided, will do wonders toward reform, while a sharp and bitter rebuke would only provoke to further disobedience. It is especially important and right to respect religious and conscientious scruples, no matter how light and misguided they may seem. To cherish what beliefs she pleases is an inalienable right. The care for the comfort and attractiveness of the domestic's room is also a duty which every generous mistress will cheerfully look after. The servant who is tucked away in a gloomy attic, unfinished, uncarpeted, and uncurtained except by cobwebs, with the hardest bed and the meanest bed-clothing in the house, can hardly be expected to be neat and tidy in her personal habits. But, after all, it will be impossible to secure and keep really good "girls" unless they can be won into sympathy and attachment to the family, so that they will regard themselves as a part

of it, with a future identified with its fortunes. To do this, the mistress must respect her maid as a sensitive woman like herself, and not class her as a mere drudge of an inferior order of creation. She must recognize the fact that character, and not station or wealth, make the lady, and that it is possible for those who serve to respect themselves. She must let her domestics see that she does not consider her work degrading, but honorable, and that she does not for a moment expect them to regard it in any other light. Above all, she must never show them, by word, look, or action, that she "looks down" on them because of their work. By the cultivation of such amenities as these, the house may really be made a *home* for the domestics as well as the family, and the mistress who has accomplished this may well congratulate herself in having escaped the worst and most perplexing ills of the life of the American housewife. In her efforts to bring about such a result she may confidently count on meeting many cases of incompetence, stupidity, and even ingratitude, but the experiment itself is in the right direction; and if it fails of complete success, can not be wholly without good results.

HINTS TO THE EMPLOYED.

Be neat in person and dress.

Keep your hands clean and hair tidy.

Do not waste time in gadding about and gossip.

Be quiet, polite and respectful in your manners.

Tell the truth always, but especially to children.

Do not spend your money foolishly in gewgaws of dress.

Always follow your mistress' plan of work, or explain why you do not.

Keep your room neat and orderly, and make it as attractive as possible.

Do not waste anything. To waste carelessly is almost as wrong as to steal.

Never tell tales out of the family, or repeat in one what you have seen in another.

Never break a promise to children, and do not frighten them with stories, or help them to conceal wrong-doing.

Remember that there is nothing gained by slighting work. Doing every thing as well as possible always saves labor in housekeeping.

Remember that the best and most faithful girls command the highest wages, get the easiest and best places, and never are out of employment.

In engaging a new place, have a clear understanding as to wages, work, and the evenings and time you are to have. It may save trouble afterwards.

Learn from books or from those who have had more experience, the best way of doing work, and plan to do it, with as much system and few steps as possible.

Don't change employers. There are trials in every place, and it is better to put up with them, and make them as light as possible, than to change to new ones.

If your mistress scolds and loses *her* temper, be sure and control *yours*. If you feel that you are wronged, talk quietly and kindly after the storm has blown over.

Instead of trying, as many do, to see how little you can do and get your wages, try and see how pleasant and useful you can be as a member of the

family. Work for its interest and happiness, lighten its burdens, be ready to give help when it is needed, even if it is out of your own line of work, and try to win the esteem and love of all by cheerfulness, truthfulness, and the practice every day of the golden rule.

Above all, do not think your work degrading. No work is more honorable. The happiness and health of the family depends on you, and no lady or gentleman will "slight" you or "look down" on you because you work. You need not be on the lookout for slights unless you are vain, or lazy, or slovenly, or dishonest. Whoever looks down on you because you do honest work conscientiously and well, is a fool, and not worth minding.

HINTS ABOUT MARKETING.

Very few housekeepers understand how to select meats wisely or how to buy economically. Most trust the butcher, or buy at hap-hazard, with no clear understanding of what they want, and no consideration at all for economy; and yet a little knowledge of facts, with a moderate amount of experience and observation, will enable any one to buy both intelligently and economically. It is best, when possible, to buy for cash. Ready money always commands the best in the market, at the lowest prices. It is also better to buy of the most respectable regular dealers in the neighborhood, than of transient and irresponsible parties. Apparent "bargains" frequently turn out the worst possible investments. If a dealer imposes on you, drop him at once. Meat should always be wiped with a dry, clean towel as soon as it comes from the butcher's, and in loins the pipe which runs along the bone should be removed, as it soon taints. Never buy bruised meat.

When found necessary to keep meat longer than was expected, sprinkle pepper, either black or red, over it. It can be washed off easily when ready for cooking. Powdered charcoal is excellent to prevent meat from tainting. Meat which has been kept on ice must be cooked immediately, but it is much better to place meats, poultry, game, etc., by the side of, not on, ice, as it is the cold air, not the ice, which arrests decay. All meats except veal, are better when kept a few days in a cool place.

Buying Beef.—Select that which is of a clear cherry-red color after a fresh cut has been for a few moments exposed to the air. The fat should be of a light straw color, of a firm and waxy consistency, and the meat marbled throughout with fat. If the beef is immature, the color of the lean part will be pale and dull, the bones small, and the fat very white. High-colored, coarse-grained beef, with the fat a *deep* yellow, should be rejected. In corn-fed beef the fat is yellowish, while that fattened on grasses is whiter. In

cow-beef the fat is also whiter than in ox-beef. Inferior meat from old or ill-fed animals has a coarse, skinny fat and a dark red lean. Ox-beef is the sweetest and most juicy, highly nourishing, and the most economical. That of the cow is nourishing but not so agreeable to the taste, but a heifer is always held in high estimation. The flesh of the ox of large breeds is best at seven years old; of small breeds at five years. When meat pressed by the finger rises up quickly, it is prime, but if the dent disappears slowly, or remains, it is inferior in quality. Any greenish tints about either fat or lean, or slipperiness of surface, indicates that the meat has been kept so long that putrefaction has begun, and, consequently, is unfit for use, except by those persons who prefer what is known as a "high flavor". Tastes differ as to the choice cuts, and butchers cut meat differently. The tenderloin, which is the choicest piece, and is sometimes removed by itself, lies under the short ribs and close to the backbone, and is usually cut through with the porterhouse and sirloin stakes. Of these the porterhouse is generally preferred, the part nearest the bone being the sweetest. If the tenderloin is wanted, it may be secured by buying an edgebone steak, the remainder of which, after the removal of the tenderloin, is equal to the sirloin. The small porterhouse steaks are the most econimical, but in large steaks, the coarse and tough parts may be used for soup, or, after boiling, for hash, which, in spite of its bad repute, is really a very nice dish when well made. A round steak, when the leg is not cut down too far, is sweet and juicy, the objection being its toughness, to cancel which it may be chopped fine, seasoned, and made into breakfast croquettes. There is no waste in it, and hence it is the most economical to buy. The interior portion of the round is the tenderest and best. Porterhouse is cheaper than sirloin, having less bone. Rump steak and round, if well pounded to make them tender, have the best flavor. The best beef for *a la mode* is the round; have the bone removed and trim off all the gristle. For corned beef, the rump and round are the best. The roasting pieces are the sirloin and the ribs, the latter being the most economical at the family table. They are generally divided as follows: Five ribs, called the rib, this being considered the primest roasting piece. Four ribs, called the middle-rib, greatly esteemed by housekeepers as the most economical joint for roasting. Two ribs called the chuck-rib,—used for second quality of steaks. The bones of rib roasts forming an excellent basis for soup, and the meat when boned and rolled up (which should be done by the butcher), and roasted, is in good form for the carver, as it enables him to distribute equally the upper part with the fatter and more skinny portions. A roast served in this way, if cooked rare, may be cooked a second or even a third time. The best beef roast is (for three) about two and a half or three pounds of porterhouse. Two or three pounds is a great plenty for three. There are roasts and other meats equally good in the fore-quarter of beef, but the proportion of bone to meat is greater. They are leg-of-mutton piece,—the muscle of the shoulder dissected from the breast. Brisket or breast, used for boiling, after being salted. Neck, clod, and sticking-piece, —used for soups, gravies, stock, pies and mincing for sausages. Shin,—for stewing.

Mutton should be fat, and the fat clear, hard and white. Beware of buying mutton with flabby, lean and yellow fat. An abundance of fat is a source of waste, but as the lean part of fat mutton is much more juicy and tender than any other, it should be chosen. The longer mutton is hung before being cooked, provided it does not become tainted, the better it is. If a saddle or haunch of mutton is washed with vinegar every day, and dried thoroughly after each washing, it will keep a good while. In warm weather pepper and ground ginger rubbed over it will keep off flies. The leg has the least fat in proportion to weight, next is the shoulder. The least

proportion of bone is in the leg. After the butcher has cut off all he can be persuaded to remove, you will still have to trim it freely before broiling. The lean of mutton is quite different from that of beef. While beef is a bright carnation, mutton is a deep, dark red. The hind-quarter of mutton is best for roasting. The ribs may be used for chops, and are the sweeter; but steaks or cutlets from the hind legs are the most economical, as there is much less bone, and no hard meat, as on the ribs. For mutton roast, choose the shoulder, the saddle, or the loin or haunch. The leg should be boiled. Small rib chops are best for broiling; those cut out from the leg are generally tough. Mutton cutlets to bake are taken from the neck. Almost any part will do for broth. As much of the fat should be removed as practicable; then cut into small pieces and simmer slowly until the meat falls to pieces. Drain off and skim off any remaining fat, and thicken with rice and vermicelli. Mutton is in season any time, but is not so good in autumn.

To Select Hams.—The best hams, whether corned or cured and smoked, are those from eight to fifteen pounds in weight, having a thin skin, solid fat, and a small, short, tapering leg or shank. In selecting them, run a knife along the bone on the fleshy side; if it comes out clean and with an agreeable smell the ham is good, but if the knife is smeared it is spoiled. Hams may be steamed, being careful to keep the water under the steamer boiling, and allow twenty minutes to the pound. When done, brown slightly in the oven.

Lamb is good at a year old, and more digestible than most immature meats. "Spring Lamb" is prized because unseasonable. It is much inferior to the best mutton. The meat should be light red and fat. If not too warm weather, it ought to be kept a day or two before cooking, but it does not keep well. It is stringy and indigestible if cooked too soon after killing. The fore-quarter of lamb, if not fresh, the large vein in the neck, which should be blue, will be greenish in color. If the hind-quarter is stale, the kidney fat will have a slight smell.

Pork.—Great care must be taken in selecting pork. Dairy-fed pork is the best. If ill-fed or diseased, no meat is more injurious to the health. The lean must be fine-grained, and fat and lean very white. The rind should be smooth and cool to the touch. If clammy, be sure the pork is stale, and reject it. If the fat is full of small kernels, it is an indication of disease. In good bacon the rind is thin, the fat firm, and the lean tender. Rusty bacon has yellow streaks in it. Fresh pork should seldom be eaten, and never except in the fall and winter. Pig's head is profitable to buy. It is often despised because cheap; but well cooked, it is delicious. Well cleaned, the tip of the snout chopped off, and put in brine a week, it is in order for boiling. The cheeks are better than any other pieces of pork to bake. The head is good baked an hour and a half, and yields abundance of sweet fat for shortening.

Tongue.—Beef's tongue, calf's tongue, lamb's and sheep's tongue, pig's tongue, can all be procured of the butchers, and they are all prepared in the same way. Calf's tongue is considered best, but it is usually sold with the head; beeves' tongues are what is referred to generally when "tongue" is spoken of. Lambs' tongues are very nice. In purchasing tongues, choose those which are thick, firm, and have plenty of fat on the under side. In buying a salt tongue ascertain how long it has been pickled and select one with a smooth skin which denotes it being young and tender.

Veal is best from calves not less than four nor more than six weeks old. If younger it is unfit for food, and if older the mother cow does not furnish enough food, and it is apt to fall away; besides, the change to grass diet changes the character of the flesh, it becoming darker and less juicy. The

meat should be clear and firm, and the fat white. If dark and thin, with tissues hanging loosely about the bone, it is not good. Veal will not keep so long as an older meat, especially in hot or damp weather, and when going the fat is soft and moist, the meat flabby and spotted, and inclined to be porous like a sponge. The hind-quarter is the choicest joint. It is usually divided into two parts, called the "loin" and the "leg". A loin must always be roasted; the fillet or leg may be dressed in various ways. When the leg is large, it is divided into two joints, and the thin end is called the "kidney end," and the other the "thick end." From the leg is cut the "fillets" and "veal cutlets." The "knuckle of veal" is the part left after the "fillets" and "cutlets" are removed (the knee) and is best for soup or boiling. In the fore quarter the breast and rack admit variety in cooking; the shoulder and neck are only fit for soup. Many prefer the "breast of veal" for roasting, stewing, pies, etc. It may be boned so as to roll, or a large hole may be cut in it to make room for the stuffing. The neck of veal is used for stewing, fricassee, pies, etc. The leg is an economical piece, as you can take off cutlets from the large end, stuff and roast the center, and make broth of the shank. Veal chops are nice for frying or boiling; cutlets or steaks for same purpose are more economical as there is less bone. Veal should be avoided in summer. Though veal and lamb contain less nutrition, in proportion to their weight, than beef and mutton, they are often preferred to these latter meats on account of the delicacy of their texture and flavor.

Sweet-breads, if properly cooked, make one of the most delicate dishes that can be put upon the table; but some care must be taken in selecting them, as there are two kinds, and one kind is very much better than the other. One is found in the throat of the calf, and when fresh is plump, white and fat, it has an elongated form, but is not so firm and fat, and has not the fine flavor of the heart sweet-bread. The heart sweet-bread is attached to the last rib, and lies near the heart. The form is somewhat rounded, and it is smooth and firm. The color should be clear and a shade darker than the fat. Select the largest. There is also the lamb sweet-bread. However the sweet-breads may be cooked, they should be always first soaked for three hours in cold water, which should be two or three times changed; then they should be put into boiling water for half an hour or longer, if that does not make them firm; then they may be dried in a towel, and pressed flat by putting them between two pans or boards, with a pressing-iron or other weight on top. Another nice dish, and in dishes may be made of *Calves-head*; in buying, purchase two small ones as they do not cost any more than one large one and contain a double amount of brain, which is a very choice part of them.

Game and Poultry.

To preserve game and poultry in summer, draw as soon as possible after they are killed, wash in several waters, have in readiness a kettle of boiling water, plunge them in, drawing them up and down by the legs, so that the water may pass freely through them; do this for five minutes, drain, wipe dry, and hang in a cold place; when perfectly cold, rub the insides and necks with pepper; prepared in this way, they will keep two days in warm weather; when used wash thoroughly. Or wash well in soda-water, rinse in clear water, place inside several pieces of charcoal, cover with a cloth, and hang in a dark, cool place. The most delicate birds can be preserved in this

way. If game or poultry is at all strong, let it stand for several hours in water with either soda or charcoal; the latter will sweeten them when they are apparently spoiled. English or French cooks, however, never wash poultry or game in dressing, unless there is something to wash off. With skillful dressing, none is necessary on the score of cleanliness, and much washing tends to impair the fine flavor, especially of game In all game and poultry the female is the choicer.

Sportsmen who wish to keep prairie-chickens, phesants or wild fowl in very hot weather, or to ship long distances, should draw the bird as soon as killed, force down the throat two or three whole peppers, tying a string around the throat above them, sprinkle inside a little powdered charcoal, aud fill the cavity of the body with very dry grass. Avoid green or wet grass, which "heats" and hastens decay. If birds are to be shipped without drawing, force a piece of charcoal into the vent, and tie a string closely around the neck, so as to exclude all air, and make a loop in string to hang up by. Prepared in this way they will bear shipment for a long distance.

Ducks.—Young ducks feel tender under the wings, and the web of the foot is transparent, and the beak will be brittle and break readily, those with thick, hard breasts are best. Tame ducks have yellow legs; wild ducks, reddish ones; and in either case in young ones they are hairless.

Geese.—In young geese, the bills and feet are yellow and supple, and the skin may be easily broken; the breast is plump, and the fat white; an old goose has red and hairy legs, and is unfit for the table.

Wild Ducks, if fishy and the flavor is disliked, should be scalded for a few minutes in salt and water before roasting. If the flavor is very strong the duck may be skinned, as the oil in the skin is the objectionable part. After skinning, spread with butter and thickly dredge with flour, before putting in a very quick oven.

Game.—In pheasants and quails, yellow legs and dark bills are signs of a young bird, and the pins in a young pheasant are short and blunt. With the latter the cock-bird is generally prefered except when the hen is with egg. They are in season in autumn. Pigeons should be fresh, fat and tender, and the feet pliant and smooth. In prairie chickens, when fresh, the eyes are full and round, not sunken; and if young, the breast-bone is soft and yields to pressure. The latter test also applies to all fowls and game birds. Plover woodcock, snipe, etc., may be chosen by the same rule. Choose rabbits with smooth and sharp claws; as that denotes they are young; should these be blunt and rugged, the ears dry and tough, the animal is old.

Turkeys are in season in fall and winter, but deteriorate in the spring. Old turkeys have long hairs, and the skin is purplish when it shows under the skin on legs and back; when good, they are white, plump, with full breast and smooth, black legs; and if male, soft loose spurs, The eyes are bright and full, and the feet are supple, when fresh. The absence of these signs denotes age and staleness. Hen turkeys are inferior in flavor, but are smaller, fatter and plumper. Full-grown turkeys are best for boning or boiling, as the flesh does not tear in dressing.

Chickens, when fresh, are known by full, bright eyes, pliable feet, and soft moist skin. Young fowls have a tender skin, smooth legs and comb, and the best have yellow legs. In old fowls, the legs are rough and hard. The

top of the breast-bone of a young fowl is soft, and may be easily bent with the fingers; and the feet and neck are large in proportion to the body. The best fowls are fat, plump, with skin nearly white, and the grain of the flesh fine. Old fowls have long, thin necks and feet, and the flesh on the legs and back has a purplish shade. Fowls are always in season.

Venison.—The choice of venison should be regulated by the fat, which, when the venison is young, should be thick, clear and close, while the meat is a reddish brown. As it always begins to taint first near the hannches, run a knife into that part; if tainted, a rank smell and a greenish appearance will be perceptible. It may be kept a long time, however, with careful management and watching, by the following process: Wash it well in milk and water, and dry it perfectly with a cloth until there is not the least damp remaining; then dust ground pepper over every part. This is a good preservative against the fly. The flesh of the female deer, about four years old, is the sweetest and best of venison.

Fish.

When fresh, the eyes of fish are full and bright, and the gills a fine clear red, the body stiff and the smell not unpleasant. Mackerel must be lately caught, or it is very indifferent fish, and the flavor and excellence of salmon depends entirely on its freshness. In fresh-water fish, it is imposssible to name all the excellent varieties, as they differ with the locality. In the South is the shad, the sheep's-head, the golden mullet and the Spanish mackerel, in the North-west the luscious brook trout, and the wonderful and choice tribes that people the inland lakes. Among the best of the fresh-water fish, sold generally in the markets of the interior, are the Lake Superior trout and white fish, and, coming from cold waters, they keep best of all fresh-water fish; the latter is the best, most delicate, and has fewer bones, greatly resembling shad. The wall-eyed pike, bass and pickerel of the inland lakes are also excellent fish, and are shipped, packed in ice, reaching market as fresh as when caught, and are sold at moderate prices. California salmon is also shipped in the same way, and is sold fresh in all cities, with fresh cod and other fresh varieties from the Atlantic coast, but the long distance which they must be transported makes the price high. The cat-fish is the staple Mississippi River fish, and is cooked in various ways. Lake Superior trout are the best fresh fish for baking. All fish which have been packed in ice should be cooked immediately after removal, as they soon grow soft and lose their flavor. Stale fish must never be eaten. Fresh fish should be scaled and cleansed properly on a dry table, and not in a pan of water. As little water should be used as is compatible with perfect cleanliness. When dressed, place near ice until needed, then remove and cook immediately. If frozen when brought from market, thaw in ice-cold water. Fresh cod, whiting, haddock, and shad are better for being salted the night before cooking them, and the muddy smell and taste of fresh-water fish is removed by soaking, after cleaning, in strong salt and water.

Anchovies.—The best look red and mellow, and the bones moist and oily, the flesh is high flavored, and a fine smell; if the liquor and fish become dry, add to it a little beef brine.

Cod.—This should be chosen for the table when it is plump and round near the tail, when the hollow behind the head is deep, and when the sides are undulated as if they were ribbed. The glutinous parts about the head lose their delicate flavor after the fish has been twenty-four hours out of the water. The great point by which the cod should be judged is the firmness of its flesh; and although the cod is not firm when it is alive, its quality may be arrived at by pressing the finger into the flesh. If this rises immediately the fish is good, if not, it is stale. Another sign of its goodness is, if the fish, when it is cut, exhibits a bronze appearance, like the silver-side of a round of beef. When this is the case, the flesh will be firm when cooked. Stiffness in a cod, or in any other fish, is a sure sign of freshness, though not always of quality. Sometimes, codfish, though exhibiting signs of rough usage, will eat much better than those with red gills, so strongly recommended by many.

Crabs.—Though not so popular as lobsters, crabs are among the most pleasantly flavored fish of their class. They are in season from June to January, but are considered to be more wholesome in the cold months. The middling size, when heavy, lively, and possessed of large claws, are the best and sweetest; if light, they are poor and watery. When crabs are stale the eyes look dead, the claws hang down, and there is no muscular activity; in this condition they are not fit to eat. The female is considered inferior to the male, and may be distinguished by the claws being smaller, and the apron, which appears on the white or under side, larger. In purchasing crabs in the living state preference should be given to those which have a rough shell and claws. When selecting a crab which has been cooked it should be held by its claws and well shaken from side to side. If it is found to rattle, or feels as if it contained water, it is proof that the crab is of inferior quality. The crab may be kept alive, out of water, two or three days, They are broiled in same manner as the lobster. *Soft-shell Crabs* are deemed a great luxury; but they must not be kept over night, as the shells harden in twenty-four hours.

Eels.—Dress as soon as possible, or they lose their sweetness; cut off the head, skin them, cut them open, and scrape them free from every string. They are good except in the hottest summer months, the fat ones being best. A fine codfish is thick at the back of the neck, and is best in cold weather. In sturgeon, flesh should be white, veins blue, grain even and skin tender.

Lobsters.—When freshly caught, have some muscular action in their claws which may be excited by pressing the eyes. The heaviest lobsters if of good size are the best, but the largest are not the best. The male is thought to have the highest flavor, the flesh is firmer, and the shell has a brighter red, and is considered best during the Fall and Spring; it may be readily distinguished from the female, as the tail is narrower, and the two uppermost fins, within the tail, are stiff and hard; those of the female are soft, and the tail broader. The latter are prepared for sauces on account of their coral, and are preferred during the summer, especially in June and July. The head is used in garnishing, by twisting it off after the lobster has been boiled and become cold. Lobsters ranging from four pounds are most delicate. When you buy them ready boiled, try whether their tails are stiff, and pull up with a spring; if otherwise, they are either watery or not fresh.

Mackerel.—The best salt mackerel for general use are "English mess," but "bloaters" are considered nicer. In selecting always choose those which are thick on the belly and fat; poor mackerel are always dry. The salt California salmon are excellent, those of a dark rich yellow being best. To freshen, place *with scale side up.* Salmon boiled and served with egg sauce or butter dressing is nice. *No. 1 White Fish* is also a favorite salt fish, and will be found in all markets. *Herring* is a good and very economical fish. A good deal of sturgeon is put up and sold for smoked halibut. The skin of halibut should be white; if dark it is more likely to be sturgeon. Smoked salmon should be firm and dry. Smoked white fish and trout are very nice, the former being a favorite in whatever way dressed. Select good firm whole fish.

Scallops are not much used; when fresh, the shell closes tight; hard-shell clams are also closed tight when fresh. Soft-shell clams are good only in cold weather, and should be fresh. Oysters, if alive and healthy, close tight upon the knife. They are good from September to May.

Terrapins.—They are "diamond backs," and sold in the market by *counts,* which are so called from the width of the bottom shell, each *count* measuring *three inches.* Any terrapin that will go a *connt* is a female, and of course is preferred, for being more tender, and on account of the eggs.

Vegetables.

All green vegetables snap crisply when fresh; if they bend and present a wilted appearance they are stale. They should be crisp, fresh, and juicy; they are best just before flowering, and are in prime condition for use if gathered early in the morning, and not afterwards exposed to the heat of the sun; green vegetables which have laid in the market stalls for any time should not be bought if fresh ones can be obtained; but if their use is unavoidable they can be restored by sprinkling them with cold water, and laying them in a cool, dark place.

Carrots, are good from the time of ripening until they begin to sprout; after that their elements are disarranged and altered by the process of germination, and they do not supply the same kind or amount of nutriment. They should be plump and even sized, with fresh, unshrivelled skins. They, as well as parsnips, turnips, greens, and cabbage are eaten with boiled meat.

Cauliflowers are best when large, solid and creamy. When stale the leaves are wilted and show dark spots.

Celery stalks should be white, solid and clean. Celery begins in August, but it is better and sweeter after frost.

Egg-plant should be firm but not ripe. The large purple oval-shaped kind, is best.

Edible Mushrooms are most plentiful in the early Spring and in August and September, springing up in the open fields aftering low-lying fogs or heavy dews, their quick growth being most remarkable. Never gather those that grow in shady places, under trees or near pools of stagnant water, as they are almost sure to be poisonous. The top of the edible young mushroom and its stalk is always quite white, while the gills or under part are loose and of a light pink or salmon color, which changes as it grows older

to a chocolate brown color, and then to black, according to the time it continues growing; the stem also becomes dark and the top turns brown. The upper skin of the mushroom falls off easily but that of the poisonous fungus does not; the latter has a yellow skin and the under part has not the clear flesh or pink color of the mushroom. Every edible mushroom has also a pleasant odor and is never slimy, while those that are dangerous either have a bad odor or none at all.

Pease should be bought in pods and should feel cool and dry. If pods are rusty or spotted, they are too old to be good. These as well as corn, beets, and beans are appropriate to either boiled or roasted meat.

Potatoes.—Select those of medium size, smooth, with small eyes; those which are heavy in proportion to size will be the mealiest when cooked. They should be perfectly ripe before gathering, otherwise they will dry and shrivel, because their skins are so porous as to permit the evaporation of their moisture. To test, cut off a piece of the large end; if spotted, they are unsound. Potatoes vary greatly in quality; varieties which are excellent early in the season loose their good qualities, and others, which are worthless in the Fall, are excellent late in the Spring. Those raised on gravelly or sandy soil, not over rich are best. In the Spring, when potatoes are beginning to sprout, place a basket of them in a tub, pour *boiling* water over them; in a moment or two take out and place in sun to dry (on the grass is a good place), and then return to cellar. If they have sprouted too much it is best to first rub them off. They are good with all meats. With poultry they are best mashed. Sweet potatoes are most appropriate to roasts as are onions, winter squash and asparagus.

Tomatoes are generally regarded as wholesome. The medium-sized smooth ones are best. Tomatoes are good with every kind of meat, but especially so with roasts.

Turnips are not nutritious, being ninety per cent water, but an excellent food for those who are disposed to eat too much, as they correct constipation. Small-sized white turnips contain more nutrition than large ones, but in ruta-bagas the largest are best. Mashed turnip is good with roasted pork and with boiled meats.

Fruit.

Berries.—Morning is the best time to eat fruit, and fresh fruit is then in the best condition to be eaten. When berries of any kind can be had fresh with the morning dew, fill the finest glass dish, adding a few fresh leaves, for a center-piece on the breakfast table. Serve in saucers accompanied with fine white sugar (pulverized is the best and most economical for all purposes) and fresh cream if you have it, but never substitute skim milk. The berries will be very nice with only sugar. There is a vast difference between fruit with cream and fruit with milk. Cream is easily digested and slow to sour, while just the contrary is true of milk after the cream has been removed. Yet we have known people to live after eating strawberries and buttermilk, and we have also known people to die after eating hot apple dumplings and cold milk. If you happen to be the fortunate possessor of a berry patch, let the children go out before breakfast and pick and eat. Properly trained children will not abuse this privilege.

Apples.—The varieties of apples are almost unmentionable, and some kind can be had almost the entire year. First fruit received in the north comes from Tennessee about June 1st. Southern Illinois furnishes some

June 15th, and from this time apples are ripening in all sections of country. Early apples are Red Junes, Early Harvest—both tart—Maiden Blush, Red Streaks, Strawberries, Porters, Golden, Ben Davis and Pippins. Pippins are good for pies and also for eating. Later in the fall the Rhode Island Greening is best for cooking. None of our fruits are brought to such perfection, or may be preserved with such ease through the winter. The best eating apples are the Spitzenberg, Bell-flowers, Ben Davis, Northern Spy, Winter Pippin, Red Astrakan, Greening, Vandevere, Pound Sweet, Roxbury Russets and Grindstones.

Apples, to Keep.—For keeping late in spring the Baldwins, Northern Spy, Greenings and Wine Saps are good; our experience being in favor of the last named. The Ben Davis and Bell-flowers are good cooking apples yet the latter can generally be bought without specifying the kind. The hard, acid kind, are unwholesome if eaten raw; but by the process of cooking the greatest part of the acid is decomposed and converted into sugar, a process which takes place naturally in the sweet kinds, as the fruit ripens. As more than half of the substance of apples consists of water, and as the rest of the ingredients are not of the most nutritive kind, this fruit, like most fruits, is less of a nutrient than a luxury, and an aid to digestion. When cooked they are slightly laxative, and therefore a useful adjunct to other food. They are nice cooked without paring them. Wipe clean, nearly cover with water, add a little sugar, and stew until tender, then put in a slow oven and bake until brown. The peel of the apple imparts a rich flavor. Apple sauce made in the usual way, after being sufficiently stewed, if put into a slow oven and baked an hour or so, is greatly improved.

Grapes.—These ripen according to locality, from the 1st of September until November, and, when carefully kept, a month or two longer. We have also the luscious foreign grapes, raised in hot and cold graperies from April until December, among which are the Black Hamburgh, White Muscat, White Sweetwater, Tokay, etc. The Syrian, a white species, produces the largest clusters. The White Malayan, of foreign growth, is found throughout the winter where imported fruits are kept. *Fox or wild* grapes are abundant from the middle of August to November; they are round and soft, with a pleasant, tart taste, and are used for pies, preserves, etc.

Lemons—Are fruit that keep well and may be had almost any season of the year, but are more plenty and cheaper in the Spring. Messina lemons are the best. Little success has been had raising lemons in Florida, better in California, but the Messina has for many years been considered the best.

Oranges.—California Riverside oranges are the cleanest and finest fruit raised; but the finest oranges that are shipped to Northern cities are from Florida. They begin to pick them about November and the crop is all marketed by February first. California fruits are picked in December and the bulk is marketed in March and April; the fruit is plentiful and stays on trees until March or April in perfect condition. Can be had in market until late in June. The finest variety of all oranges is the Naval which is luscious, sweet, and without seeds. The Paperskins, and Budded or Grafted oranges are also good, Fruit from Los Angeles, Sante Anna, and San Bernardine is inferior to that from Riversides because of the Ocean fogs blackening them while on the tree, and the process of cleaning brushing, etc., injures them, and they do not keep so well. The importation of Messinas begins in March and after May the market is supplied largely with this fruit. This was formerly considered the finest fruit, but it has lost its prestige and importations at present time are not over one third what they were. Lousiana oranges come late in the season—October

and November, but are not considered as good as the other varieties; large and yellow, but coarse, inferior and apt to have strong seeds, peculiar sour bitter taste, etc. Some seasons the fruit matures better than others and is quite palatable.

Peaches.—This fruit can be grown in about any temperate climate and is raised from Gulf of Mexico to Illinois, Indiana and Ohio, and can be obtained from middle of May to first of October. First comes from Mississippi, as they begin to pick May 1st. From Tennesee 10th to 15th of June; Southern Illinois, July 1st; California, July 1st; Michigan, August 15th; Maryland, August 15th. California and Mississippi fruit do not rank high on account of being picked green for distant shipments. No really fine peaches are obtained until the Maryland and Michigan crop come in. These peaches are harder and will stand longer shipments and are considered one of the finest fruits.

Pears—May be had from July until well into the winter. The finest of this fruit comes from California, although some fine pears may be had from Western New York and Northern Ohio.

Groceries.

Almonds.—Buy the sweet variety; the kernels are used either in a green or ripe state, and as an article in the dessert. Into cookery, confectionery, perfumery, and medicine, they largely enter, and in domestic economy, should always be used in preference to bitter almonds. The reason for advising this is because the kernels do not contain any hydrocyanic or prussic acid, although it is found in the leaves, flowers, and bark of the tree. When young and green they are preserved in sugar, like green apricots. They furnish the almond-oil; and the farinaceous matter which is left after the oil is expressed, forms the *pate d'amandes* of perfumers. In the arts, the oil is employed for the same purposes as the olive-oil, and forms the basis of kalydor, macassar oil, Gowland's lotion, and many other articles of that kind vended by perfumers. In medicine, it is considered a nutritive, laxative, and an emollient.

Arrowroot, Tapioca, Sago, Pearl-barley, American Isinglass, Macaroni, Vermicelli, and Oatmeal, are all articles which help to make an agreeable variety, and it is just as cheap to keep a small quantity of each as it is to buy a large quantity of two or three articles. Eight or ten pounds each of these articles of food can be kept in covered jars or covered wooden boxes, and then they are always at hand when wanted. All of them are very healthful food, and help to form many delightful dishes for desserts. There are several kinds of oatmeal—Scotch, Irish, Canadian and American. The first two are sold in small packages, the Canadian and American in any quantity. It seems as if the Canadian and American should be the best because the freshest; but the fact is the others are considered the choicest. Many people could not eat oatmeal in former years, owing to the husks irritating the lining of the stomach. There is now what is called pearled meal. All the husks are removed, and the oats are then cut. The coarse kind will keep longer than the fine ground, but it is best to purchase often, and have the meal as fresh as possible.

Buckwheat Meal, Rice and Hominy should be purchased in small quantities, and kept in covered kegs and tubs. Several of these articles are infested with black insects, and an examination should be occasionally made for them.

Cheese, which feels soft between the fingers, is richest and best and should be kept in a box in a cool dry place.

Corn Meal does not keep well and should be bought in small quantities. South the white meal is used, and North the yellow is the favorite. Corn is a heat producer and is a useful winter diet.

Coffee and Tea can be bought with advantage in considerable quantities. Coffee improves by age if kept in a dry place, as it loses its rank smell and taste. Several cents a pound may be saved by buying a bag of coffee or half chest of tea. Tea loses its flavor if put up in paper, and should be kept in glass or tin, shut tight. Coffee should be kept by itself, as its odor affects other articles.

Eggs.—To determine the exact age of eggs, dissolve about four ounces of common salt in a quart of pure water and then immerse the egg. If it be only a day or so old, it will sink to the bottom of the vessel, but if it be three days old it will float in the liquid; if more than five it comes to the surface, and rises above in proportion to its increased age.

Flour should be bought in small quantities, and the best is cheapest. The test of quality is given under bread. Flour is peculiarly sensitive to atmosphereic influence, hence it should never be stored in a room with sour liquids nor where onions or fish are kept, nor any article that taints the air of the room in which it is stored. Any smell perceptible to the sense will be absorbed by flour. Avoid damp cellars or loft where a free circulation of air can not be obtained. Keep in a cool, dry, airy room, and not exposed to a freezing temperature nor to intense summer or to artificial heat for any length of time above 70 to 72 degrees Farenheit. It should not come in contact with grain or other substances which are liable to heat. Flour should be sifted and the particles thoroughly disintegrated, and then warmed before baking.

Hard Soap should be bought in large quantity, and laid to harden in bars piled on each other. Hard soap is more economical than soft, as it is not so easily wasted.

Lard.—The best lard is made from leaf fat which adheres to the ribs and belly of the hog. This is known as leaf lard. Most lard is, however, made of both leaf fat and meat fat, the latter cut into small pieces and rendered. Good lard should be white, solid, and without any disagreeable smell.

Macaroni.—Good macaroni is of a yellowish color, does not break in cooking and yields four times its bulk.

Marjoram.—Although there are several species of marjoram, that which is known as the sweet or knotted marjoram, is the one usually preferred in cookery. It is a native of Portugal, and when its leaves are used as a seasoning herb, they have an agreeable aromatic flavor. The winter sweet marjoram used for the same purpose, is a native of Greece, and the pot-marjoram is another variety brought from Sicily. All of them are favorite ingredients in soups, stuffings, etc.

Olives.—A small sort can be bought by the keg cheap for sauces, etc., but for the table always use the Spanish bottled olives.

Raisins should be bought in small quantities; small boxes are best.

Rice.—The Southern rice cooks much quicker, and is nicer than the Indian rice.

Sago.—The small white sago, called "pearl," is best.

Salt must be kept in the *dryest* place that can be found. The best for table use is put up in boxes, but if a quantity be purchased, it should be stored in a glass jar, and closely covered. When it becomes damp in the salt-stands, it should be set by the fire to dry, and afterwards reduced to fine powder again.

Salads.—For these procure mustard and cress, borage, chervil, lettuce, parsley, mint, purslane, chives, burnet, nasturtium leaves and buds, fennel, sorrel, tarragon, corn salad, dandelions, chicory, escarole, water cresses, green onions, celery, leeks, lettuce, very young spinach leaves, the tender leaves of oyster plant, fresh mushrooms, young marshmellow shoots, and the fresh sprouts of winter turnips; also radishes, cucumbers, onions, cabbage, very young turnips, green peppers, and fresh tomatoes. Salad vegetables which can be cooked and allowed to cool and then made into salads, are potatoes, beets, carrots, cabbage, cauliflowers, turnips, kohl-rabi, artichokes, string beans, green peas, asparagus, Brussel sprouts, spinach, dried haricot beans, Lima beans, lentils, and leeks; among the fruits are apples, pears, oranges, lemons, muskmelons, currants, gooseberries and barberries.

Spices and Pepper should be ground fine, and put in large-mouthed glass bottles, or kept in tin cans, in a dry place. Avoid bright *red peppers*, *spices*, and *sauces*.

Starch may also be bought in large quantities at a considerable discount from the retail price, which, in a large family, makes a difference in the yearly expenses. The best starch is the most economical.

Sugars.—Buy sugars for various purposes as follows:

For baked custard, mince pie, squash pie, fruit cake, gingerbread, most Indian puddings, use brown sugar.

For all light-colored cakes, icing, floating island, blanc-mange, meringues, whips, use powdered sugar.

For pudding sauce, use powdered or brown sugar.

For sweetmeats, jelly, and raspberry vinegar, use fine granulated sugar, and where only one sugar is used the fine granulated is best for all purposes. There is a great difference between the fine and coarse sugar, the former being more economical as it dissolves much quicker and more readily.

Vinegar, which is made of wine or cider is the best. Buy a keg, or half barrel of it, and set it in the cellar, and then keep a supply for the casters in a junk bottle in the kitchen. If too strong, vinegar will eat pickles.

White Pepper.—This is better to buy than the black. It is the produce of the same plant as that which produces the latter, from which it is manufactured by steeping this in lime and water, and rubbing it between the hands till the coats come off. The best berries only will bear this operation; hence the superior qualities of white pepper command a higher price than the other. It is less acrid than the black, and is much prized among the Chinese. It is sometimes adulterated with rice-flour, as the black is with burnt bread. The berries of the pepper-plant grow in spikes of from twenty to thirty, and are, when ripe, of a bright-red color. After being gathered, which is done when they are green, they are spread out in the sun, where they become black and shrivelled, when they are ready to be prepared for the market.

Dressing Poultry for Market.—Secure plump well fattened fowls. Do not feed for at least twenty-four hours before killing. Scald enough to make the feathers come off easily, picking both feathers and pin feathers off nicely. Be careful not to bruise or break the skin in any way, because it injures the sale. Leave all the entrails in, and head and feet on. Immediately after they are dressed, dip once in boiling hot water, letting them remain in about

ten seconds; then dip into ice-cold water, allowing them to remain in the same length of time, then hang in a cool place where they will dry before packing. Ducks should be treated same as fowls or chickens. Pack in boxes or barrels in nice, clean rye or oat straw. Boxes holding from 100 lbs. to 200 lbs. are the most desirable style of packages. Pack with breasts down, using straw between each layer.

Be sure to pack solid, so they will not bruise on the way. Poultry prepared in this way will meet with a ready sale, while poorly dressed, sweaty (caused by being packed while warm) and bruised lots will not sell at any time. Large, fat, dry picked turkeys and chickens sell well. They should be picked at once after killing, and hung up until the animal heat is entirely out before packing. Remember, it is the appearance of goods that sells them. Nice, large, fat, plump turkeys, chickens, ducks, or geese, always bring outside prices.

The best time to ship.—Any time after the tenth of November, so as to reach market by Wednesday or Thursday of each week. If sent for the holidays, they should arrive at least three days before Thanksgiving, Christmas or New Year's. Keep the largest turkeys for New Year's. Geese sell best at Christmas.

Fuel.

Wood.—A table showing the comparative value of various woods is given with the table of weights and measures. That cut from the body of a mature tree is best.

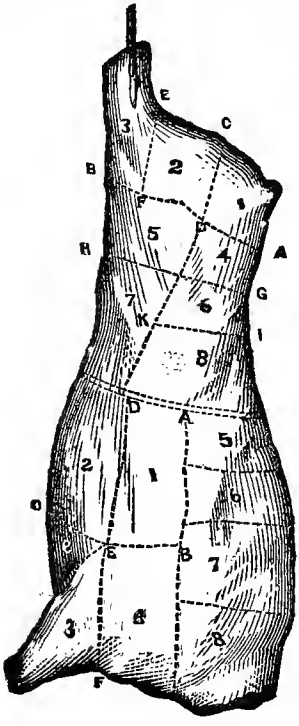
Soft Coal.—The objection to soft coal is the dust that arises from it, and the unpleasant smell of the gases of combustion. There is a great difference in the quality of soft coals from different mines, and it will be easy to learn the best varieties in the local market.

Hard Coal.—Bad coal has flat, dull pieces in it which remain hard, heavy and whitish when burned, called "bone". If in a scuttle full of coal weighing twenty-five pounds, a half pound of these white pieces are found, the coal is not good. Coal is pronounced good if it breaks at right angles firmly and with a bright fracture. If it shatters or is full of dull pieces, it is poor in quality. There is a vast difference in hard coal, a difference which few understand.

Coke is sold in many markets. It kindles readily and makes an intense heat. It is lighter than coal and costs about the same price per ton. It is cleaner than soft coal for burning in open grates.

CUTTING AND CURING MEATS.

It is often economical for a family to buy beef by the quarter, and smaller animals whole, especially when wanted for winter use as what is wished fresh can be kept a long time in cold weather, really improving as long as it does not become tainted, and the rest can be "corned", dried, etc. For this reason every housekeeper ought to know how to cut up meats and to understand the uses and relative value of the pieces. It is not difficult to cut up beef, and is very easy to reduce any of the smaller animals to convenient proportions for domestic use; and in order to make the subject clear we present the accompanying engravings, the first of which represents the half of a beef, including, of course, the hind and fore-quarters. The letters indicate the direction in which the cuts should be made, beginning in the order of the alphabet, cutting first from A to B, then C to D, etc., in hind-quarter. In the fore-quarter cut from A to B, from B to C, from D to E, etc. For cutting, use a sharp, long, and pointed knife, and a saw of the best steel, sharp, and set for butcher's use. The beef should be laid on a bench or table with the inner side up. With the different divisions we give the ordinary value of the meat, the price being per pound except in the leg and soup bones. Of course in different places prices will vary, but these give the relative value of the pieces. In



HIND-QUARTER

1 Represents the rump or upper part of hind leg, good for pot roasts; beef a la mode; corned beef and rump roasts, also makes splendid soup; 12½ cts.

2 The "round" the under part of which makes steaks, the outside lean soup meat or good corning pieces, or the whole is very choice for dried beef; 15 cts.

3 The "shank," of which the upper part is the muscle of the leg, solid meat and good for soups; 12½ cts.

4 "Rump steaks"; 16 cts. 5, "veiny piece" for dried beef and corning; 14 and 15 cts. 6, sirloin steaks; 18 cts.

6 & 8 Between these numbers over the thigh joint are the tenderloin steaks; 20 cts.

7 The flank for curing or stews 6 cts., and in it lies the flank steak, best and juiciest steak there is; when purchasing it do not have it scored as is usually done; just remove fat and skin; 12½ cts.

8. Porterhouse steaks, those lying next to tenderloin steaks being the best, of course; 18 cts. Cutting the steaks in this way a part of the tenderloin, the most tender bit of the beef, lies in the sirloin, and a smaller part in the upper part of the porterhouse steak. The lower half of the cut gives us the

FORE-QUARTER.

1. Rib piece for boiling or corning.

2. Plate piece for corning; 8 cents fresh.

3. Shank for soup bone, weighs 10 pounds; 35 cents entire.

4. Lower part of the division are shoulder pieces for stewing and pot roasts; 10 cents. Upper part used for same purpose, but better pieces of meat; 12½ cents. In the upper part of 4, between 4 and 8 is what is called the shoulder joint for soup meat; 10 cents a piece.

4. In the end of 4 next 1, is the "shoulder clod" which makes No. 1 pot roasts; 12½ cents.

5. Rib roasts; first cut and best, 15 cents.

6. Rib roasts; second cuts 14 cents.

7. Chuck rib roasts first next to rib roast and best, 14 to 15 cents.

8. Upper part, or next 7 are shoulder roasts generally used for pot-roasts; 12½ cents.

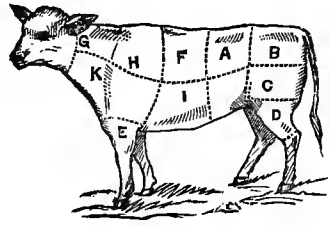
8. Front part is the neck, good for stews, mince, corning and soup meat; 8 cents.

9. The brisket, extending under the shank (3). This makes stews, braises, corned beef, etc.; 8 cents.

The fore leg which is bought for 35 cents, will make ten quarts of very palatable and nutritious soup and ought to be used far more generally for that purpose. The shoulder pieces may be bought for a shilling a pound, make excellent pot roasts, and in many respects preferable to round steak at 15 cenfs. The neck at 8 cents per pound, is the very best for soups, stews and mince meat. An excellent chuck roast may be cut near the neck at a shilling a pound. The price of this meat runs in an ascending scale from the neck to the ribs, but the nutritive value does not.

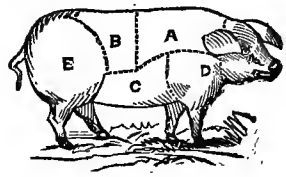
VEAL.

A—Loin, best end, for roasting.
B—Loin, chump end, for roasting.
C—Fillet, for baking or roasting.
D—Knuckle for stewing.
E—Fore-knuckle, for stewing.
F—Neck, best end, for roasting.
G—Neck, scrag end, for stewing.
H—Blade bone.
I—Breast, for stewing.
K—Brisket, for stewing.



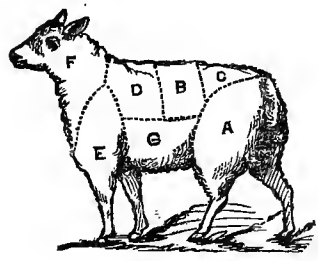
PORK.

A—Back, lean part for roast.
B—Loin, for roast.
C—Bacon, to be cured.
D—Shoulder to be cured.
E—Ham, to be cured.



MUTTON.

A—Leg, for boiling piece.
B—Loin, for roast.
C—Rump piece, for roast.
D—Chops, frying or broiling.
E—Fore-shoulder for boiling.
F—Neck, for stewing or roasting.
G—Brisket, for stewing.



Curing Meats.

The manner in which salt acts in preserving meat is not difficult to understand. By its strong affinity, it, in the first place, extracts the juices from the substance of meat in sufficient quantity to form a saturated solution with the water contained in the juice, and the meat then absorbs the saturated brine in place of the juice extracted by the salt. In this way, matter incapable of putrefaction takes the place of that portion in the meat which is most perishable. Such, however, is not the only office of salt as a means of preserving meat; it acts also by its astringency in contracting the fibres of the muscles, and so excludes the action of air on the interior of the substance of the meat. The last mentioned operation of salt as an antisep.

tic is evinced by the diminution of the volume of meat to which it is applied. The astringent action of *saltpeter* on meat is much greater than that of salt, and thereby renders meat to which it is applied very hard; but in small quantities, it considerably assists the antiseptic action of salt, and also prevents the destruction of the florid color of meat, which is caused by the application of salt. Thus, it will be perceived, from the foregoing statement, that the application of salt and saltpeter diminishes, in a considerable degree, the nutritive, and, to some extent, the wholesome qualities of meat; and, therefore, in their use, the quantity applied should be as small as possible, consistent with the perfect preservation of the meat. In salting or pickling beef or pork for family consumption, it not being generally required to be kept for a great length of time, a less quantity of salt and a larger quantity of other matters more adapted to retain mellowness in meat, may be employed, which could not be adopted by the curer of immense quantities of meat. Sugar, which is well known to possess the preserving principle in a very great degree, without the pungency and astringency of salt, may be, and is, very generally used in the preserving of meat for family consumption. Although it acts without corrugating or contracting the fibres of meat, as is the case in the action of salt, and, therefore, does not impair its mellowness, yet its use in sufficient quantities for preservative effect, without the addition of other antiseptics, would impart a flavor not agreeable to the taste of many persons. It may be used, however, together with salt, with the *greatest advantage* in imparting mildness and mellowness to cured meat, in a proportion of about one part by weight to four of the mixture; and, perhaps, now that sugar is much lower in price than it was in former years, one of the obstructions to its more frequent use is removed.

Brine for Corned Beef.—To one hundred pounds beef, take eight pounds salt, five of sugar or five pints molasses (Orleans best, but any good will do), two ounces soda, one ounce saltpeter, four gallons soft water, or enough to cover the meat. Mix part of the salt and sugar together, rub each piece and place it in the barrel (oak is best), having covered the bottom with salt. When the meat is all in, put the remainder of salt and sugar in the water. Dissolve the soda and saltpeter in hot water, add it to the brine and pour over the meat; place board on top of meat, with a weight sufficient to keep it under the brine. Let the pieces intended for *Dried Beef* remain in the brine for three weeks, take out, place in a tub, cover with water, let stand overnight, string and smoke for a few days, if you like, hang it up to ceiling over the kitchen stove, or on a frame set behind the stove, turn round once a day so as to give all parts an equal exposure, and let remain for three or four weeks. Test, by cutting a piece, which should be well dried on the outside and free from rawness to the center. When dried, sprinkle with ground black pepper, put in paper sacks, tie up tightly, and hang in a cool dry, dark place, or put, without sacks in an empty flour barrel, and cover closely. Tongue may be pickled with the beef. After taking out the pieces for dried beef it is well to boil the brine, skim well and when cold pour over

the pieces of corned beef left in barrel. For a *Boiled Brine*; to one gallon water take one and a half pounds salt, one-half pound sugar, half ounce each saltpetre and soda. In this ratio the pickle can be increased to any quantity desired. Let these be boiled together until all the dirt from the sugar and salt rises to the top and is skimmed off; then place in a tub to cool, and when cold pour over beef. The meat must be well covered with the pickle, and should not be put down for two days after killing, during which time it may be slightly sprinkled with salt. Boil and strain every two months, adding three ounces brown sugar and a half pound common salt, always letting brine cool before pouring over the meat. Some in placing pieces of beef in barrel slightly sprinkle each layer with salt.

Spiced Corned Beef.—To ten pounds beef, take two cups salt, two cups molasses, one table-spoon saltpeter, one table-spoon ground peper, one table-spoon cloves; rub well into the beef, turn every day, and rub the mixture in; will be ready for use in ten days. Some add a table-spoon allspice and piece of mace. To cook boil six hours. For a *Spiced Brine*, to one gallon boiling water add salt till it bears up an egg, quarter ounce saltpeter, half ounce each mustard seed, cloves, and mace, a cayenne pod, an ounce ginger and a pound brown sugar. Boil, skim and when cold pour over the pieces of beef. For *English Spiced Beef*, to a round of beef weighing twenty-five pounds, take one ounce cloves, three ounces each saltpeter and coarse sugar, half an ounce of allspice, six ounces common salt, one nutmeg. The beef should hang two or three days; then take out the bone, and if wished cut in two or three pieces, rub the spices and salt thoroughly together, and rub them well into the beef on both sides; cover the beef, turn and rub it every day for two or three weeks. When you wish to use it, dip it in cold water to remove the loose spice; bind it closely several times around the sides with a long strip of cotton cloth two inches wide; put it in a pan with half a pint of water in the bottom to prevent burning; cover the top of the meat with shred suet, and cover the pan with a crust half an inch thick, made of water and Graham or other flour, seeing that it adheres to the edge of the pan. Lay a brown paper over the crust: bake it slowly for five or six hours, and when cold remove the paste. The gravy, of which there will be a large quantity, may be used in soup, in beef-pie or in hash. The place from which the bone was taken may be rubbed with fine chopped parsley, and sweet herbs may be laid between the skin and the meat. To make a more delicious dish glaze the meat and garnish with aspic jelly. Nice for slicing. Less saltpeter can be used if wished, and twice the quantity of sugar may be used.

Philadelphia Dried Beef.—For every twenty pounds of beef, take one pint salt, one teaspoon saltpeter and a quarter of a pound of brown sugar. Divide the ingredients into three equal parts, and rub them well into the beef on three successive days. The meat is ready to hang up in one week. It makes the beef keep perfectly without being any too salt. Indeed, a trifle more salt might be added for those who like it quite salt.

Stuffed Spiced Beef.—To twenty pounds of round beef take two and a half pounds of suet, chopped very fine, and mixed with black pepper until it is almost black. Mix with this one handful whole allspice, and one of whole cloves; punch holes in the meat and stuff with suet; sew up in a bag very tight, and cover well with a brine of four gallons of water, one and a half pounds of sugar, two ounces of pulverized saltpeter, and six pounds of common salt. It is ready for use in three weeks. Boil well, and when cold remove the bag, and slice from the cut end.

To Keep Meat Without Curing.—Hang the piece in a cool place, on the north side of cellar, and if the weather should become rainy rub meat with a

little salt. Always hang with the cut side up as otherwise the essence of the meat would be wasted. In fall and winter meat may be kept quite a long time in this manner. If for any reason there is danger of tainting rub with salt as above. Some rub either beef or mutton well with salt and put in a closely covered vessel and keep for months; always turning the pieces when the cover is removed. *Beef-steak for Winter Use*, cut the steaks large, and the usual thickness; have ready a mixture made of salt, sugar and finely powdered saltpeter, mix in the same proportion as for corned beef; sprinkle the bottom of a large jar with salt, lay in a piece of steak, and sprinkle over it some of the mixture, as much or a little more than you would use to season in cooking, then put in another slice, sprinkle, and so on until the jar is filled, with a sprinkle of the mixture on top; over all put a plate, with a weight on it, and set in a cool, airy place, where it will not freeze. This needs no brine, as it makes a brine of its own. Thirty-five or forty pounds can be kept perfectly sweet in this way. Take out to use as wanted, and broil or fry.

To Keep Meat Fresh in Hot Weather.—For a five-pound piece of meat take a three-gallon stone crock; have some pans of skimmed milk that is turning sour, just getting thick; put some of the milk in the crock; then put in the meat; then put in milk till it covers the meat; now turn an earthen dish or plate bottom-up on the meat to hold it down; fill the crock with the milk; tie a cloth over the top, and set in a cool place; it will keep five or six days in the hottest weather. When wanted for use, wash thoroughly in water, and cook in any manner desired.

To Cure and Dry Beef Tongues.—For one dozen tongues make a brine of a gallon and a half of water (or enough to cover them well), two pints good salt, one of molasses, or one pound brown sugar, and four red peppers; bring to a boil, skim, and set to cool. Pack the tongues in a large jar, and when the brine is entirely cold, pour it over them, put on a weight, let remain ten or twelve days, take out, drain, and hang to smoke about two days, then dry moderately, and put away in a flour sack in a dry place. When wanted for use, boil six or eight hours in a pot filled with water, adding more when necessary so as to keep well covered all the time until done; when done, take out and set away to cool, but do not skin until needed for the table. Some add to this a half ounce saltpeter and many think an ordinary sized tongue should remain in pickle about a month and be turned every day. If they are not dried, but left in pickle till used, the brine should be boiled, skimmed and cooled once in two weeks. For *Philadelphia Cured Tongues*, trim and lay six or eight tongues in boiling water for five minutes. After they are cool, rub them with a quarter of an ounce of saltpeter mixed with a quarter of a pound of sugar or a small cup of molasses, and two handsful of common salt, and some add tablespoon ground cloves. Pack them in an earthen or a porcelain vessel, sprinkle each layer with the mixture, and put a weight on top; turn them every other day, putting top one in bottom, and packing them very closely. If there is not enough pickle to quite cover them, sprinkle lightly with salt. After two or three weeks hang up, and when dry put away as above. If you do not desire to use a whole one at once, it does not injure it to be cut in two; but it is best to dip the end that is cut in boiling water a moment to seal up the pores; or a way prefered by many is as follows; sprinkle a handful of salt over one tongue on both sides, let it remain to drain until the following day, make a pickle of a tablespoonful of common salt, half that quantity of saltpeter, and the same quantity of coarse sugar as of salt; rub this mixture well into the tongue, do so every day for a week; it will then be found necessary to add more salt, a table-spoonful will suffice; in four more days the tongue will be cured sufficiently. Some persons do not rub the pickle into the tongue, but let it absorb it, merely turning it daily; this method will be found to occupy a month or five weeks before it will be cured. When

the tongue is to be dried affix a paper to it with a date; smoke over a wood fire four days unless wrapped in paper, and then as many weeks will be required. As many tongues as wished can be cured as above by increasing amount of mixture.

To Clean Tripe.—Empty the paunch and rinse thoroughly in cold water, being careful not to let any of the contents get on the outside. Make strong cleansed water or white lye and heat a little, too warm to hold hands in, pour over the tripe in a tub and let it stand two or three hours; then turn inside out, tack it up against a board, and with a knife scrape downwards, taking off the inner skin, or rinse it clean in cold water; sprinkle lime over, then scrape with a knife; if the dark does not all come off easily, sprinkle more lime on, and let it lie for an hour longer, then scrape again, and rinse in cold water and clean. Place in water enough to cover with a large handful of salt and let the tripe remain in the salt water three days and nights, changing the water each day, then take out, cut in pieces about six inches wide and twelve long, lay in buttermilk a few days to whiten; rinse it clean in cold water, and boil until tender; it will take from four to ten hours, as it should be done so that it can by mashed with the fingers. After thus prepared it can be cooked as preferred. After turning inside out some sew it up so that the lime cannot get in, and put to soak in limewater of the consistency of thick whitewash; leave in this twenty minutes, or until the dark skin peels off easily. Rinse several times in clean water and with a dull knife scrape off the dark surface, continue to soak and scrape several times to remove all offensive sebstances and smell. Then soak twenty or thirty minutes in hot water, changing two or three times, scraping over each time, put in salt and water twelve hours (some have the water hot) and it is ready for cooking. Another way is after rinsing thoroughly to cut the tripe in convenient pieces and taking them on a fork dip them into a boiling mixture of a half pint lime and gallon water. Then scrape on a board, dipping again if necessary to loosen offensive matter. Then finish as above, and when ready to cook put it first in water to cover with a table-spoon baking soda; when it boils turn water off and then cook as wanted. In buying tripe get the "honey-combed."

How to Cut up Pork.—Split through the spine, cut off each half of head behind the ear, remove the pieces in front of the shoulder, for sausage. Take out *leaf* which lies around the kidneys, for lard; cut out the lean meat, ribs, etc., then the ham and shoulder, and remove the loose pieces directly in front of the ham, for lard. Cut off a narrow strip of the belly for sausage; and cut up the remainder which is clear pork, into five or six strips of about equal width for salting down. Smoke the jowl with hams, and use the upper part of the head for boiling, or baking, or head-cheese. Scorch the feet over the fire until the hoofs remove easily, scrape clean, place in hot water a few minutes, wash and scrape thoroughly and they are ready for cooking. All the flabby pieces should be tried up for lard. Remove all fat from intestines, saving that which does not easily come off the larger intestines for soap-grease. The liver, heart, sweet-breads and kidneys are all used for boiling or frying, and the smaller intestines are sometimes used for sausage cases.

To Cure Hams and Shoulders.—Make brine as in the first recipe for Corned Beef with the addition of two pounds more of salt. Take part of the mixture of salt and sugar, rub each piece thoroughly on fleshy side, lay in barrel (*having first covered the bottom with salt*) skin side down. When all are in, make a pickle of the remainder of the mixture, as directed and pour over the meat; have a round board, a little smaller than the barrel, place on the meat with a weight (a large stone is good, which can be washed clean and laid away to be used year after year,) sufficient to keep it under the brine; let re-

main from four to eight weeks, according to size; take out and *soak in water over night*, as this prevents a white crust from forming upon the sides of the ham when dried and smoked, drain and sprinkle with cayenne pepper, particularly around the boue. Hang them ready to smoke, let them drain for two days and then smoke with corn cobs or green hickory or maple wood, taking care to have smoke, *but not fire enough to make heat.* Hang up to smoke with hock downwards, as the skin then retains the juices of the meat. After smoking from two to four weeks take down, sprinkle with ground black pepper, tie tightly in whole paper sacks, hang in a dry, dark, cool place, watching closely for fear of mold. Or, wrap in paper, sew in a coarse, cotton bag, whitewash on the outside and hang near the roof in the garret; or, wrap in brown paper, and cover with *dry* ashes (*dry* leached ashes are best); or, pack without sacks, hock end uppermost, in oats or shelled corn, or in clean, sweet hay, before flies come. Cover box or barrel closely, and keep in a dry, cool place. If there is any danger from flies, take direct from smoke-house and pack immediately. Brine for *Pickled Pork* should have all the salt it will dissolve, and a peck or half bushel in bottom of barrel with salt between each layer. If pork is salted in this way it will never spoil, but the strength of the brine makes it necessary to salt the hams and sides separately. Pork when killed should be *thoroughly cooled before salting*, but should not remain longer than one or two days. It should never be frozen before salting, as this is as injurious as salting before it is cooled. Large quantities of pork are lost by failing to observe these rules. If pickled pork begins to sour, take it out of the brine, rinse well in clear, cold water, place a layer in a barrel, on this place charcoal in lumps the size of a hen's egg or smaller, add a layer of meat and so on, until all is in the barrel, cover with a weak brine, let stand twenty-four hours; take meat out, rinse off the charcoal, put it into a new, strong brine, remembering always to have plenty of salt in the barrel (more than the water will dissolve.) Or another way is to take out the pork rub it thoroughly with salt and smoke it. This renews it perfectly. If the same barrel is used, cleanse it by placing a small quantity of quicklime in it, slack with hot water, add as much salt as the water will dissolve, and cover tightly to keep the steam in; let stand for a few hours or over night, rinse well, and it is ready for use. This is an excellent way to cleanse any barrel that has become impure, or wash out with strong lye. The pork must not be salted in whisky barrels; molasses barrels are the best. The whisky is said to injure the bacon. Or for *Buckeye Ham and Bacon*, when pig is killed and cool, cut up, and begin immediately to salt. Rub the outside of each ham with a teaspoon of powdered saltpeter, and the inside with a teaspoon of cayenne pepper. Mix together two pounds of brown sugar and salt, mixed in the proportion of one pound and a half of sugar to a pint of salt, and rub the pork well with it. This quantity of sugar and salt will be sufficient for fifty pounds of meat. Have ready some large tubs, the bottom sprinkled with salt, and lay the meat in the tubs with the skin downward. Put plenty of salt between each layer of meat. After it has lain eight days, take it out and wipe off the salt, and wash the tubs. Make a pickle of soft water, equal quantities of salt and molasses and a little saltpeter; allowing five ounces of saltpeter to two quarts of molasses and two quarts of salt, which is the proportion for fifty pounds of meat. The pickle must be strong enough to bear up an egg. Boil and skim it, and, when it is cold, pour it over the meat, which must be turned frequently and basted with the pickle. The hams should remain in the pickle at least four weeks; the bacon three weeks. They should then be taken out and smoked. Having washed off the pickle, before you smoke the meat, bury it while yet wet in a tub of bran, or sawdust from hard wood. This will form a crust over it and prevent the smoke from getting into the little openings, and also prevent evaporation of the juices. Let the smoke-house be ready to receive the meat immediately. Take it out of the tub after it has lain half

an hour, and rub the bran evenly over it, and by sewing a covering of mosquito netting around the hams and shoulders the outside is kept cleaner. Some use only the mosquito sack without rubbing over with bran. Those who have very tender hams claim it is caused by hanging them two days after killing, then beating with a rolling pin and salting and finishing as above. There are a few other things that must be remembered in order to have the meat of a pleasant taste. The place for salting should, like a dairy, always be cool, but well ventilated; confined air, though cool, will taint meat sooner than the mid-day sun, accompanied by a breeze. With regard to smoking the bacon, two precautions are necessary; first, to hang the pieces where no rain comes down upon them; and next, that the smoke must proceed from wood, not peat, turf or coal. As to the time required to smoke it, it depends a good deal upon whether there be a constant fire beneath; and whether the fire be large or small; a month will do if the fire be pretty constant and rich, as a farm-house fire usually is; but over-smoking, or rather too long hanging in the air, makes the bacon rust; great attention should therefore be paid to the matter. The pieces ought not to be dried up to the hardness of a board, and yet ought to be perfectly dry. For *York Hams*, mix for each good sized ham, teacup salt, tablespoon molasses, ounce saltpeter; lay hams in clean dry tub; heat mixture and rub well into hams, especially around the bones and recesses; repeat process once or twice, or until mixture is used; then let hams lie two or three days, when they must be put for three weeks in brine strong enough to bear an egg; then soak eight hours in cold water; hang up to dry in the kitchen or other more convenient place for a week or more and they are ready to be smoked. Then hang up to smoke with the small end downward. Tongues may be cured in the above manner.

Philadelphia Hams.—Lay hams to be cured on a slanting board, and rub with fine salt. Let them lay forty-eight hours; then wipe off the salt with a dry towel, and to each ham take a teaspoon of powdered saltpeter and a dessertspoon of coarse brown sugar and rub well to the fleshy parts; then pack in a tub, skins down; sprinkle between each layer with a little fine salt. In five days cover them with a pickle made as follows: To one gallon of water take one and a half pounds of coarse sugar. Let them lay five, six or seven weeks, according to size. Hang them up to dry several days before smoking. The pickle should stand and be skimmed, and must be cold.

Virginia Hams.—Smoke the barrel, in which hams are to be pickled, by inverting it over a kettle containing a slow fire of hard wood, for eight days (keeping water on the head to prevent shrinking); in this barrel pack hams, and pour over them, after it has cooled, a brine made in proportion of four gallons of water, eight pounds of salt, five pints of molasses, and four ounces saltpeter, boiled and skimmed in the usual manner. They will be cured in eight or nine days, and they may be kept in the pickle for a year without damage.

To Cure Small Hams.—In the fall, about first of November, people in the country generally kill a good-sized pig, to last until "butchering time." To cure hams of such, first rub well, especially around the bone on fleshy side, with one-half of the salt, sugar, cayenne and saltpetre, well pulverized (same proportions as for corned-beef), adding a teaspoon of allspice to each ham; put a layer of salt in bottom of cask, and pack in hams as closely as possible; let stand three or four days, then make brine of the other half of salt, etc., and pour over meat, putting a good weight on top; when it has lain three or four weeks it is ready for use. For *Hams with Vinegar*, rub hams well with common salt, and leave them for a day or two to drain; then rub in well the following proportions of sugar, salt, saltpeter, and vinegar,

and turn them every other day To a ham from ten to twelve pounds, allow one pound of coarse sugar, three-fourths pound salt, one ounce saltpeter, half teacup vinegar. Keep them in the pickle one month, drain and smoke over a wood fire for three weeks or a month.

To Keep Hams.—For one hundred pounds of meat, take eight pounds of salt, two ounces saltpeter, and four gallons water; put hams in this pickle in the fall, keeping them well under the brine; in April, take out, drain three or four days, slice as for cooking, trim off rind, fry nearly as much as for table, pack in stone jars, pressing down the slices as fast as they are laid in the jars; when full, put on a weight, and when entirely cold cover with the fat fried out, or with melted lard and cover jar closely. Prepared in this way, they retain the ham flavor without being smoked. The gravy left from frying will be found very useful in cooking. When ham is wanted for use, scrape off the lard, remove a layer of meat, and *always be particular* to melt the lard and return it *immediately* to the jar. It will keep through the season. Any ham may be packed away in this manner at any time and some prefer to soak as for cooking, after slicing, and place in oven and only cook *slightly*, then pack and cover as above.

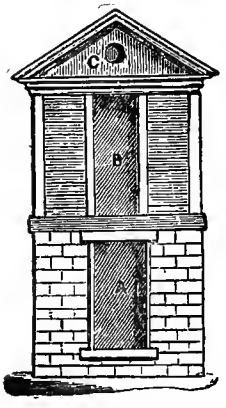
Pickled Pork.—Some put it up successfully in this way, take a tub, largest at the bottom and tapering to the top, large enough to hold the year's supply; when packed as it should be, the meat will not rise to the top, the slant of the tub holding it down. It should be packed edgewise, in regular layers, as solid as possible. After putting a layer of salt in the bottom of the tub and pounding down the meat with a maul, fill the interstices with salt; then alternate layers of meat and salt till the tub is full. Fill up with pure water. If the barrel is sweet, the salt pure, the meat sound, there will be no damaged pork, nor will skimming and scalding the brine be necessary to have sweet pork the year round. For putting down a small amount in a stone jar, completely cover the bottom of a large stone jar (one that will hold five or six gallons or more) with salt. Cut side meat in strips four or five inches wide and pack in a jar on the edge placing the skin next the jar; lay it round close as possible till the bottom of the jar is full, cover this completely with salt, and so on till the jar is full. Then make a brine strong enough to bear an egg, and pour over the meat till it is covered. Meat if put up this way will keep till late in the fall and taste nearly as nice and sweet as fresh meat. For *Western Reserve Pickled Pork,* allow the meat to stand until the animal heat is entirely out of it; cut the sides into strips crosswise; cover the bottom of a barrel with salt, and pack in the pork closely edgewise, with rind next the barrel; cover each layer with salt, and proceed in like manner until all has been put in. Make a *strong* brine sufficient to cover the pork (soft water is best, and there is no danger of getting it too salt), boil, skim and pour into the barrel while *boiling hot.* Have a board cut out round, a little smaller than the barrel, put over the pork, and on it place a weight heavy enough to keep it always under the brine. If at any time the brine froths or looks red, it must be turned off, scalded and returned while *hot. Never put cold brine on old pork,* unless you wish to lose it. In salting down a new supply of pork, boil down the old brine, remove the scum, and then pour it over the pork as above.

Trying Lard.—When the leaf lard is taken from the hog, it should be placed in a clean tub. If any pieces are bloody they ought to be placed in lukewarm water, letting them remain until thoroughly cleansed, then drain well and use with the other lard. The leaf lard can be cut up in pieces an inch square. Have kettle on fire on stove with a little water, to which add the cut up lard, letting it heat gradually; stir with a wooden stick (hickory or maple) or a long handled iron spoon. The fat pieces of meat, which are

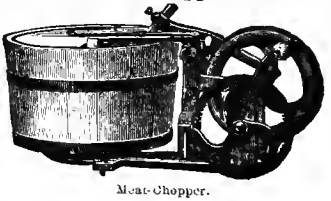
also used for lard, are cut in same manner, after taking off the skin, and added to the leaf lard in kettle. The skins should be laid by themselves to be tried out after the lard is done. While the lard is trying, as soon as the water is all boiled out, which can be told by the clearness of the fat (when there is water, it has a slightly milky appearance) you can begin dipping off the clear lard and straining it into the vessels ready for its use (stone crocks are best). Some think the quality of the lard is improved by sprinkling over and slowly stirring in one tablespoon of soda to every five gallons of lard, just before removing from the fire. After adding soda, the kettle must be removed from the stove, and watched closely, and stirred constantly, as it foams rapidly, and is very likely to run over, and if on stove, is likely to take fire. Do not take out the pieces of meat until well done. Be careful not to let it burn; it is very easily scorched just at the last; when finished, the cracklings should be of a light brown color. A good way to strain it is to place a towel over a colander, dip the lard into it, when sufficient is in, two persons, one at each end, can twist the towel until all the lard is out. Put the cracklings in a vessel, dip out more lard; continue this way until all the lard is disposed of. Set the jar in a cool place and stir it frequently with the wooden spoon, so as to insure the cooling of the center as quickly as the outside; this prevents the lard from becoming frory in the middle; or set the lard in milk pans to cool. When cold, cut out, place in jars and pour over it melted lard almost cold until it is smooth on top. When ready to set away place a cloth (linen is the best) over it, with one or two inches of salt on top of cloth; then cover the jar with thick cloth or paper, set in a dry, dark place. The web always needs to be soaked in lukewarm water overnight, then drained well, after which it can be cut up and tried with the other lard. It is used by the best housekeepers for clean lard. That from the smaller intestines, and the flabby pieces, not fit for salting should be thrown into lukewarm water and allowed to stand for twenty-four hours, and then should be tried by itself, and the lard set away where it will freeze, and, by spring, the strong taste will be gone. A teacup of water prevents burning while trying. The skins can be cut into pieces two or three inches square, placed in a large dripping pan and set in the oven to try out, as they apt to burn or stick to the kettle; stir them often, do not let them burn. They yield quite an amount of fat which is always useful in a family; then the skins themselves make good soap grease. *To Keep Lard From Molding* use a tub that has had no tainted lard or meat in it; scour it out thoroughly with two quarts of wheat bran to four of boiling water, but use no lye or soap. Fry the lard until the scraps are brown, but not scorched or burned; remove from the fire, cool until it can be handled, and strain into the prepared tub; when cold, set it away in the cellar. Lard dipped off as fast as it melts will look very white, but will not keep through the summer. No salt should be added, as it induces moisture and invites mold.

Brawn.—Split and nicely clean a hog's head; take out brains; cut off ears, and rub a good deal of salt into head; let drain twenty-four hours; then lay on it two ounces saltpeter, and salt, for three days; lay the head and salt into a pan, with just water to cover for two days more. Wash well, and boil until bones will come out; remove them, and chop meat as quickly as possible in pieces an inch long; but first take skin carefully off head and tongue; cut the latter also in bits. Season with pepper and salt. Put the skin of one side of head into a small long pan; press chopped head and tongue into it, and lay skin of other side of head over, and press it down. When cold, it will turn out. The head may probably be too fat; in which case, prepare a few bits of lean pork with head. Boil two ounces salt, pint vinegar, and quart of the liquor, and, when cold, pour it over the head. The ears are to be boiled longer than head; cut in thin strips, and add to it. **Reboil the pickle often.**

Smoke-houses.—This is one of the nicest arrangements for smoking meat that a model farm can have, as it makes a safe receptacle for ashes and also smokes meat when wanted; but a good and cheap smoke house quickly and easily made is to dig a trench about three feet long, and one half foot wide, cover it with brick, and then dirt; at one end of the trench dig a hole about two feet deep, and large enough to set an old kettle or something to hold the fire, at the other end of the trench, place a barrel, (with top heads out), put a stick across the top, on which to hang the meat; cover the barrel with old carpet, or anything to hold the smoke in. Or take an old hogshead, stop up all the crevices, and fix a place to put a cross-stick near the bottom, to hang the articles to be smoked on. Next, in the side, cut a hole near the top, to introduce an iron pan filled with sawdust and small pieces of green wood. Having turned the tub upside down, hang the articles upon the cross-stieks, introduce the iron pan in the opening, and place a piece of red-hot iron in the pan, cover it with sawdust, and all will be complete. Let a large ham remain forty hours, and keep up a good smoke.



Sausages.—To make these easily and perfectly a meat chopper is almost indispensable. It is also of great help in making mince-meat.



Meat-Chopper.

Beef Sausages.—Chop very fine three pounds very lean beef with a pound and a half suet. Season with powdered sage, allspice, pepper and salt and force the meat into skins that have been thoroughly cleansed, or make into cakes.

Bologna Sausage.—Six pounds lean pork, three of beef, two of suet, four ounces salt, six tablespoons black pepper, two tablespoons cayenne pepper, two teaspoons cloves, one teaspoon allspice, and one minced onion; or season to taste. Grind the meat and mix well with the seasoning; pack in beef skins, tie both ends tight, and lay in strong brine for a week, then change into a new brine for another week, turning them frequently. Take them out, wipe dry, and smoke them; rub the surface with butter, and hang in a cool dark place. Or take equal quantities of bacon (fat and lean), beef, veal, pork, and beef suet, grind together, season with pepper, salt, sweet herbs, sage rubbed fine, and spices if liked and sifted bread crumbs or boiler rice is sometimes added, though this is not done when the sausage is wanted to keep any length of time. Fill skins and prick them; boil gently an hour, and lay on a straw or hang up to dry. May be smoked as above. An equal weight of ham, veal and pork, highly seasoned and boiled in casings till tender, then dried, makes very nice Bologna sausage also, and they are often made of beef and pork alone, using proportion of about one third pork to two-thirds beef, Season to taste and put up as above. A nice way of serving is to cut into slices not quite a quarter of an inch thick, skin them and lay them lapping over each other round a mound of parsley. This is of the nature of a salad and may be served with the cheese course or just after the soup and fish courses.

Liver Sausage.—Boil pigs' livers, mince, and season with pepper, salt, cloves, chopped sweet marjoram and sage. Put in skins, prick them, and boil slowly an hour or so. Keep in covered jars, to eat cold in slices, or to fry in larger pieces. Boiled pigs' feet may be mixed with the livers.

Mixed Sausages.—Clean carefully two hogs' heads, two lights, two livers and cut off all the good parts of a dozen melts; soak overnight in a tub of salt and water with a half dozen sweetbreads and same number of kidneys split open. In the morning put all in a kettle to boil with two slices fat pork; when done cool a little and grind in a sausage grinder, adding some of the fat skimmed from top of kettle. While grinding, season with black pepper, salt and finely chopped onion to taste. If not rich enough add more fat pork; if stuffed boil again for a few moments.

Pork Sausage.—A good rule is to allow one third fat meat to two thirds lean, a teaspoon each salt, pepper and sage to each pound meat, and a teaspoon each allspice or cloves, ginger and summer savory to every three pounds. Or season to taste, and when making a quantity it is well to test by frying a little, and add more seasoning if liked. When making for long keeping do not add either flour or bread crumbs, which are sometimes used to keep the fat from running out when cold. Put through a sausage grinder or chop fine. Press into thoroughly cleaned skins, or pack in jars, covering with lard or clarified drippings to depth of half an inch and tie paper over. For *Buckeye Pork Sausage*, to ten pounds meat take five tablespoons sage, four of salt and two of pepper. Some add one tablespoon ginger, and some a little summer savory. When nicely minced, pack in jars as above. If kept in a cool place, and care taken to replace the lard, there is no difficulty in keeping sausage perfectly fresh almost any length of time. Some persons partially cook meat before packing, but this is *not* necessary. Fresh meat may be kept nicely in the same way, being first seasoned with salt and pepper. Or, one pound salt, one-half pint of sage and three and one-half ounces pepper, scattered over forty pounds of meat before grinding. For *Cold Sliced Sausage*, use small, well-baked, earthen pots; take one handful of sausage after another, press firmly into the pot until it is nearly full. Then place in an oven, hot enough to bake bread; bake a quarter of an hour for each pound of sausage; that is, if there are eight pounds, bake for two hours; and when done, place a weight on it until it is cold; remove the weight and fill with hot lard. Place upside down on a shelf in a dark, dry corner of the cellar until wanted; then put in oven long enough to melt the lard; remove sausage from pot, and, when cold, slice for table. Put no sage in sausage that is to be kept so long.

Summer Sausage.—In summer, when fresh pork cannot be procured, very good sausage-cakes may be made of raw beef, chopped fine with salt pork, seasoned with pepper and sage, and spices and herbs if liked.

Triple Sausage.—Take equal parts pork (fat and lean) veal and beef suet, grind or chop fine and to every three pounds meat and seasoning of grated rind of half a lemon, small nutmeg grated, six powdered sage leaves, one teaspoon pepper, two of salt and half teaspoon each summer savory and marjoram with a half pint bread crumbs. Pack for use as Pork Sausage.

Virginia Sausage.—Pick the sausage meat to get out all the pieces of bones and strings; wash it in luke warm water, and lay on a table to drain; let it stand all night. Take off some of the fat from the backbone to mix with the lean. If you use "leaf fat" when you fry the sausage, it will melt away to gravy and leave a little knot of lean, hard and dry, floating in a sea of melted grease, The fat must be taken off before the chines are salted, and washed, skinned and put to drain with the lean. Next day, chop it

fine, picking out all the strings. When fine enough, season it with salt, sage, black and red pepper, to taste. Pack it in a close vessel. If you wish to stuff them, have some nicely-cleaned chitterlings kept in salt and water ten days or a fortnight. Stuff, hang on sticks and dry. A little smoke improves them; too much makes them bitter.

Mutton.—This is cut up as directed and corned and dried the same way that beef is.

Veal.—To cut the pieces up for use follow directions in illustration. For *Calf's Head* and *Feet*, the first thing to do is to remove the hair, unless purchased at the butchers when they will be nicely scraped, and will only need to be wiped carefully with a damp towel so that no hair adheres. To remove the entire hair drop the head and feet into a tub of hot water that has had a shovelful of wood ashes boiled in it, or a few crumbs of concentrated lye, or washing soda. The water must not be quite boiling hot, as that will set the hair and make cleaning difficult. Churn them about with a stick of wood a few minutes, then scrape with a sharp knife. Put the head into cold water and leave it there to draw out the blood for a moment, and dry well with a towel. Roast the hoofs in hot coals and pry off with a knife point, or some wash head and feet clean, sprinkle powdered resin over the hair, dip them in boiling water and take out immediately, and then scrape them clean; afterwards soak them in water four days, changing the water every day.

To prepare for use there are different ways; some cut from between the ears to the nose touching the bones; then cutting close to it, take off flesh, turn over the head, cut open the jaw-bone from underneath, and take out tongue whole. Turn the head back again, crack the top of skull between the ears and take out the brains whole; cut the head through the center, remove the skin from the nasal passage and cleanse thoroughly by scraping and scalding. Or remove the skin, cut open from throat to edge of lower jaw, without breaking more than necessary and put skin aside in cold water for soup. To remove the brain cut the skull with a meat saw from between the ears and above the eyes and the brain may be then taken out without breaking.

To Bone a Head; place it on table with the front part of the head facing you; draw the sharp point of a knife from the back part of the head right down to the nose, making an incision down to the bone of the skull; then with the knife clear the scalp and cheeks from the bones right and left, always keeping the point of the knife close to the bone. If you have not previously removed the brains, they are best removed before boning, chop the head in two and remove them as carefully as possible. When the head has been boned wash it well, wipe it with a clean cloth, season the inside with salt and pepper, roll it up with the tongue, tie it up, and parboil it in hot water for ten minutes; then put it into cold water a few minutes, wipe it dry, and set it aside until wanted; this is blanching it. In removing *brains* be very careful not to break them; prepare them either by single or double blanching. To *Single Blanch* first soak in salted water one hour or simply wash in several waters, then remove every particle of the thin skin or membrane covering the soft inner substance very carefully without breaking; put over the fire in quart cold water with a seasoning of salt and table-spoon vinegar and boil fifteen minutes, lay in cold water till wanted which should not be very long. To *Double Blanch*, cover them with cold water and let heat slowly until the fine outside skin can be removed easily, then put them in fresh water and let them heat again slowly, till all the blood comes out and they are entirely white. Take them out and put in boiling water with a little salt and table-spoon vinegar, boil them hard for ten minutes or till quite firm. Take them out and drop into cold water for a few minutes or till ready for use, although that should not be long, then drain on a cloth.

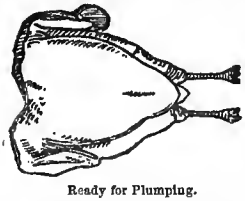
Sweet-breads.—These are considered great delicacies and are the most expensive parts of meat. Those of calves are best, but for hints as to purchasing see Marketing. *Blanching Sweet-breads* is always necessary before cooking, and as they will not keep long this should be done as soon as brought from market. Some put them for half an hour in luke-warm water, then throw into boiling water to blanch and harden, and then into cold or ice water to cool; after which draw off the outer casing, trim off all particles of fat, veins, membranes, etc., and cook as liked. Others put to soak in cold water for about an hour, adding tablespoon salt to each quart water. Then draw a lardoon of pork through the center of each, put into salted boiling water and cook until thoroughly done. Throw again into cold water for a few minutes and they will be firm and white. Carefully remove the skin and little pipes and set away in cool place until ready to cook. Some merely skin, then place in cold water ten minutes or so, when they are ready to boil. Sweet-breads should always be parboiled twenty minutes before cooking in any manner. Any flavor liked may be given sweet-breads by adding spices, herbs, or vegetables to the water in which they are parboiled. A good rule for two quarts water is, two tablespoons vinegar, one of salt, a bay leaf, dozen whole cloves, teaspoon pepper corns, small red pepper, sprig of any dry herb, except sage, (thyme marjoram or summer savory) sprigs of parsley, or small root of parsley. Set away in cool, place until dry wanted.

Poultry.—Are served either whole or cut up. Do not feed poultry for twenty-four hours before killing; and some give them a tablespoon of vinegar an hour before killing; catch them without frightning or bruising, tie the feet together, hang up on a horizontal pole, tie the wings together over the back with a strip of soft cotton cloth: let them hang five minutes, then cut the throat or cut off the head with a very sharp knife, and allow them to hang until the blood has ceased to drip. The thorough bleeding renders the meat more white and wholesome. Scald well by dipping in and out of a pail or tub of boiling water, being careful not to scald so much as to set the feathers and make them more difficult to pluck; place the fowl on a board with head towards you, pull the feathers away from you which will be in the direction they naturally lie (if pulled in a contrary direction the skin is likely to be torn), be careful to remove all the pin-feathers with a knife or pair of tweezers; singe, but not smoke, over blazing paper on the stove, or some prefer alcohol.

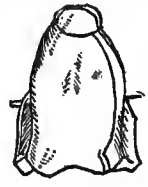
To Cut up a Chicken.—Lay the chicken on a board kept for the purpose, cut off the feet at first joint; cut a slit in the neck, take out the windpipe and crop, cut off the wings and legs at the joint which unites them to the body, separate the first joint of the leg from the second, cut off the oil bag, make a slit horizontally under the tail, cut the end of the entrails loose, extend the slit on each side of the joint where the legs were cut off; then, with the left hand, hold the breast of the chicken, and with the right, bend back the rump until the joint in the back separates, cut it clear and place in water. Take out the entails, using a sharp knife to separate the eggs (if any), and all other particles to be removed, from the back, being careful in removing the heart and liver not to break the gall-bag (a small sack of blue-green color about an inch long attached to the liver); separate the back and breast; commence at the high point of the breast and cut downwards towards the head, taking off part of the breast with the wish-bone; cut the neck from that part of the back to which the ribs are attached, turn the skin off the neck, and take out all lumps and stringy substances; very carefully remove the gall-bag from the liver, and clean the gizzard by making an incision through the thick part and first lining, peeling off the fleshy part, leaving the inside whole and ball-shaped; if the lining breaks, open the gizzard, pour out contents, peel off inner lining, and wash thoroughly. After washing in second water, the chicken is ready to be cooked. Some prefer to cut the chicken with a sharp knife,

thinking that when divided according to the joints some portions will be bare of meat. To do this, after cleaning, split the fowl in halves lengthwise. This can be done by cutting down the middle of the back with a sharp kitchen knife, laying the fowl wide open and chopping through the breast bone inside. Lay a half on the board and sever the drumsticks by chopping through the joint. Chop through the hip joint, or a little on the meaty side of it, and slantwise, taking at that cut the side bone and tail end, all sufficiently covered with meat, a little derived from the second joint, and then cut off the second joint by chopping straight acrosss the fowl, making three pieces of equal weight of that quarter. Cut off the two small joints of the wing. Chop off the main joint slantwise, so that it will have attached to it the piece of neck bone and a small portion of the breast. There willl remain nearly the entire breast, which should be chopped straight across and made two pieces. Cut up the other half of the fowl in the same way. It is just the skillful carving of a whole cooked fowl in results; a proper method of cutting up gives each person at table a piece of meat of equally good appearance, and not to one meat and to next a dark-looking piece of bone, already stripped.

To Cut up a Turkey to Cook Whole.—After killing and singeing, plump it by plunging quickly three times into boiling water and then three times into cold, holding it by the legs; place on a meat-board, and with a sharp knife cut off the legs a little below the knee, to prevent the muscles from shrinking away from the joint, and remove the oil-bag from the tail; take out the crop, either by making a slit at the back of the neck or in front (the latter is better) taking care that every thing pertaining to the crop or windpipe is removed, cut the neck-bone off close to the body, leaving the skin a good length to be stuffed; cut around vent, cut a slit three inches long from the tail upwards, being careful to cut only through the skin, put in the finger at the breast and detact all the intestines, taking care not to burst the gall-bag (situated near the upper part of the breast-bone, and attached to the liver; if broken, no washing can remove the bitter taint left on every spot it touches); put in the hand at the incision near the tail and draw out carefully all intestines; split the gizzard and take out the inside and inner lining (throw liver, heart, and gizzard into water, wash well, and lay aside to be cooked and used for the gravy); wash the fowl thoroughly in cold water twice, (some wipe carefully with a wet cloth, and afterwards with a dry cloth to make perfectly clean, instead of washing), hang up to drain, then stuff, skewer, and place to roast as directed in Roast Turkey. A chicken is prepared in same way and trussed as illustrated.



Ready for Plumping.



Front of Chicken.

Back of Chicken.

To Bone Chicken and Turkey.—If chicken, choose a large one, at least one year old, pick, singe and wipe with wet towel, but do not draw. If you buy already dressed, see that it is not frozen as freezing makes it tear easily and also be particular every part is whole, as little breaks in skin will spoil the result. Cut off legs about one and one half inches above joint, cut off wings between last joint and body, cut off neck close to body and take out the crop without breaking the skin of the neck. Now with a small, sharp knife make a smooth cut through the skin and flesh, down the line of the backbone, from the neck to the rump; then begin at the neck to cut off the flesh and skin together from the carcass; work with the point of the knife, holding it

Boning Knife.

flat against the bone, and cutting all the flesh off attached to the skin; first cut from the neck to the joint where the wing is connected with the body, then unjoint that, and leave the bone of the wing in the flesh for the present, and continue to cut down the back and sides until the thigh joint is reached; unjoint that, leaving the bone in the leg, and cut toward the breast-bone, being careful not to cut through the skin where it is stretched tight over the breast; when the flesh of one side of the bird is loosened from the carcass in this way, turn it over and take off the other side. Great care must be taken not to cut through the carcass into the intestines, which may remain inclosed in it until it is entirely freed from the flesh and skin; the most difficult part of the operation is cutting off the breast without breaking or tearing the skin; if this accident happens the aperture must be sewed up before the bird is stuffed. When the flesh is free from the carcass, lay it skin down on the table, and distribute the flesh equally all over the skin, cutting the thickest portions and laying them open like the leaves of a book, so as to cover the skin; cut out the wing and thigh bones, and turn the flesh and skin inside, like the fingers of a glove reversed. Stuff and roll in shape as directed for a Turkey Galatine and after being boiled and pressed in a pan or mold, remove cloth, place it in a vessel, a size larger than that in which it was pressed but same shape, and fill the space with aspic jelly poured in nearly cold; when set dip a moment in warm water, turn out and it is ready to be decorated. Although we have given many fillings in Poultry Department here is one differing somewhat. For a turkey weighing seven ponnds, take the meat of one chicken weighing four pounds, one pound of lean veal, half a pound of lean salt pork, small cup cracker crumbs, two eggs, one cup broth, two and a half tablespoons salt, half teaspoon pepper and sage, one teaspoon each summer savory, sweet marjoram, and thyme, and, if liked, one tablespoon capers, quart of oysters and two tablespoons onion juice. Have the meat uncooked and free from any tough pieces. Chop *very* fine. Add seasoning, crackers, etc., mix thoroughly, and use. If oysters are used, half a pound of the veal must be omitted.

Another method of boning a turkey to truss in original shape is as follows; prepare as above without drawing, cut off legs in the joints, and tips of wings, place on its breast and cut down the back through to the bone from the neck down to where there is but little flesh, where it is all skin and fat. Begin at neck, and run knife between flesh and bones until you come to wing. Then cut ligaments that hold bones together and tendons that hold flesh to bones. With thumb and fore-finger, *press* flesh from smooth bone. When you come to the joint, carefully separate ligaments and remove bone. Do not try to take bone from next joint, as that is not in the way when carving, and it gives a more natural shape to turkey. Now begin at wish-bone, and when that is free from the flesh, run knife between sides and flesh, always using fingers to press the meat from the smooth bones, as, for instance, the breast-bone and lower part of the sides. Work around edges the same as around wings, always using great care at joints not to cut skin. Drawing out the leg bones turns that part of the bird inside out. Turn turkey over, and proceed in the same manner with the other side, When all is detached, carefully draw skin from breast-bone; then run the knife between the fat and bone at the rump, leaving the small bone in the extreme end, as it holds the skewers. Carefully remove the flesh from the skeleton, and turn it right side out again. Rub into it two tablespoons salt and a little pepper, and fill with dressing. Sew up back and neck and then the vent. Truss the same as if not boned. By leaving the wings and legs unboned the natural form is more easily given to the turkey in trussing and some prefer it thus. It is very nice *to bone chicken or turkey for fricassees, curries and pies*; to do this first cut them up in pieces, then begin with the legs;

take the end of the large bone firmly in the fingers, and cut the flesh clean from it down to the next joint, round which pass the point of the knife carefully, and when the skin is loosened from it in every part, cut round the next bone, keeping the edge of the knife close to it, until the whole of the leg is done. Remove the bones of the other leg in same manner; then take wings and proceed with these as with the legs, but be especially careful not to pierce the skin of the second joint; the rest of the pieces are very easily boned after the directions given for boning an entire fowl.

Shell Fish.—The *Oyster* is the most used of all shell-fish and its preparation for cooking is so simple that it is fully given in Shell-fish Department. *Hard-shell Crabs* are prepared for use the same as Lobsters. Soft-shell Crabs are always used alive and prepared for cooking as follows: Turn the crab on its back, lift up the apron, or pointed flap which lies near the back of the shell, and either break off from it the tuft of fin-like portions attached to it, or remove it entirely; press first one side and then the other of the back shell away from the body, and take out the tough fibrous organs called the "deadmen"; lay the crab on its back on the table, and with a small sharp knife cut out a semi-circle from the head, including the eyes and the sand bag; then wash the crab in cold salted water, dry it on a clean towel, and it is ready to be cooked as wished.

Lobsters.—When purchased alive, to remove the shell tie the claws together and plunge head-first into boiling water, adding a gallon of latter, tablespoon salt and some add teacup vinegar. Boil steadily for twenty or thirty minutes or until the shell turns red. Too long boiling toughens it and destroys the fine delicate flavor of the meat, for small ones some only boil half as long. When done it is nice to let it drain face downward on a sieve. Take it from the boiling water, cool a little, and then break off claws and tail. remove and throw away the soft fins which lie under the legs, close to the body of the lobster, separate tail from body, and shake out the tomally, and, also, the "coral," if there is any, upon a plate. Then by drawing body from the shell with the thumb, and pressing the part near head against shell with first and second finger, you will free it from the stomach or "lady." Now split the lobster through the center and, with a fork, pick meat from joints. Cut under side of tail shell open and take out meat without breaking. On the upper part of that end of this meat which joined the body is a small piece of flesh, which should be lifted; and a strip of meat attached to it should be turned back to the extreme end of tail. This will uncover a little vein, running the entire length, which must be removed. Sometimes this vein is dark, and sometimes as light as the meat itself. It and the stomach and head are the only parts not eatable. The piece that covered the vein should be turned again into place. Hold claws on edge on a thick board, and strike hard with a hammer until shell cracks. Draw apart, and take out meat. If you have the claws lying flat on the board when you strike, you not only break the shell, but mash meat, and thus spoil a fine dish. Remember that the stomach of the lobster is found near the head, and is a small, hard sack containing poisonous matter; and that the intestinal vein is found in the tail. These should always be carefully removed. The lobster may then be arranged on a plate and served, each one seasoning to suit himself, or it can be served in any way given in shell-fish or a very appetizing dish is that of *Curried Lobster* made of either the fresh or canned; chop an apple and onion very fine, and fry in butter or good beef dripping until you can mash them with a spoon. Sprinkle with a teaspoon curry-powder, mashing fine with a wooden spoon. Have ready a half pint of white sauce made by bringing to a boil as much milk or cream to which a teaspoon of corn starch dissolved in a little cold milk has been added. Stir all

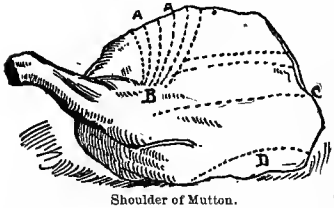
smoothly together until the consistency of cream, and add the lobster cut in pieces. Let it get very hot, and serve in a border of plain boiled or curried rice. Or a *Lobster Sauce* is made when the solid flesh is used for salad, by pounding the soft part and shell together (in a mortar) very fine, and putting in stewpan, covering with pint boiling water; then place it over the fire to simmer for ten minutes and pass the liquor through a hair sieve into a basin; put three tablespoons butter into stewpan, into which rub (cold) a good tablespoon flour, add liquor from lobster, place upon the fire, stirring until the point of boiling; season with a little cayenne, and add a piece of anchovy butter, the size of a walnut; or, if any red spawn is in the lobster, mix it with the butter, as in the last, and add it, with the juice of half a lemon, just before serving. An anchovy pounded with the lobster shells would be an improvement, and part of the flesh of the lobster might be served in the sauce. To make the *Anchovy Butter*, you must have young anchovies. Take them out of the pickle and wash well. Take off the bones and head, and then pound them in a mortar with fresh butter, very fine; rub this through a hair sieve. Put this butter when made, into a pot well covered, to use when wanted; observe however, that it soon becomes rank.

Terrapins or Water Turtles.—Put in hot, not boiling, water for from three to five minutes, take out, place in cold water five or ten minutes and remove underskin and pull off the horny parts from the feet; return to kettle with fresh hot water, slightly salted, and boil about an hour or till under shell cracks, time will depend upon size and age. Loosen shell carefully, some open at side, remove under shells, take out the two sand-bags, entrails, and the gall, which lies above the largest lobe of the liver (be very careful not to break gall bag, or touch it with the knife in cutting); cut rest of terrapin in pieces, season and prepare as directed in shell-fish.

CARVING.

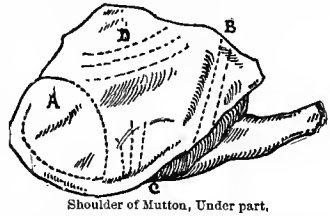
It is no trifling accomplishment to carve well, and both ladies and gentlemen ought to so far make carving a study that they may be able to perform the task with sufficient skill at least to prevent remark. There are no real difficulties in the way of mastering the accomplishment; knowledge simply is required. All displays of exertion are in bad taste, because they indicate a want of ability on the part of the carver, or a strong indication of the toughness of the roast or the age of the bird. A good knife of moderate size and great sharpness is a necessity. Fowls are easily carved, and in roasts such as loins, breasts, fore-quarters, etc., the butcher should always have instructions to separate the joints. The platter should be placed so near to the carver that he has full control over it; if far off nothing can prevent an ungraceful appearance. In carving a turkey, place the head to the right, cut off the wing nearest you first, then the leg and second joint; then slice the breast until a rounded, ivory-shaped piece appears; insert the knife between that and the bone and separate them; this part is the nicest bit of the breast; next comes the "merry-thought." After this, turn over the bird a little, and just below the breast you will find the "oyster", which you can separate as you did the inner breast. The side bone lies beside the rump, and the desired morsel can be taken out without separating the whole bone. Proceed in the same way upon the other side. The fork need not be removed during the whole process. An experienced carver will dissect a fowl as easily as you can break an egg or cut a potato. He retains his seat, manages his hands and elbows artistically, and is perfectly at his ease. There is no difficulty in the matter; it only requires knowledge and practice, and these should be taught in the family, each child taking his turn. Chickens and partridges are carved in the same way. The trail of a woodcock on toast is the choicest bit of the bird; also the thigh of a partridge.

A fillet of veal is cut in thin, smooth slices off the top, and proportions of the stuffing and fat are served to each. In cutting a breast of veal, separate the breast and brisket, and then cut them up.

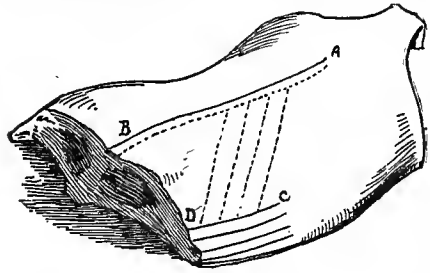


Shoulder of Mutton.

Shoulder of Mutton.—Though commonly regarded as a homely joint, is by many preferred to the leg, as there is much variety of flavor, as well as texture, in both the upper parts. The figure represents it laid in the dish as usually served, back uppermost. Cut through it from a down to the blade-bone at b. Afterwards slice along each side of the blade-bone from c to b. The best part of the fat lies in the outer edge, and is to be cut in thin slices in the direction of d. The under part contains many favorite slices, of different sorts, which may be cut crosswise in slices, near the shank bone at b or lengthwise in broad pieces at the large end a. If it is intended to reserve a part cold, the under parts should be served hot, as they are more palatable than when cold, and the upper part is kept more sightly for the table.



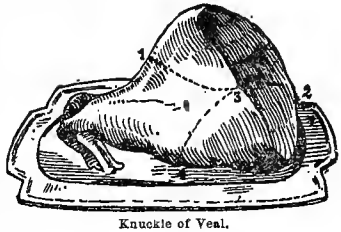
Shoulder of Mutton, Under part.



Saddle of Mutton.

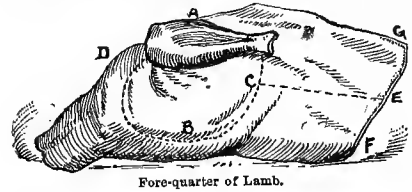
Saddle of Mutton should be cut in long and rather thin slices from the tail to the end, beginning at each side close to the back-bone from a to b, with slices of fat from c to d, or along the bone which divides the two loins, so as to loosen from it the whole of the meat from that side which you then cut crosswise, thus giving with each slice both fat and lean. The tail-end is usually divided and partly turned up.

Knuckle of Veal is to be carved in the direction of 1 to 2. The most delicate fat lies about the part 4 and if cut in the line 3 to 4 the two bones between which the marrowy fat lies, will be divided.



Knuckle of Veal.

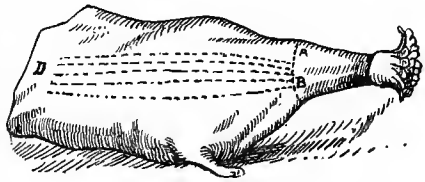
Fore-quarter of Lamb.—Pass the knife under the shoulder in the direction of a, b, c, d, so as to separate it from the ribs without cutting the meat too much off the bones. Divide an orange or lemon, sprinkle the halves with salt or pepper and squeeze the juice over the under part, take to table and the carver should then divide ribs from d to e, serving them, or the neck f, or the breast g, as may be selected.



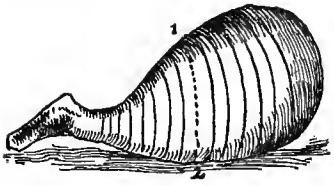
Fore-quarter of Lamb.

Haunch of Venison.—Have the joint lengthwise before you, the knuckle being the farther joint. Cut from a to b, but be careful not to let

out the gravy, then cut along the whole length from a down to d. The knife should slope in making the first cut, and then the whole of the gravy will be secured in the well. The greater part of the fat, which is the favorite part, will be found at the left side, and care must be taken to serve some with each slice.



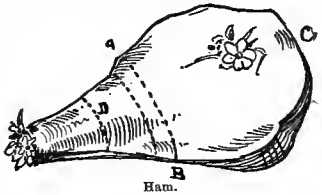
Haunch of Venison.



Leg of Pork.

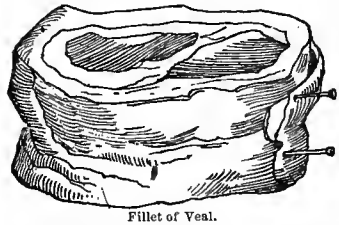
Leg of Pork.—A leg of pork whether boiled or roasted, is carved the same. Begin about midway, between the knuckle and the thick end, and cut them in deep slices from either side of the line 1 to 2

Ham.—Serve it with the back upwards, sometimes ornamented, and generally having, as in France, the shank-bone covered with cut paper. Begin at the middle by cutting long and very thin slices from *a* to *b*, continuing down the thick fat at the broad end. The first slice should be wedge-shaped, that all the others may be cut slanting, which gives a handsome appearance to them. Many persons, however, prefer the hock at *d* as having more flavor; it is then carved lengthwise from *c* to *d*.



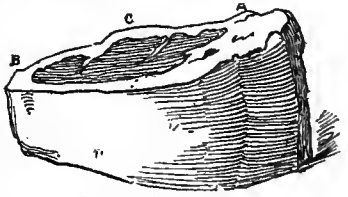
Ham.

Fillet of Veal.—Pare off the upper part


Fillet of Veal.

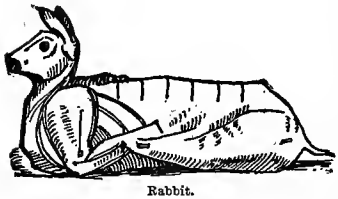
one slice from the whole surface half an inch thick, and put it aside, then cut thin slice of both lean and fat. The round and aitch-bone is carved in the same way. In carving the first slice, if any one prefers the brown, it may be cut thinner and divided, and a portion served to each person who likes it.

Round or Aitch-bone of Beef.—These are carved like a fillet of veal. The soft fat which resembles marrow, lies back of the aitch-bone, below *c*, but the firm fat should be cut in slender horizontal slices at *a*, and is much better than the soft when eaten cold.



Round or Aitch-bone of beef.

Rabbits.—Put the point of the knife under the shoulder at *b*, and so cut all the way down to the rump, along the sides of the backbone, in the limb, *b*, *a*, cutting it in moderately thick slices; or, after removing the shoulders and legs, cut the back crosswise in four or five pieces; but this can only be done when the rabbit is very young, or when it is boned. To separate the legs and shoulders, put the knife between the leg and back and give it a little turn inwards at the point, which you must endeavor to hit and not to break by force. The shoulders may be removed by a

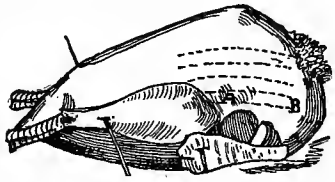


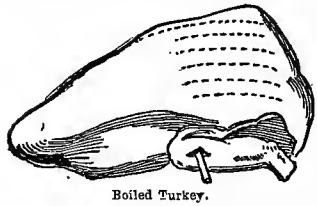
Rabbit.

circular cut around them. The back is the most delicate part, and next to that the thighs. A portion of the stuffing should be served with each slice. The brain and ears of the sucking pig and rabbit are also considered epicurian tid-bits, which must not be neglected; therefore, when every one is helped, cut off the head, put your knife between the upper and lower jaw and divide them, which will enable you to lay the upper flat on your plate; then put the point of the knife into the center and cut the head in two.

Winged Game and Poultry.—The carving of winged game and poultry requires more delicacy of hand and nicety in hitting the joints than the cutting of large pieces of meat, and, to be neatly done, requires considerable practice. The carving knife should be smaller and lighter and the point and handle longer than for meats.

Roast Turkey.—Cut long slices from each side of the breast down to the ribs, beginning at *a b* from the wing to the breast bone. Then turn the turkey upon the side nearest you, and cut off the leg and wing; when the knife is passed between the limbs and the body, and pressed outward, the joint will be easily perceived. Then turn the turkey on the other side, and cut off the leg and wing. Separate the drumsticks from the leg bones, and the pinions from the wings; it is hardly possible to mistake the joint. Cut the stuffing in thin slices lengthwise. Take off the neck-bones, which are two triangular bones on each side of the breast; this is done by passing the knife from the back under the blade part of each neck-bone, until it reaches the end; by raising the knife the other branch will easily crack off. Separate the carcass from the back by passing the knife lengthwise from the neck downward. Turn the back upwards and lay the edge of the knife across the back-bone about midway between the legs and wings; at the same moment, place the fork within the lower part of the turkey, and lift it up; this will make the back-bone crack at the knife. The croup, or lower part of the back being cut off, put it on the plate with the rump from you, and split off the side-bones by forcing the knife from the rump to the other end. The choicest parts of turkey are the side bones, the breast and the thigh bones. The breast and wings are called light meat; the thigh-bones and side-bones dark meat. When a person declines expressing a preference, it is polite to help to both kinds.



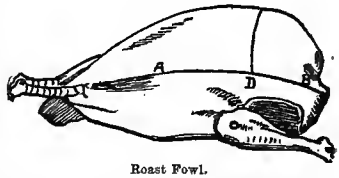


Boiled Turkey.

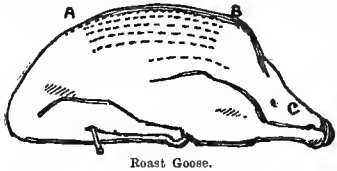
Boiled Turkey is carved in the same way as the roast, the only difference being in the trussing; the legs in boiled being, as here shown, drawn into the body, and in the roast skewered.

Roast Fowl.—Slip the knife between the leg and body, and cut to the bone; then with the fork turn the leg back, and the joint will give way if the bird is not old. Take the wing off in the direction of *a* to *b*, only dividing the joint with your knife. When the four quarters are thus removed, take

off the merry-thought from *c*, and the neck bones, these last, by putting in the knife at *d*, and pressing it, will break off from the part that sticks to the breast. The next thing is to divide the breast from the carcass, by cutting through the tender ribs close to the breast, quite down to the tail. Then raise the lower end of rump and it will separate easiiy. Turn the rump from you, take off the two sidesmen, and the whole will be done. To separate the thigh from the drumstick of the leg insert the knife into the joint as above. It requires practice to hit the joint at the first trial. The breast and wings are considered the best parts. If the bird be a capon, or large, and roasted, the breast may be cut into slices the same way as the pheasant. The difference in the carving of boiled and roast fowls consists only in the breast of the latter being always served whole, and the thigh-bones being generally prefered to the wing.



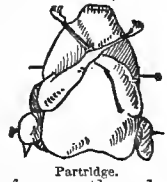
Roast Fowl.



Roast Goose.

Geese.—Cut thin slices from the breast at *a* to *b*; the wing is generally separated as in turkeys, but the leg is almost constantly reserved for broiling. Serve a little of the seasoning from the inside by cutting a circular slice in the apron at *c*.

Pheasant,—Slip the knife between the leg and the breast; cut off a wing then slice the breast, and you will have two or three handsome cuts. Cut off the merry thought by passing the knife under it towards the neck, and cut all the other parts as in a fowl. The breast, wings, and merry-thought are the most esteemed; but the thigh has a high flavor.


Partridge.

Partridge.—It may be cut up in the same manner as a fowl; but the bird being small, it is unusual to divide it into more than three portions—the leg and wing being left together, and the breast helped entire; the back, being only served along with some other parts. If the birds are very young, and the party not over large, the whole body is not unfrequently only separated into two pieces, by one cut of the knife from head to tail.

Quails.—Generally helped whole.

Grouse, Snipe and Woodcock.—Proceed as for partridge. As regards these different sorts of game, the thigh of the pheasant and woodcock is the best, and the breast and wing of the partridge and grouse; but the most epicurean morsel of all is the trail of the woodcock served up on toast. Smaller birds should always be helped as they are roasted, whole.

In serving fish some practice is needful, for lightness of touch and dexterity of management are necessary to prevent the flakes from breaking. In serving mackerel, shad, etc., a part of the roe should be placed on each plate. The fins of the turbot are most sought for; the fish is placed underpart uppermost on the platter, as there lies the primest part. In carving salmon, a portion of the back and belly should be served to each person. The choicest morsels are next to the head, the thin part comes next, and the tail is the least esteemed. The flavor of the fish nearest the bone is not equal to that on the upper part.

BUTTER AND CHEESE.

No sloven can make good butter. The *one thing* to be kept in mind, morning, noon and night, is neatness, neatness, neatness. The milking should be done in the cleanest place that can be found, and the cows should be kept as clean as possible. Wash the teats *and udders* thoroughly with plenty of cold water, and wipe with a cloth or towel. Never wash with the hand moistened with milk from the cow. The least impurity taints the cream, and takes from the sweetness of the butter. Milk perfectly clean (as the last pint is twice as rich in butter as the first), and the quicker the milking is done the more milk is obtained. The milk-room should be clean and sweet its air pure, and temperature about 62 degrees. As soon as a pail is filled, take to the milk-room and strain the milk through a fine wire-cloth strainer, kept for the purpose, and not attached to the pail (the simple strainer being more easily kept clean.) *Never allow milk to stand in the stable and cool*, as it absorbs the foul odors of the place. The pans (flat stone crocks with flaring sides are better than tin pans. In winter hot water should be poured into them while milking is being done, and poured out just before straining the milk into them) should be set on slats, rather than shelves, as it is important to have the milk cooled from the animal heat as soon as possible. Skim each day, or at longest within twenty-four hours. Souring does not injure the quality of the cream, but the milk should not be allowed to become watery. In winter always put a little sour milk in bottom of cream crock at first skimming. Do not use a perforated skimmer, but remove a little of the milk with the cream, as this does not injure the quality or lessen the quantity of butter, and gives *more well-flavored buttermilk*, which is a favorite and wholesome drink. If there is cream enough each day, it should, of course, be churned, and this plan makes the best butter, although it takes longer to churn it. If not, the cream should be set aside in a cool place, covered, and stirred thoroughly whenever more is added. It ought not to stand more than two days, and must not be allowed to become bitter or flaky. The best plan is to churn as soon as it becomes slightly acid. Scald the churn and dash thoroughly, and put in the cream at a temperature of 58 degrees. The motion of the churn will soon bring it up to 60 degrees. When the butter comes put a quart or two of cold, soft water (or ice is better) into the churn to harden the butter, and make it easier to gather up. After gathering it as well as possible

with the dash, it should be removed to the table or bowl, and thoroughly worked with a flat wooden paddle, (never with the hand, as the insensible perspiration will more or less taint the butter), using an abundance of cold *soft* water to wash out the buttermilk and harden the butter. By this process the buttermilk is removed quickly, and there is no need of excessive working, which injures the grain of the butter. This is especially true of that which is packed, as it keeps longer when well washed. If to be used immediately, the washing may be less thorough. Another and better plan is to remove the butter to a marble slab and lay on top of it a piece of ice. As it settles down by its own weight, work it up around the edges with a paddle, and the water from the melting ice will wash out and carry off the buttermilk. Before or during the churning, the bowl (which should never be used for anything else) in which the butter is to be salted, should be filled with scalding water, which should remain for ten minutes; pour out and rub both bowl and paddle with hard coarse salt, which prevents butter from sticking. Rinse thoroughly and fill with cold or ice-water to cool. After washing butter free from milk, remove to this bowl, having first poured out the cold water, and (the butter bowl and paddle should occasionally be scoured with sand or ashes, washed thoroughly with soap-suds, and rinsed until all smell of soap has disappeared) work in gradually salt which has been pulverized by rolling, and freed from foreign substances. If wanted for use, one-half ounce of salt to the pound of butter is sufficient, but if wanted for packing, use three-fourths of an ounce or even an ounce of salt. Use only the best quality of dairy salt. After salting cover with cotton cloth soaked in brine, and set away in a temperature of about 60 degrees for twelve hours. Work the second time just enough to get the remaining buttermilk out. This, however, must be done thoroughly, as otherwise the acid of the buttermilk will make the butter rancid. At the end of the second working it is ready for use, and should be kept in a clean, sweet place, as it soon absorbs bad odors and becomes tainted. The air of a cellar in which are decaying vegetables soon ruins the sweetest butter. In packing for market (tin lined tubs are the neatest and best packages) soak the package for twelve hours in brine strong enough to float an egg, pack the butter in evenly and firmly, having first put in a thin layer of salt. If the tub is not filled by the first packing, set away until the next churning, in a cool place, with a cotton cloth wet in brine spread over the butter, and place cover carefully on the tub. When filled lay over the butter a cotton cloth (from which the sizing has been washed) soaked in strong brine, nail on the tub, and set away in a clean, cool place until ready to sell.

Straining Milk.—Do not strain warm milk into cold; it causes whey.

Care of the Cream.—Stirring the cream in cream crock increases the quantity of butter.

White Specks in Butter.—The cream being too sour is generally the cause of this, as when the cream is warmed by churning it forms what is known as clabber cheese and that makes the white specks.

Butter Rollers.—Two wooden paddles made in form of engraving are dipped into cold water, and a little pat of butter placed between them and rolled around until a little ball is formed, with a pretty network surface. This may be piled on the butter dish, or served on individual butter dishes at the plates.

Testing Butter.—The following simple test for the detection of spurious and genuine butter emanates from good authority: Place a little butter on a cotton wick and set light to it for one or two minutes; then blow out the flame. The odor

of the vapor is a good indication of its purity or adulteration. If it be mixed with lard, the odor is more intense than if mixed with tallow. The artificial butter has less water than the natural butter.

Creameries.—All housewives who make butter should examine immediately the new inventions which substitute deep setting for the old-fashioned plan of setting in shallow pans. The new system is not only cleaner, but it produces as much and a better quality of butter, and does away with one-half of the hard work of butter making. Besides, the creameries, of which there are several good ones, take up but very little space, relieve the pantry shelves of the great number of pans required by the old way, and make a milk house unnecessary. They are not costly, and are great woman savers.

Bright Butter.—In skimming cream off milk there should always be milk enough skimmed off with the cream to give the butter, when churned, a bright, clean look. Butter churned from clear cream with little or no milk in it will usually have an oily or shiny look. This shows that the grain of the butter is injured, which affects the keeping qualities of the butter.

Keeping Butter.—When in the granular state, if butter be washed free from extraneous matter its keeping qualities are far superior to that in which these elements are allowed to remain, even though in small quantities. When the butter is washed by a not very strong brine it is then possible for salt to preserve it, but if the matter remains salting will not benefit it, though concealing other flavors. When butter is washed with the brine it is possible to churn, salt and pack at one operation, thereby saving labor.

What To Do With Rancid Butter.—When butter has become very rancid, it should be melted several times by a moderate heat, with or without the addition of water, and after cooling extract any water it may have retained, then put it into jars and cover closely. The French often add to it, after it has been melted, a piece of toasted bread, which helps to destroy the tendency of the butter to rancidity.

Butter in Winter.—Heat the milk as soon as strained until a light texture is formed on the surface, then set as usual. The safest way to do this is either in oven or in another vessel of boiling water. It is not necessary to let the milk stand more than forty-eight hours in following this method and the milk is good for many culinary purposes. If milk freezes before all cream has risen, skim as soon as frozen, putting frozen cream and milk in cream crock and then reheating the milk that is left, when more cream will rise. When about to churn, place your jar of cream near the fire and stir often, turning the jar around occasionally. Churn slowly until the butter is nearly ready to gather.

Granular Butter.—Writers on butter making now insist that the best churns are made without a dash, butter should be churned only until granules are the size of a grain of wheat, then draw off buttermilk and rinse until water runs off clear, then take half pint coarse salt, dissolve in two gallons water, pour on butter and let stand twenty or thirty minutes, draw off and let drain well then take out, weigh, spread out as much as possible and sprinkle evenly over it one ounce of salt to a pound of butter. Mix well but do not work, gently press grains together and set aside twenty-four hours. Then work out all the water, but if a paddle is used be careful not to let it slide over the butter. After the water is all out every stroke injures the grain. Scour the churn once a week with coarse salt.

Keeping Butter in Warm Weather.—Work the butter thoroughly to extract the buttermilk and pack in stone crocks to within two or three inches of the top; cover with a cloth and fill up with salt; put two or three thicknesses

of paper on top and a board over all; dig a hole in the ground, three feet deep, in a shady place, in which place the crocks and fill up with earth.

Brine for Butter.—In packing for family use, work into rolls, lay in large stone crocks, cover with brine strong enough to float an egg (one pint of salt to a gallon of water), in which a level teaspoon of saltpeter and a pound of white sugar to each two gallons have been added; over it place a cotton cloth and a weight to keep the butter under the brine, and the paper over the top of crock. Or, pack in a stone jar, pressing it solid with a wooden pestle, cover with a cloth wet in brine, and sprinkle over it salt an inch thick. More sugar may be added to the brine without injury; if butter is to be kept a long time it is a good rule to always make brine so strong that salt will lie at the bottom of the jar. Some boil and skim the brine and when *cold*, pour it over the butter. When ready to pack the next churning, remove the cloth with the salt carefully, rinsing off with water any that may have been scattered in uncovering it, pack butter as before, replace cloth with salt over it, and repeat until jar is filled to within two inches of the top, cover all with cloth, add salt to the top of crock, tie paper over the top, and set in a cool place. In removing for use each churning comes out by itself, or pack in layers as thick as you wish for the table, put a cloth and salt between each layer and on top. It keeps very nice and one can cut nice pieces for the table.

Butter Worked Once.—The experience of one who does this is as follows: "I use a barrel churn, although a box churn without a paddle in it does as well. I let the milk stand twenty-four hours, provided it does not sour; if it does, skim as soon as it begins to turn. If you have sour and sweet cream, mix and let it stand an hour or more before churning; as sour comes more quickly, consequently the sweet would be left in the buttermilk. I use a thermometer and test the cream, never churning it warmer than sixty-four degrees, and not colder than sixty-two; and I granulate the butter, never allowing it to gather. Sometimes the granula are as large as kernels of wheat, but generally smaller. Draw off the buttermilk, then put in cold water; draw off some more and add more water; let it stand a few minutes and draw off again; then put in more cold water, and cover the churn up and let it stand ten minutes; then draw off all the water and put the salt in the churn; put the cover on and churn it just a little; let it stand one hour, turning the churn over once in a while, say four or five times in the course of an hour; then take it out on the butter worker, and work it only enough to get the brine out, and pack it down. If this plan is followed out your butter will never be streaked, and it will keep all summer or longer.

Home-made Cheese.—To make it thus have a carpenter make a strong little screw-press, using a work bench screw which makes it very inexpensive and answers the purpose well, pressing the whey out, and leaving the cheese smooth and firm as the factory made. The other implements are a peck measure with the bottom knocked out, and gimlet holes bored in the sides, with a strong cover to fit closely inside, a few yards of thin muslin (flour sacks are good), and a large bowl and chopping knife. Buy the rennet of the butcher, and strain the night's milk into a tin wash boiler, then strain the morning's milk in with it, which will make the boiler about three-fourths full. Soak a piece of rennet nearly half the size of a hand in a pint of warm water overnight; after warming the milk as warm as when milked from the cows, strain the rennet water in, stir well, and let sit half an hour, or till it is firm curd; then cut in squares with a long knife or slat that will reach the bottom; stir with the hand around two or three times slowly, being careful to reach the bottom, and let it set five minutes; then cut finer

and stir harder; don't hurry the whey out at first or cheese will be tough. Lay a thin cloth over the boiler and press down on the curd and dip all the whey off that can be got; then stir, and dip again; when the whey is nearly all out pour it in a thin cloth and hang to drip dry; then put in a bowl and chop fine, adding a little salt, then put a thin cloth over the hoop, put the curd in, lay one end of the cloth over, and put in the press; screw down lightly at first, and finally very hard; leave in one day, then turn, and press two more days; take out, grease, and rub with cayenne pepper. Keep cheese in a dark room up stairs, grease, and turn every day. Or have a long bench upon which place two new tubs, (without being painted inside,) in which "set" the milk. When the cheese has come, or when thick enough not to stick to a knife blade, cut with a long cheese knife, consisting of five blades. into small checks. Then, after standing until the whey will separate from the curd, place a thin cloth of "cheese cloth" one and a fourth yards square upon it; then carefully with a short-handled two quart cup, care being taken not to bring white whey, lift the curd up gently with the hand. Let stand awhile and then dip again, so continuing till the curd hardens somewhat. Have a kettle of hot whey and pour it over, stirring it the while; let it stand for a time, lift up the curd with the hand, and when another kettleful is hot, scald again. Be sure and not let the whey burn. Generally two and three kettles of whey are sufficient. The object of letting it stand between scalding is to cure it. When scalded it should be of a yellow color and hard enough to break in small kernels. Be careful to keep the curd fine after scalding is commenced. Let stand half an hour. Then place a "cradle" over tub made in the following way; have four pieces of pine six or seven inches wide. Two length pieces four inches longer than the tub, and the end pieces enough narrower than tub to keep all the whey inside; the side pieces straight on one edge and rounding on the other to set in to the tub a little. The end pieces straight on both sides, make into a frame and on the rounding side nail slats across an inch apart. Place strainer in it and dip in the curd. This is to let the whey run off. After stirring and crumbling, if still warm, dip cold whey over. When cold, dry, and fine, add salt. It is then ready for the hoop. Place the hoop on a square board a little larger than the hoop, over this a thick cloth and put in the curd, place the cover in, and it is then ready for the press, made with a narrow plank for lever, a board for fulcrum, and a large stone for weight. In the middle of the day turn the cheese, using a clean cloth for the afternoon.

THE CHEMISTRY OF FOOD.

A man may eat his fill and yet be hungry. It is not the quantity but the proper quality in food that satisfies. It is not only true that what is one man's food is another's poison; but it is also true that what is food at one season of the year, at one period of life, or in one climate, may be poison to the same individual at another season or age, or in another climate. The inhabitants of the tropic subsists and thrives on fruits on which the Icelander would starve; while the blubber and oil that makes up the diet of the inhabitants of the frozen zones would be fatal to those who live under the burning sun of the equator. Even the same person requires a fruit diet in the tropics, and one of fats in the north region. The child requires food made up of different elements from that which best suits the adult; and the diet of a laborer in the open air must differ from that of the brain-worker, who takes little exercise, and whose work makes heavy draughts on the nervous system.

No one has mastered the art of cooking who does not know something of the chemical elements of foods, and the purpose they serve when taken into the system. It is particularly important that those who are compelled to practice rigid economy should know just what foods will best supply the real needs of the family, and how the most real nourishment may be had for their money.

An adult takes into the system daily, through lungs and mouth, eight and a quarter pounds of dry food, water, and air necessary for respiration. The same amount is given off as waste through the pores, lungs, kidneys, and intestines. Life and activity consume this amount as fuel just as a lamp consumes oil. Every moment, every breath, every heart-beat, every thought burns up a certain amount of fuel-material, and if the supply is not forthcoming, the machinery stops and death ensues. The better the oil the more perfect the light; and the more perfectly the food is adapted to its wants, the more vigorous the body, and the more perfect the working of its intricate machinery of muscle, nerve, and brain.

Food is first masticated and then digested. In mastication it is not only moistened with saliva, but acted upon chemically in preparation for the more vigorous and thorough work of the stomach. It is a mistake to suppose that water or any of the various drinks taken at table are a substitute for saliva. They not only do not prepare food for the stomach, but force it into the stomach unprepared, and, besides, retard digestion by delaying the process until the water can be absorbed into the blood. For these reasons drinks should precede or follow a meal. Crusts of bread and hard and firm food is wholesome, principally because it *must* be thoroughly masticated before it can be swallowed.

When the food reaches the stomach it rouses into action, the gastric juice pours from hundreds of little points, the food is diluted and the more solvent parts dissolved, to be taken up by the thousands of little mouths which honeycomb the surface, and carried into the circulation to repair the waste of tissues. The oily portions of food, and such as do not yield to the action of the gastric juice, pass on and are subjected to the influence of the bile and pancreatic fluid, until all that is of value is absorbed, while the waste is rejected and passes off.

This much of the digestive process needs to be known to make clear the why of certain processes in cookery. As the juices of the stomach only act on the *surface* of the food which passes into it, it is easy to see why light bread is more wholesome than heavy. The gastric and other juices can act only on the outside surface of a heavy lump of dough; but when made into light and porus bread, the outer surface is not only vastly increased but the juices pour through thousands of avenues, and penetrate and act on every part. If the frugal housewife knew this, would she set the heavy, soggy loaf of bread before her children "to save it?" Many a mother ignorantly gives her children a stone when it asks for bread.

Fats of all kinds do not digest in the stomach. The gastric juice mingles with but does not dissolve them. It is only after they have passed on and become subjected to the action of the bile and pancreatic fluid that they are taken up and made available as carbon for lung combustion. Fats, *uncombined with other substances*, act as emetics or cathartics and not as food. It is only when combined with other food that they are capable of being taken up by the absorbing vessels, and made to act as fuel to the system. A half pound of crude lard, unmixed with any other substance, would be rejected, but when thoroughly and skillfully mixed into a flaky crust will not derange the stomach, and will be assimilated and utilized. *Remember that the use of more fat than can be perfectly blended, or any carelessness or imperfection in the process*, is sure to produce indigestion and work mischief.

Foods differ in the time required for digestion. Some fruits refresh instantly, the juice being at once absorbed into the circulation. Some meats and vegetables yield almost immediately to the action of the gastric juice, and pass into the circulation. Others require a long time for digestion. The more subtle and delicate flavors and parts of food yield first; then the gluten of the flour, the curd of the milk, the fiber of the flesh, reinforce the blood and supply muscular waste, while, later, the oily and sugary portions are worked over to repair waste or furnish fuel to keep up the heat of the body.

Food has chiefly two offices to perform; the repair of muscular waste, and the supply of the body with fuel to keep its heat up to 98°. Each of these is indispensable to health and strength. The chief part of what we eat is used by the lungs for fuel; the rest, except small portions of mineral substances, such as lime, potash, sulphur, etc., goes to the production of muscular and brain force. The great secret in the preparation of food that

will prolong life and maintain a high state of health, is to adapt it to the peculiar conditions of those to be fed,—age, occupation, climate, and season to be considered. Variety of food is nearly always at hand; knowledge only is necessary to choose that best adapted to present needs.

The heat of the body is produced by the action of the lungs, which uses up the heat-producing food, as action of muscle or brain consumes the muscle-making material. The former is non-nitrogenous; the latter nitrogenous. Foods may be divided into three groups; the nitrogenous, in which nitrogen is the chief element, and which feeds muscle only; the non-nitrogenous, chiefly carbon, which produce heat only; and those in which both are united.

It has been proved by chemical analysis that the body requires four to five ounces for heat to one for muscle, and this gives us the key to the proper proportion of the elements in food, varying slightly of course, with seasons, climates, occupations, and conditions.

The substance richest in nitrogen, the muscle-making element, is albumen, found in its most perfect form in the white of an egg. The lean or red parts of beef, mutton, venison, and chicken contain nearly as great a percentage, as well as grain, pease, and beans. If muscles only were to be fed, these would be nearly perfect foods, but for one ounce that goes to muscle, five ounces must go to heat, and this calls for carbon.

The carbon needed to keep up the bodily heat comes chiefly from starch, which is abundant in the vegetable kingdom. Grate a potato and wash in a succession of waters, allowing the sediment to deposit each time, and a floury substance will appear, perfectly white, and dry and crispy to the touch. This is starch, and consists of round grains, too small to be seen by the eye. One-half of the bulk of dry starch is carbon; the remainder is oxygen and hydrogen in exactly the proportion as in water; and in that wonderful laboratory, the stomach, the carbon is elminated from the starch, and the oxygen and hydrogen combine to form water.

The starch made from wheat is seldom used as food. Sago, Tapioco, and arrowroot, so much used for puddings, are almost pure starch, with slight coloring matter taken from the material. Corn starch is less agreeable in flavor, and makes a less firm jelly when cooked. These desert dishes are easily digested, and contribute carbon, but do not feed muscle, except as they are combined with milk, eggs, etc., in cooking, which contain a little nitrogen and a good deal of carbon. The food, then, is not adapted to a working man or to growing children, who need to have their muscles fed. For persons of sedentary habits, especially for the aged, whose feeble respiration needs a large supply of carbon to keep up heat, they are valuable because easily digested. For others they are of value only to supplement muscle-making food as a dessert.

The following table (Prof. Yoemans) gives the proportion of starch in common grains.

	Per Cent Starch.		Per Cent Starch.
Rice Flour,	84 to 85	Barley Flour,	67 to 70
Indian Meal,	77 to 80	Rye Flour,	50 to 61
Oat Meal,	70 to 80	Buckwheat,	52
Wheat Flour,	39 to 77	Pease and Beans,	42 to 43

Potatoes (75 per cent water) 13 to 15.

The large variation in wheat flour is due to the process of grinding. Varieties of wheat only vary about five per cent, but the old process of making fine white flour, used only the middle or starchy parts of the kernel, rejecting the gluten (nitrogenous and muscle-feeding.) The whitest and highest-priced flour was, therefore, less nourishing, containing the largest per cent of starch. Modern invention has, however, reversed this, and the best "new

process'' flour contains the largest proportion of gluten. The old argument in favor of Graham, that it contained a larger proportion of nitrogen, and better supplied the body with muscle-making material, no longer holds good. Analysis shows that the best ''new process'' flour and Graham are almost identical in these elements. The only advantage left for Graham is the action of the coarser particles of bran (the outer shell and indigestible) on the coatings of the stomach, which is often salutary, but sometimes injurious to the delicate membranes. When flour and bread made from it contains one part nitrogent to four of carbon, it is nearly perfect food, and will sustain life.

The substance which is of next importance in supplying carbon to the body is oil (which is chiefly carbon). The oils used for food are butter, lard, and the fat of beef. Other oils, used sometimes in cooking, are nearly identicle with these. They contain about eighty per cent of carbon, butter having the least. In grains, oil varies, being nine per cent in corn meal, six in oatmeal, three and a half in rye, and one to two in wheat. Oils and starch serve the same purpose in the digestive process; both are useful to supply carbon; neither nourish muscle. Starch is easy of digestion, requiring one hour, while butter is converted into chyme in three and one-half, mutton-fat in four and a half, and beef-fat in five and one-half hours. This furnishes the best of reasons why fats should be sparingly used, especially in warm and moderate weather, when a sufficient supply of carbon is easily secured from vegetable foods. Besides, it is a well established fact that excessive use of fats in cooking cause an excessive secretion of bile, and this in turn, causes a sensation like hunger and an increase of saliva. This is mistaken for real hunger. More food is taken, and indigestion, and later dyspepsia result. An eminent authority says: ''I believe it will be found the offending ingredient in nine-tenths of the dishes that disturb weak stomachs.'' Dyspeptics need to reject not only foods in which fats are mixed, but those in which they are the natural element, such as the yolk of eggs, liver, milk, rich cheese, etc. Yolks contain twenty-eight per cent of oil, and milk over three per cent. One condition only calls for the use of fats in daily diet: Long continued exposure to excessive cold. One pound of fat furnishes as much carbon as two and four-tenths pounds of starch, or seven and seven-tenths pounds lean meat. When the moisture of the breath is converted to ice and freezes on the beard, the air has no watery vapor and is nearly pure, containing a large per cent of oxygen. To meet this in the lungs requires abundant carbon, and oils furnish this most readily.

The best bread for cold weather is that containing most oil. Corn bread ranks first, oatmeal next, rye third and wheat last. Of course comparatively few are exposed to the rigors of winter in civilized life, and brief exposure to cold is offset by an increase of clothing, and ordinary diet furnishes a plentiful supply of carbon. For woodmen, soldiers, sailors, pilots, travelers, railroad men, and others exposed to long, cold storms, especially when they can not exercise freely, should eat liberally of fat beef, yolks of eggs, and butter. Butter is the least objectionable of fats. Fat from salt pork and smoked bacon is less injurious than that from fresh pork. Beef fat is also much more wholesome than lard. Above all, let the cook remember that oils are physic, and next to poison, if not blended with substances which contain large quanties of starch, such as rice, mealy potatoes, and bread made of fine wheat flour. An ounce of lard and a pound of flour thoroughly blended in a loaf of bread is digestible, but the same amount added to corn meal (already rich in oil) would be fit food only for a Greenlander. The proper proportion of oil in food of ordinary circumstances is illustrated in milk, which contains three and one-half parts of oil in one hundred.

The next important element which supplies carbon is sugar, which is contained in greater or loss quantity in all vegetable substances, and largely (five to six and one-half per cent) in milk. Sugar contains forty per cent car-

bon, the rest water. It seems to be first converted into fat, and then used in respiration. In moderate quantities it has no injurious effects. A part of sugar as ordinarily eaten passes into lactic acid, and aids digestion, but if too much is produced digestion is retarded.

There are too kinds of sugars in commerce—cane and grape. The former is made from cane, maple saps, beets, corn-stalks, etc.; the other from plants which have an acid juice. Cane sugar contains twelve parts carbon to eleven of water; grape sugar twelve of carbon to fourteen of water. Sugars are changed by fermentation into carbonic acid and alcohol, but grape sugar is most liable to such fermentation—cane sugar first becoming grape sugar by chemical combination with water. Pure cane sugar remains perfectly dry and unchanged in the air, while grape sugar attracts moisture, and becomes mealy and damp. Cane sugar dissolves more readily in water than grape, and hence tastes sweeter. Two pounds of cane sugar sweeten as much as five of grape. These facts give a hint to housekeepers of great value. Grape sugar, which is worth only two-fifths as much as cane, is used largely to adulterate the latter. The fine, floury "powdered" sugar is largely grape sugar, and is not only of much less value, but deteriorates more rapidly than pure cane sugar. Brown sugar, after standing for some time, absorbs water from the air, and becomes grape sugar. It is, therefore, the best economy to buy the best white granulated sugar.

There is another element of food which does not feed muscles, vegetable jelly, called *pectine*. This and pectine acid particularly abounds in fruits and berries, By the processes of ripening, the vegetable acids which are enclosed in little cells, burst out and diffuse through the mass of fruit, and manufacture pectine or jelly. Heat produces the same effect as ripening, and cooking is, in fact, only a rapid process of ripening. The jelly, when combined with sugar, goes to make up a variety of delicate articles, such as jellies and marmalades. They are nourishing, principally on account of the sugar they contain, but are easily digested, cooling and delicious. It should be mentioned that nearly all fruits are rich in sugar,—a ripe peach containing as much as an equal quantity of cane juice.

There are some other substances which appear in less quantity in foods which seem none the less essential to health and life. One of these is phosphorus, which is the element of brain and nerves, and is wasted by mental activity and nervous excitement. The brain-worker demands a diet rich in phosphorus, and in such a form as to be easily assimilated. The food that best sustains a laborer in the open air is not the best for those who live among the excitements and exhausting demands on the brain, that are the rule in city life. For the latter, eggs, most kinds of fish, oysters, lobsters, crabs, game, cheese, and among vegetables the potato; and these foods are just what are craved by city people.

Another element is sulphur, which is required in the growth of bone and cartilage, the hair and nails. Of this there is so much in the yolk of an egg that silver is blackened by contact with it. Curd of milk and cheese are also rich in sulphur.

Iron is always present in healthy blood, and its absence—paleness—is an indication of illness. Most articles of food contain iron; in the juice of flesh, in eggs, and in milk it is abundant. Lime and salt are also ingredients in all food, the former making bone, and the latter playing an important part in the creation of the digestive juices. Lime is found in all grains, particularly in wheat and in milk, in form of subphosphates. Bread and milk are for this reason an excellent diet for growing children, as they supply not only heat and muscle, but lime that goes to supply the growth of bone. Salt also exists in many articles of food.

Men and races grow in proportion to their skill in combining heat and muscle-producing foods. The hardy Scotch use oatmeal largely, which is

rich in nitrogen. The Irish, who endure a large amount of hard labor on cheap fare, eat potatoes, oatmeal, cabbage, and milk, while the lime and phosphates are said to be derived from the "hard" water impregnated with lime. The English add bacon (heat-producing) to beans, rich in nitrogen, and to rice, which abounds in starch (carbon), and milk and eggs, which feed muscle. The Italian eats macaroni, which is principally starch, with cheese, rich in nitrogen. The use of chemistry in cooking is to teach how to *supplement* one kind of food by another which contains the essentinl elements which the first lacks. For instance, venison contains fifteen per cent nitrogen to fifty-two carbon, or as one to three and a half, while the ratio should be one to four or five. To make it perfect and satisfying food, we have only to supplement it with something rich in carbon, as wheat bread, oatmeal, potatoes, or rice. A farmer's dinner of salt pork and cabbage is nearly perfect for an out-door laborer in cold weather. The cabbage is rich in nitrogen and the pork in carbon. It is a proper dinner dish, because it requires four and a half hours to digest, while a supper may be made on venison, which is digested in an hour. Beef has fifteen per cent of nitrogen, but is not so easily digested as venison, and is fit only for a breakfast or dinner dish.' Wheat bread does not contain nitrogen enough for a workingman's diet, and butter eaten with it does not supply the lack. Some kind of lean meat is needed to make perfect food. The more active the life out of doors the nearer can health be sustained on a diet of lean meat only. Beans contain, next to meats, the most nitrogen, and are excellent food for laborers. The cabbage ranks next, and afterward come oats, wheat and barley. The potato contains seventy-five per cent water. An analysis of the dry matter shows one-tenth of it to be nitrogen, so that its nutritive value is nearly equal to wheat, while its great productiveness recommends it particularly to densely populated countries. A dozen large patatoes are equal to a pound of flour. The onion is very rich in nitrogen,—one onion being equal to three potatoes of equal size in nutritive value.

Milk contains all the important elements of food; yet adults need solid food. Add to milk eggs, rich in nitrogen, rice and sugar, rich in carbon, and you have a nutritious dish, easily digested.

Butter-milk is a wholesome drink, particularly in summer, as the nutritive power of the milk is but little reduced by the removal of the butter, while the sourness, due to the formation of lactic acid, aids digestion.

Eggs contain a great deal of carbon, and are, for that reason, good food for cold weather. They are too concentrated for exclusive diet, and should be eaten with coarse food, or that which is composed largely of starch.

In making cakes, the oil of the yolks of eggs used makes the perfect blending of lard or butter impossible, and hence unwholesome. For this reason sponge cake, which contains no butter, is less objectionable.

Breads differ but little in these elements. Corn meal contains more oil and less nitrogen than others, and oatmeal is richest in nitrogen. The easy blending of the elements, and the tough gluten of wheat, make it the most available grain for bread. Wheat bread alone will support life longer than any other food except animal flesh. The proportion of nitrogen to carbon is one to five, which is nearly correct for a sedentary person. For active, out-door life more nitrogen is needed, and is best supplied by lean meats.

The nutritive qualities of animals differ but little. Wild meats digest more easily than tame, though the time required varies with the age and condition of the animal. Flesh is a stimulating diet because it is force-giving and muscle-feeding. The animal has gathered from various sources and concentrated in its flesh the constituents which best meet the wants of our bodies in the most available form.

Applying the knowledge of the wants of the body, and of the elements of food to a bill of fare, and a wholesome breakfast demands strength-giving

and muscle making food. Nothing is more quickly available than beefsteak, and it is most digestible broiled. It is a diet for real workers. Eggs are nutritive, but less stimulating. These provide for the muscles. For heat, starchy food is demanded, but bulk is not desirable for breakfast after a long fast. Bread and cakes of wheat flour are best for the purpose, and fruits, raw or cooked furnish the mild vegetable acid, which aids digestion. If coffee is taken at all, breakfast is the time, so that the stimulating effect may pass away before the hour of rest comes. An infusion of genuine coffee, not a decoction, is not injurious in the morning to most persons, and is beneficial to those exposed to changes ot temperature.

Nothing appeases the appetite sooner than the juice of flesh. The barley gives a color and flavor. Following soup is roast beef, which feeds the muscles, and after it come the puddings, which abound in carbon, to give the fuel necessary to keep up the animal heat. Last comes fruit to aid digestion, with its agreeable acids. In summer less carbon should appear on the bills of fare, and blanc-manges, creams, fruit puddings and pies, berries, and ripe fruits should make up the desserts.

In making a feast, the wise hostess would consider well what has been the employment of the guests. A party of fox-hunters, or wood-choppers, or surveyors, would require an abundance of meats, but a collection of artists and scholars would relish better a variety of delicacies and novelties. A sleighing party will devour carbon, but those who have sweltered under a July sun long for cooling fruits and the leanest of meats. The time when a feast is given should decide whether food, easy or difficult of digestion, should appear on a bill of fare, though such consideration for the health of guests is hardly to be expected of the average hostess.

A table of relative proportions of nitrogenous to carbonaceous elements in food, deducted from above hints may be of aid to many and has been kindly given us by a physician.

	Album or Nitrog.	Carbonaceous.
Lean beef	1	.5
Eggs	1	1.5
Pease	1	2.7
Beans	1	2.7
Lentils	1	2.4
Milk	1	3.6
Fat Beef	1	5.0
Oatmeal	1	6.1
Wheat meal or Bread	1	7.0
Indian meal	1	7.7
Rye meal	1	9.8
Potatoes	1	10.7
Carrots	1	11.5
Barley meal	1	12.7
Rice	1	13.0

By the above table it will be seen that wheat meal is the food which of all single substances the most perfectly meets the requirements of the system, containing exactly seven parts of the carbonaceous elements to one of the albuminous. Beef and eggs are deficient in the carbonaceous elements. Potatoes and most other vegetables, and rice, are deficient in albuminous elements. Oatmeal has an excess of the albuminous elements. By combining food substances which are deficient in one class of elements with those in which the same class is in superabundant proportion, the two classes of elements may be furnished to the system in just the right proportion. For instance, lean beef, eggs, pease, beans, milk, or oatmeal may be used with

potatoes, rice or other foods deficient in albuminous elements. It is for this reason that the Irish or Scotch laborer by instinct combines with his potatoes, oatmeal porridge or buttermilk. The following gives the proper proportion of different foods necessary to furnish the right amount of albuminous elements.

TABLE OF COMBINED FOODS.

Lb.	Oz.			Lb.	Oz.	
	8	Lean beef	with	4	8	Potatoes.
	7½	"	"	1	8	Rice.
	1½	"	"	1	8	Indian Meal.
	12	Eggs	"	1	6	Rice.
	9	"	"	5	2	Potatoes.
	3	pts. Milk	"	1		Rice.
	2½	" "	"	4	4	Potatoes.
	7½	oz. Pease	"	1	4	Rice.
	6	" "	"	5		Potatoes.
1	5	" Oatmeal	"		5	Rice.
1	4	" "	"	1	11	Potatoes.
1	4	" "	"		5	Rye Meal.
	15	" "	"		10	Indian Meal.

The quantity of each kind of food given in the above table, when added to that of the food substance given in the same line in the opposite column, makes just the quantity necessary to sustain life well for one day. Persons engaged in very active labor of course need more food than others, and the amount may be increased accordingly, the same proportion being always preserved.

It may be observed that it is not necessary to combine flesh with vegetable food in order to securc the proper proportion of the nitrogenous and carbonaceous elements, since there are several vegetable foods which contain the albuminous elements in excess, which is also the case with eggs and milk. For example three pints of milk and one pound of rice make as perfect a combination so far as the proportion of elements is concerned, as seven and a half ounces of lean beef and a pound and a half of rice. Seven and one-half ounces of pease and a pound and a quarter of rice is an equally perfect combination of food elements, which may also be said of one pound five ounces of oatmeal and five ounces of rice; one and a quarter pounds of oatmeal and five ounces of rye meal, or fifteen ounces of oatmeal and ten ounces of Indian meal.

Bread is not included in the list of combinations, because it is a perfect food by itself, and hence does not need to be combined with other foods, except for variety. This remark applies, of course, only to wheat-meal or graham bread. White or fine-flour bread is very deficient in albuminous elements. Another advantage in combining various foods is to be found in avoiding too great bulk in the case of vegetable foods, and too great concentration in the case of some animal foods. This will be readily apparent when it is observed how great quantities of some single food substances are necessary to supply the system with the proper quantity of nitrogenous elements, when eaten alone, as shown by the following table.

Amount of various foods necessary to furnish the proper daily amount of nitrogenous elements.

	Ounces.		Pounds.
Lean meat	15.6	Grapes	11.0
Eggs	21.2	Apples	2.5
Peas	11.2	Peaches	37.5
Oatmeal	23.6	Plums	37.5
Baker's bread	36.7	Cherries	7.0
Wheat flour, fine	27.5	Carrots	14.2
Graham flour	25.5	Turnips	15.4
Indian meal	26.8	Cabbage	15.4
Rye meal	37.1	Parsnips	16.9
	Pounds.		Pints.
Rice	3.0	Milk	4.5
Potatoes	8.8	Beer	185.0

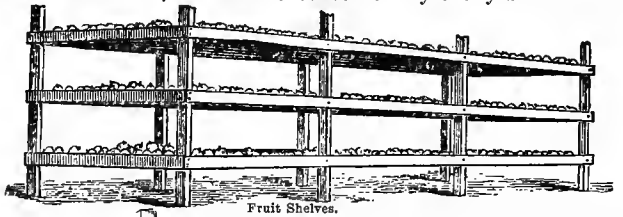
By reference to the preceeding table any one will be able to so combine various articles of food as to secure the proper amount of nutritious matter without overloading the digestive organs, and yet give to the food the bulk necessary for good digestion. Evidently, it would overtax the stomach to digest turnips in sufficient quantities to supply the wants of the body, while lean meat would afford an insufficient amount of bulk, as well as being deficient in carbonaceous matter.

THE CELLAR AND ICE-HOUSE.

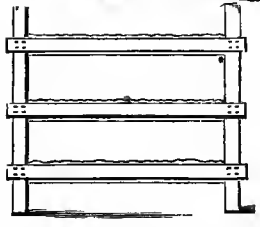
The cellar, when properly constructed and cared for, is the most useful room in the house, and no dwelling is complete without one. It is economy of expense and ground space to build it underground, and this plan gives the best cellar wherever the site of the house permits through drainage. The base of the foundation-wall of the house should be laid a little below the floor-level of the cellar, and the first layer should be of broad flag-stones, so placed that the edges will project a few inches beyond the outer face of the wall. This effectually prevents rats from undermining the cement floor, which they often do when this precaution is neglected, digging away the dirt until the floor breaks and gives them access to a new depot of supplies. In burrowing downwards, they invariably keep close to the wall, and when they reach the projecting flagging, give it up and look for an easier job. To secure the cellar from freezing, the wall, above the level of the deepest frost, should be double or "hollow," the inner wall being of brick four inches thick, with an air-space of two inches between it and the outer wall, which should be of stone and twelve or fourteen inches thick. The brick wall should be stiffened by an occasional "binder" across to the stone. The hollow space may be filled with dry tan-bark or sawdust, or left simply filled with the confined air, "dead air" being the most perfect non-conductor of heat known. The windows, which should be opposite each other when possible, to secure a "draft" and more perfect ventilation, should be provided with double sash —one flush with the outer face of the wall, which may be removed in summer, and the other flush with the inner face, hung on strong hinges, so that it may easily be swung open upward and hooked there. In winter, this arrangement lets in light, but with its space of confined air, keeps out the frost. A frame covered with wire netting should take the place of the outer sash in summer, to keep out every thing but the fresh air and light. The walls should be as smooth as possible on the inner side, and neatly plastered; also the ceiling overhead. The floor should be first paved with small stones, then a coat of water-lime laid on, and over this a second coat, as level as a planed floor. There should also be double doors, one flush with each face of the wall; and a wide out-door stairway, through which vegetables, coal, etc. may be carried, is indispensable. The depth should be about eight feet.

Such a cellar may always be clean, the air pure, and the temperature under complete control. It will consequently keep apples and pears two or three months longer than an ordinary cellar, prolonging the fruit season to "strawberry-time." If it extends under the whole house—the best plan when the state of the purse permits it—it may be divided into apartments, with brick walls between—one for vegetables, one for fruits, one for provisions, one for the laundry, and a fifth for coal and the furnace, if one is used. In one corner of the cellar, under the kitchen, may also be the cistern, the strong cellar wall serving for its outer wall. A pump from the kitchen would supply water there for domestic uses; and a pipe with a stop-cock, leading through the wall into the cellar, would occasionally be a convenience and save labor. It is better, however, as a rule, to locate the cistern just outside the house, passing a pipe from it through the cellar wall below the deepest frost level, and thence to the kitchen. If built in the cellar, the cistern should be square, with heavy walls, plastered inside with three coats of water-lime.

All the apartments of a cellar should be easily accessible from the outside door and from the kitchen stairway. In the vegetable apartment, the bins should be made of dressed lumber, and painted, and located in the center, with a walk around each, so that the contents may easily be examined and



Fruit Shelves.



assorted. The *Fruit Shelves*, made of slats two inches wide and placed one inch apart, should be put up with equal care and neatness, and with equal regard for convenience and easy access. Their place should be the most airy part of the cellar; the proper width is about two feet, and the distance apart about one foot, with the lowest shelf one foot from the floor. Pears will ripen nicely on the lower shelves under a cover of woolen blankets. The support should, of course, be firm and strong. The bottom shelf should be of one board, on which to scatter fine fresh lime to the depth of an inch, changing it two or three times during the winter. A shelf, suspended firmly from the ceiling, and located where it will be easy of access from the kitchen, on which to place cakes, pies, meats, and any thing that needs to be kept cool and safe from cats and mice, is an absolute necessity. Its height prevents the articles placed on it from becoming damp, and gathering mold, as they sometimes do when placed on the cellar floor. In planning shelves for cans, crocks, casks, etc., regard should be had to economy of space by making the distance between the shelves correspond to the articles to stand on them, and it is well to so place the lower shelf that the meat barrels, etc., may be placed under it. The temperature of a cellar should never be below freezing, and if it is raised above fifty by a fire, outside air should be admitted to lower it. The best time for ventilating the cellar is at noon, taking care in hot weather not to admit so much outside air as to render it warm. A simple and excellent plan for ventilation, where the location of the kitchen

chimney admits it, is to pass an ordinary stove-pipe through the floor upward beside or behind the pipe of the kitchen stove, and thence by an elbow into the chimney. The draft of the chimney will carry off all the impure air that arises in the cellar, and if too great a current is created, it may be brought under complete control by a valve at the floor. The most perfectly kept cellar in our experience was cared for in the following manner; the reasons being that the object of ventilation is keep cellars cool and dry, but this object often fails of being accomplished by a common mistake, and instead the cellar is made both warm and damp. A cool place should never be ventilated unless the air admitted is cooler than the air within, or is at least as cool as that, or a very little warmer. The warmer the air the more moisture it holds in suspension. Necessarily, the cooler the air, the more this moisture is condensed and precipitated. When a cool cellar is aired on a warm day, the entering air being in motion appears cool, but as it fills the cellar the cooler air with which it becomes mixed, chills it, the moisture is condensed, and dew is deposited on the cold walls, and may often be seen running down them in streams. Then the cellar is damp and soon becomes moldy. To avoid this the windows should only be opened at night, and late —the last thing before retiring. There is no need to fear that the night air is unhealthful—it is as pure as the air of midday, and is really dryer. The cool air enters the apartment during the night, and circulates through it. The windows should be closed before sunrise in the morning, and kept closed and shaded through the day. If the air of the cellar is damp it may be thoroughly dried by placing in it a peck of fresh lime in an open box. A peck of lime will absorb about seven pounds or more than three quarts of water, and in this way a cellar or mill room may soon be dried, even in the hottest weather.

The cellar must be frequently examined and kept perfectly sweet and clean. There is no reason why it should not be as neat as the living rooms, and as free from cobwebs, decayed fruit and vegetables, and all other forms of filthiness. Whitewashing walls in winter will aid in giving it tidiness.

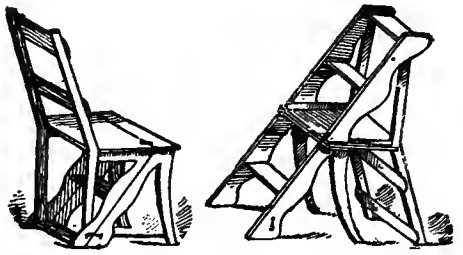
If the cellar is constructed above ground, the entire walls should be double, with air space between, double windows and doors being even more necessary than when under-ground. Above all, the floor should be on a level with that of the kitchen, to save the woman-killing stairs. If there are stairs, let them be broad, firm, and placed in the light if possible. Of course, every cellar should have thorough drainage. In laying a tile drain, if in the horseshoe form, place the circular side down; the narrower the channel, the swifter the current and more certain to carry off sediment.

THE STORE-ROOM.

A clean, tidy, well-arranged store-room is one sign of a good methodical housekeeper. When stores are put away at hap-hazard, and taken out at any time and in any quantity, disorder and extravagance prevail. A store-room ought to be large, airy, cool, and dry. Such a room is not always to be had, but even if a closet has to be put up with, it may be kept clean. Shelves should be ranged around the walls, hooks fastened to the edges of the shelves. The driest and coolest part of the rooms should be kept for jams, jellies, and pickles. All the jars should be distinctly labeled at the front, so that they will not all need to be taken down every time a particular jar is wanted. Biscuits or cakes should be kept in closely covered tin boxes; lemons should be hung in nets. Soap should be bought in large quantities, and cut up in convenient-sized pieces, so that it may be dry before it is used. Coffee, when roasted, should be kept in small quantities; if unroasted, it will improve with keeping. Stores on no account should be left in the

Picalilli Jar.

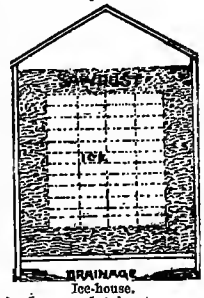
left in the papers in which they were sent from the grocer's, but should be put into tin canisters or earthen jars closely covered, and each jar, like the picallilli, should be labeled. Stores should be given out regularly, either daily or weekly. In order to check their consumption, the housekeeper will do well to keep in the storeroom a memorandum book, with a pencil fastened to it, and in this book she should enter the date on which all stores were brought in or taken out. By means of these memoranda she can compare one week's outgo with another, and immediately discover any extravagance. A hammer, a few nails, a ball of strihg, a few sheets of foolscap and a bottle of mucilage or a book of gummed labels, a step ladder, the illustration given being the best kind and a pair of scissors should always be kept in the store-room.



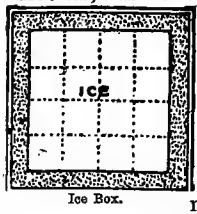
THE ICE-HOUSE.

Ice is one of the greatest of summer luxuries, and indeed is almost a necessity. It is so easily put up, even in the country, aud so cheaply protected, that there is no reason why any one who is able to own or rent a house may not have it in liberal supply. A cheap ice-house may be made by partitioning off a space about twelve feet square in the wood-shed, or even in the barn. The roof must be tight over it, but there is no necessity for matched or fine lumber for the walls. They should, however, be coated with coal-tar inside, as the long-continued moisture puts them to a severe test and brings on decay. Ice should be taken from still places in running streams, or from clear ponds. It may be cut with half an old cross-cut saw, but there are saws and ice-plows made for the purpose to be had in almost every village. In cutting ice, as soon as it is of sufficient thickness and before much warm weather, select a still day, with the thermometer as near zero as may be. Ice handles much more comfortably and easily when it is so cold that it immediately freezes dry, thus preventing the wet clothes and mittens, which are the sole cause of any suffering in handling it; and ice put up in sharp, cold weather, before it has been subjected to any thaw, will keep much better and be much more useful in the hot days of summer than if its packing had been delayed until late winter or early spring, and then the ice put up half melted and wet. The best simple contrivance for removing blocks of ice from the water is a plank with a cleat nailed across one end, which is to be slipped under the block, which slides against the cleat, and may then be easily drawn out with the plank, without lifting. Cut the

ice in large blocks of equal size, pack as closely as possible in layers, leaving about foot space between the outside and the wall, and filling all crevices between the blocks with pounded ice or sawdust. Under the first layer there should be placed sawdust a foot thick, and arrangements should be made for thorough drainage, as water in contact with the ice will melt it rapidly. As the layers are put in place, pack sawdust closely between the mass of ice and the wall; and when all is stored, cover with a foot, at least, of sawdust. In using ice, be careful to cover all crevices with sawdust, as the ice will melt rapidly if exposed to the air. The less ventilation and the more completely an ice-house is kept closed, the better the ice will keep. The cold air which surrounds the ice, if undisturbed by currents, has little effect on it; but if there are openings, currents are formed and the warm air is brought in to replace the cold. This is especially the case if the openings are low, as the cold air, being the heavier, passes out below most readily. For this reason great care must be taken to fill in fresh saw-dust between the walls and the mass of ice, as it settles down by its own weight, and the melting of the ice. There is no advantage in having an ice-house wholly or partly underground, if it is constructed as directed above. Fine chaff, or straw cut fine, may be substituted for sawdust when the latter is difficult to obtain. Of course, the building may be constructed separately, in which case the cost need not be more than twenty-five to fifty dollars. Where one in city or country wishes to secure ice to last a month or more a box made on same principle as an Ice-house is very convenient.



Ice-house.



Ice Box.

Keeping Fruits and Vegetables.

To Keep Cellar Clean.—Remove all vegetables as soon as they begin to decay, and ventilate well so that the walls will not become foul. Use chloride of lime as a disinfectant freely, after taking care to make it as neat and clean as possible, and an ounce of carbolic acid to a gallon of whitewash will keep from cellars the disagreeable odor which taints milk and meat. Or, add copperas to ordinary whitewash until it is yellow; the copperas is a disinfectant and drives away vermin.

To Keep Apples.—They must be carefully picked without bruising and are usually kept on open shelves, as described, easily accessible, so that the decaying ones may be removed often. They are sometimes packed in layers in dry sand, care being taken not to let them touch each other, with good results; they bear a very low temperature. When they begin to decay, pick out those which are speckled, dry or stew them up with cider and sugar, and fill all empty self-sealing fruit-cans, and keep the sauce for use late in the season. Or pack in grain, barley, etc., so that they will not touch, or if fruit is fine, wrap each apple in paper and pack in boxes, or glazed jars with covers. Or when packed right from the tree, hand pick them and put them in dry flour barrels, pressing them down closely and heading them up. Let them stand under a shed until cold weather sets in, and then remove to a dry cellar, or some place where they will not freeze. Care must be taken that none but perfect fruit is barreled. Another method is to sprinkle a layer of saw-

dust, not that from resinous woods, on bottom of a box, and then a layer of apples placed in so that they do not touch each other. Upon this place a layer of saw-dust, and so on till the box is filled. The boxes, after being packed in this way, place in the cellar up from the ground, where they will keep perfectly, retaining their freshness and flavor until brought out, or any grain as oats, barley, etc., may be used or paper thus used will keep them nicely either in box or barrel, After apples are opened it is well to look them over, handling them *very carefully*, once or twice a month, removing all the least imperfect.

The following wholesale way where there is plenty of material, is as follows; Buckwheat chaff is first spread on the barn floor, and on this chaff the apples are placed, when they are covered with chaff and straw two or three feet in thickness. Let remain till spring. It would be better to make layers of apples and chaff or be careful to fill all the interstices well with chaff. The covering and bedding in chaff has several important advantages—it excludes cold, prevents air currents, maintains a uniform temperature, absorbs the moisture of decay, and prevents the decay produced by moisture

Cranberries—will keep all winter in a keg of water, changing water twice a week; or place them in tub or keg, without water, let them freeze and keep them frozen. When any are wanted to use, put them in a little cold water and cook at once. Or a safer way is to can them when purchased, sweetening to taste, and then if any are wished sweeter or "jellied" for company, sugar can be added and fruit cooked longer when can is opened.

Fruit.—Take fruit as soon after being picked as possible, see that it is sound and clean, pack it tightly into the jar, bottle or keg; shake it down well so as to completely fill the vessel, then pour on the following solution: 36½ grains of salisylic acid to six ounces of white sugar and one quart of *pure*, *soft*, *cold* water.

That fruit can be preserved for a long time in a frozen state, and even in a non-frozen state, so long as the temperature does not exceed 32 deg., is a well-known fact. But it is equally well known that articles so preserved lose flavor every day after they are so stored, and that when exposed afterward to an ordinary temperature they perish almost immediately. In placing fruit on ice, the main thing to observe is not to pack it in any way or to wrap it in anything. It should be placed on a tray or in a tin box with a lid to keep off drip, but each fruit should be set out singly by itself and not come in contact with its neighbors, and great care should be used to prevent bruising, as that will greatly hasten decay when the fruit is taken out. It is not needful to bury the boxes quite in the ice; but they may be set in it with the lid of the box above the surface, so that all of the fruit can be got without trouble. Peaches, nectarines, melons, pineapples, figs, and other soft fruits that do not keep long, succeed best preserved in this manner.

Gathering Fruit.—The right time is just as they are beginning to fall from the trees. Observe when the apples and pears are ripe, and do not pick them always at the same regular time of the year, as is the custom with many. A dry season will forward the ripening of the fruit, and a wet one retard it, so that there will sometimes be a month's difference in the proper time for gathering. If this is attended to the fruit will keep well, be plump, and not shrivelled, as is the case with all fruit that is gathered before it is ripe. The mode of gathering is to give them a lift, so as to press away the stalk, and if ripe they readily part from the tree. Those that will not come off easily should hang a little longer; for when they come off hard they will not be so fit to be stored, and the violence done at the foot-stalk may injure the bud there formed for next year's fruit. Let pears be quite dry when pulled, and in handling avoid pinching fruit, or in any way bruising it, as those

which are hurt not only decay themselves, but presently spread infection to those near them; when suspected to be damaged, let them be carefully kept from the others, and used first; as gathered, lay them gently in shallow baskets. When possible gather in the middle of a dry day. Plums readily part from the twigs when ripe; they should not be much handled, as the bloom is apt to be rubbed off. Apricots are ready when the side next the sun feels a little soft upon gentle pressure with the finger; they adhere firmly to the tree, and would over-ripen on it and become mealy. Peaches and nectarines, if moved upwards, and allowed to come down with a slight jerk, will separate, if ready; and they may be received into a tin funnel lined with canton flannel, so as to avoid touching with the fingers or bruising. A certain rule for judging of the ripeness of figs is to notice when the small end of the fruit becomes of the same color as the large end. The most transparent grapes are the most ripe. All the berries in a bunch never ripen equally; it is therefore proper to cut away the unripe or decayed berries before presenting the bunches at table. Autumn and winter pears are gathered, when dry, as they successively ripen. Immature fruit never keeps so well as that which nearly approaches maturity. Winter apples should be left on the trees till there be danger of frost; they are then gathered on a dry day.

Grapes.—They must not be too ripe. Take off any imperfect grapes from the bunches. On the bottom of a keg put a layer of bran that has been well dried in an oven or in the sun, then a layer of grapes, with bran between the bunches, so that they may not be in contact. Proceed in the same way with alternate layers of grapes and bran, till the keg is full; then close the keg so that no air can enter, or use paper, never newspapers, instead of bran and cover all with several folds of paper or cloth. Nail on the lid and set in a cool room where it will not freeze. Use small boxes so as not to disturb more than wanted to use in a week or so. Give each bunch plenty of room so they will not crowd. The grapes should be looked to several times during the winter. Should any mold or decay remove them and repack the good ones again. A warm day is considered the best time to gather if you live neath your own "vine and fig tree" and some place them in a cool shady place for two or three days, then pack as above, and pasteboard boxes can be used. Others cut off the end smoothly from the vine and dip in melted sealing wax, so that no air can get in or juice run out, let stand a day to see if perfectly sealed, (if not they will shrivel up) then pack in boxes as above, with either bran, sawdust (dry), cotton batting or paper, with the latter sometimes wrapping each bunch separately; or a barrel hoop suspended from the ceiling by three cords, from which grape stems are hung by means of wire hooks attached to the *small* end, sealing the other with hot sealing-wax, each stem free from contact with its neighbors, is said to be the best contrivance for keeping grapes. The imperfect grapes must be removed, and the room must be free from frost, and not dry enough to wither them or too moist. The simplest way to keep grapes is to place them in drawers holding about twenty-five pounds each, piling the boxes one over another. A few fine clusters for special table purposes may be preserved by cutting the bunches late in the season, but in good condition and on a piece of the vine. Wax one end of the stem and put the other through a cork into a vial of water containing a layer of charcoal; make the cork around the vine tight with beeswax; then place the whole in a cool room with an even temperature. The *Chinese Method* consists in cutting a circular piece out of a ripe pumpkin or gourd, making an aperture large enough to admit the hand. The interior is then completely cleaned out, the ripe grapes are placed inside, and the cover replaced and pressed in firmly. The

pumpkins are kept in a cool place—and the grapes will be found to retain their freshness for a very long time. It is said a very careful selection must be made of the pumpkin, the common field pumpkin, however being well adapted for the purpose. The cellar is not the best place to keep grapes after being packed, as it is apt to be somewhat damp.

Vegetables.

Beets should be kept in a dark, *dry* place, where the temperature does not vary, and where neither light, warmth, nor moisture are present to invite germination or decay. A small quantity keep perfectly stored away in sand. Roots of all kinds may be kept in same way.

Cabbages.—When the weather becomes frosty, cut them off near the head, and carry them, with the leaves on, to a dry cellar, break off superfluous leaves, and pack into a light cask or box, stems upward, and when nearly full cover with loose leaves; secure the box with a lid against rats, or if one has the spare place a rod or pole across the vegetable room near the ceiling, secure the cabbages with the roots on them and tie them, heads downward, to this, or nails can be driven in the posts and the cabbages hung on them. To keep them in the country, take up by the roots, set closely together in rows, up to the head in soil, roots down as they grew; drive in posts at the corners of the bed, and at intermediate points it necessary, higher on one side than the other; nail strips of boards on the posts and lay upon those old boards, doors, or if nothing else is at hand, beanpoles, and corn fodder, high enough so that the roof will be clear of the cabbages, and allow the air to circulate; close up the sides with yard or garden offal of any kind, and the cabbages will keep fresh and green all winter, and be accessible at all times. Exclude moisture but never mind the frost.

Celery—keeps well buried in dry sand, and when keeping only for a short time cut off the green tops when it comes from market, and it will not wilt so soon. An hour before ready to use some pack in crushed ice.

Onions—keep best when spread over the floor or on shelves.

Parsnips and salsify should be left in the ground all winter, unless the climate is very severe, when they may be buried in a deep pit in the garden, and not opened till March or April.

To keep Parsley fresh and green.—Put it in a strong boiling hot pickle of salt and water, and keep for use. Hang up and dry in bunches, blossom downward, in a dry attic or store-room, for use in soups, stuffing, etc.

Pease.—Shell, throw into boiling water with a little salt, boil five or six minutes, drain in a colander and afterwards on a cloth, until completely dried, and place in air-tight bottles. Some use wide-mouthed bottles, not quite filling them, pouring over fried mutton fat so as to cover the pease, and cork tightly, securing the cork with resin or sealing wax. When used, boil until tender, and season with butter.

Potatoes—should be kept in a cool, dark place and examined once or twice a month, handling carefully. Some place them in heaps on cellar floor, or in bins, others in barrels with sand in bottom and on top. When old, and likely to sprout, put them in a basket and lower them into boiling water for a minute or two, let them dry and put away in sacks. This destroys the germ, and the potatoes retain their flavor until late.

Sweet Potatoes—keep well packed in dry forest leaves, and require a dry, warm atmosphere.

Squashes.—Keep in a dry place, as cool as possible without freezing.

Turnips—When buried in deep earth they will keep solid until March or April, or prepare a bin or box large enough to hold as many as may be required for use, put in the bottom a layer of fine earth, then a layer of turnips, then earth, and so on till all are in, then cover slightly with fine earth, and the turnips will come out as fresh as when pulled, even if not taken out until spring.

Vegetables.—Put into a vessel of any kind, and then pour on a solution of one ounce of salisylic acid to four gallons of pure, soft cold water with one pound of salt. All *Salad Vegetables*, such as lettuce, celery, etc., keep best in a cool, dark place; it is not necessary to keep them in water; in fact it is undesirable; after they are well washed they should be loosely wrapped in a wet cloth and laid on or near the ice in a refrigerator; if there is no ice they can be fairly well preserved by the following method; in a wooden or heavy pasteboard box lay a large towel entirely saturated with cold water, and after the salad is washed wrap the towel about it to exclude the air, close the box, and keep it in a cool, dark place. Every night and morning wash the salad; removing all decayed leaves, wash the towel in clean, cold water without wringing it, and again wrap the salad in it, and put it away in the box. In this way the most delicate salad vegetables may be kept fresh for several days, even in summer.

Packing Vegetables.—For present use they should be laid away carefully in a bin with a close lid (hung on hinges) so that the light may be excluded. To keep them for a long time the best plan is to pull them on a dry day, cut off the tops and trim, and pack them in clean barrels or boxes, in layers with fine clean moss, such as is found in abundance in woods, between them. The moss keeps them clean and sufficiently moist, preventing shriveling of the roots on the one hand, and absorbing any excess of dampness on the other. All vegetables keep best at as low a temperature as possible without freezing.

Cider.—Sweet cider may be kept by adding one ounce salisylic acid to a barrel as soon as possible after coming from the press. The yeast will settle in a few days; the clear juice must be drawn off and will remain sweet for ten or twelve days, or if prefered can stand until it is fermented to suit the taste before adding the salisylic acid, and it will keep just the same as before adding.

Oatmeal.—Keep in air-tight tin boxes, in which it can often be bought; these boxes contain from five pounds upward, and are really the only receptacles in which it can be kept free from fermentation, mold, or animal pests; the sweetness of the meal is lost by exposure to the air.

THE LAUNDRY.

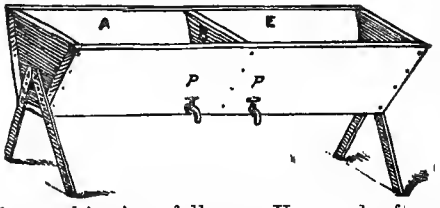
When inviting friends to visits of a week or more, try to fix the time for the visit to *begin* the day *after* the ironing is done. The girl feels a weight off her mind, has the time to cook the meals better, and is a much more willing attendant upon guests.

Do not have beefsteak for dinner on washing or ironing days—arrange to have something roasted in the oven, or else have cold meat.

Do not have fried or boiled fish. The smell sticks, and the clothes will not be sweet; besides the broiler and frying-pan take longer to clean.

As for vegetables, do not have spinach, pease, string-beans, or apple-sauce. All these good things take time to prepare, and can be avoided as well as not. Have baked white and sweet potatoes, macaroni, boiled rice, parsnips, sweet corn, stewed tomatoes, or any canned vegetables in winter. For dessert, baked apples and cream, bread-pudding, or something easily prepared.

Washing Day.—Clothing when removed from the person, if damp, should be dried to prevent mildew, and articles which are to be starched should be mended before placing in the clothes-basket. Monday is the washing day with all good housekeepers. Tubs arranged as above are much nicer than separate tubs, as no bench is necessary, the wringer is placed on the division b and also on the end wringing out the clothes directly into the clothes basket, and the water is drawn off at the faucets p p. The old-fashioned programme for washing is as follows. Use good soft water if it can be had. If not, soften a barrel-full of well-water by pouring into it water in which half a peck or more of hard wood ashes have been boiled, together with the ashes themselves. When enough has been added to produce the desired effect, the water takes on a curdled appearance, and soon settles perfectly clear. If



milky, more ashes and lye must be added as before, care being taken not to add more than is necessary to clear the water, or it will affect the hands unpleasantly. On the other hand, if too little is put in, the clothes will turn yellow. Gather up all clothes which are ready on Saturday night, and the rest as they are taken off; separate the fine from the coarse, and the less soiled from the dirtier. Scald all table linen and articles which have coffee, fruit, or other stains which would be "set" by hot suds, by pouring over them hot water from the tea-kettle and allowing them to stand until cool. Have the water in the tub as warm as the hand can bear, but not too hot. (Dirty clothes should never be put into very hot clear water, as it "sets" the dirt. Hot soap-suds, however, has the opposite effect, the water expanding the fiber of the fabric, while the alkali of the soap softens and removes the dirt.) Wash first one boiler full, taking the cleanest and finest through two suds, then place in a boiler of cold water, with soap enough to make a good suds. A handful of borax to about ten gallons of water helps to whiten the clothes and is used by many, especially by the Germans, who are famous for their snowy linen. This saves in soap nearly half. For laces, cambrics, etc., an extra quantity of the powder is used, and for crinolines (requiring to be made stiff), a strong solution is necessary. Borax, being a neutral salt, does not in the slightest degree injure the texture of the linen. Its effect is to soften the hardest water. Another way to whiten clothes is to throw a handful of tansy into the boiler in which clothes are boiling. It will make the water green, but will whiten the clothes. Let them boil, with cover off boiler, *not more than five or ten minutes*, as too long boiling "yellows" the clothes. (Some advocate strongly no boiling.) Remove to a tub, pour over them cold water slightly blued, and turn all garments, pillow-slips, stockings, etc., wrong-side out. (If there are more to boil, take out part of the boiling suds, add cold water, and fill *not too full* with clothes. Repeat until all are boiled. The removal of part of the suds, and filling up with cold water, prevents the suds from "yellowing" the clothes.) Wash vigorously in this water (this is called "sudsing"), wringing very dry in hand, or better with the wringer, as the clear appearance of the clothes depends largely on thorough wringing. Rinse in another tub of soft water, washing with the hands, *not* simply lifting them out of the water and then wringing, as is practiced by some, because all suds must be rinsed out to make them clear and white. Wring and shake out well and put into water pretty well blued, putting in one article after another until the first boilerful is all in. Stir up occasionally, as the blue sometimes settles to the bottom, and thus spots the clothes. (This time well-water may be used if soft water is difficult to obtain.) Wring out again and for the last time, placing the clothes which are to be starched in one basket, and the rest, which may be hung out immediately, in another. While the first lot of clothes is boiling, prepare the second, take out first, put second in boiler, and "suds" and rinse first. In this way the first is finished and hung out while the later lots are still under way. Have the starch (see receipts) ready as hot as the hand can bear, dip the articles and parts of articles which need to be very stiff, first "clapping" the starch well with the hands, especially in shirt-bosoms, wristbands, and collars, and then thin the starch for other articles which require less stiffening. When starched, hang out on the line to dry, first wiping the line with a cloth to remove all dirt and stains. Shake out each article until it is free from wrinkles; and fasten securely on the line (with the old-fashioned split clothes-pins), being careful to hang sheets and table-linen so that the selvage edges will be even. The line should be stretched in the airiest place in the yard, or in winter a large attic is a better place for the purpose. (Freezing injures starch, and for that reason it is better in winter to hang clothes out unstarched until dry, then taking in, starching and drying indoors.) When dry, remove from line to clothes-basket, place clothes-pins as removed

in a basket kept for the purpose, take down and roll up the line, remove basket, line, and pins to the house, and put the two latter into their proper places. The clothes-line should always be carefully put up out of the weather when not in use. Wipe it carefully with a clean cloth before hanging out clothes, and always count clothes-pins when gathering them up. Every housekeeper ought to provide a *pair of mittens* for hanging out clothes, to be used for this purpose and no other. Cut them from clean flannel (white seems the most suitable), and line them with another thickness of flannel, or make them double, if the flannel is thin. These should be kept in a clean place ready for this particular business, and nothing else. A good and handy place to keep them is the clothes-pin bag. Turn all garments right side out shake out thoroughly and sprinkle (re-starching shirt-bosoms, wristbands, and collars if necessary).

Shake out night-dresses and under-garments so as to free them from creases, and if they are ruffled or embroidered, dip them in thin starch, pull out smoothly, fold first, and then, beginning at the top of each garment, roll up, each by itself, in a very tight roll, and place in the basket; fold sheets without sprinkling, having first snapped and stretched them, and lay on the rest; over all spread the ironing blanket, and let them stand until next morning.

If a machine is used in washing, it is better to soak the clothes over night in warm soft water, soaping collars and wristbands, and pieces most soiled. Have separate tubs for coarse and fine clothes. In soaking clothes for washing Monday, the water should be prepared Saturday night, and all clothes which are ready thrown in, and rest added when changed. If washing fluids are used, the recipes which follow are the best.

Another method is to half fill tubs Saturday night with clear, soft water, warmed a little if convenient, but not too hot, made into a weak suds; in one put the finer articles, such as muslins, cuffs, collars, and shirts; in another put table-linen; in another bed-linen; in another the dish-clothes and wiping towels and in still another the coarsest and most soiled articles; always put the most soiled articles of each division at bottom of tub; cover all well with water and press down. Rub no soap on spots or stains, as it will "set" them. Of course, articles which can not be had on Saturday night are put in the next day as they are changed. Monday morning, heat not very hot a boiler full of clean soft water, add to it water in which soap was dissolved Saturday night by pouring hot water over it, and stir it thoroughly; drain off the water in which the clothes were soaked after shaking them up and down vigorously in it, pressing them against the sides of the tub to get out all the water possible. Then pour over them the warm suds, and wash out as before described, washing each class separately. If found impracticable to make so many divisions, separate the coarse and fine, and the least soiled and the dirtiest.

In the summer, clothes may be washed without any fire by soaking overnight in soapy soft water, rubbing out in the morning, soaping the dirty places, and laying them in the hot sunshine. By the time the last are spread out to bleach, the first may be taken up, washed out and rinsed. This, of course, requires a clean lawn.

Ironing Day.—Iron day after washing beginning with the sheets (which, as well as the table linen, must be folded neatly and carefully, so that the selvage edges will exactly come together. Or, another way to fold and iron a sheet is to bring bottom over top, then bring back bottom edge to edge of middle fold, leaving top edge; iron the upper surface, then turn the whole sheet over, fold the top edge back to the middle edge, and again iron upper surface; this leaves the sheet folded in four thicknesses; now bring the selvage edges together and iron the upper surface, and the sheet is done), and

taking shirts next, cooling the iron when too hot on the coarse towels. In ironing shirts a *bosom board* is almost indispensable, and an ironing-board is a great convenience for all articles. The former is a hard board an inch thick, eighteen inches long, and eight wide, covered with two thicknesses of woolen blanket stuff, overlaid with two more of cotton cloth. The cloth is wrapped over the sides and ends of the board and tacked on the back side, leaving the face plain and smooth. The *ironing-board* is covered in the same way, but is five feet long, two feet wide at one end, and narrowed down with a rounded taper from full width at the middle to seven inches at the other end, and the corners rounded. This board may be of any well-seasoned wood which will not warp, and should be about one inch thick; on this all the clothes are conveniently ironed. Always use cotton holders for the irons. Woolen ones are hot to the hand, and if scorched, as they often are, the smell is disagreeable. In ironing a shirt or a dress, turn the sleeves on the wrong side, and leave them until the rest is done, and then turn and iron them. In this way the bosoms are less likely to become rumpled. Pull muslin and lace out carefully, iron it over once, and then pull into shape, pick out the embroidery and proceed with greater care than before. Embroideries should be ironed on the wrong side over flannel. Always have near a dish of clean cold water, so that any spot which has been imperfectly ironed may be easily wet with a soft sponge or piece of linen, and ironed over again, or any surplus bit of starch removed. As fast as articles are finished, they should be hung on the clothes-dryer until *thoroughly dry*, especial care being taken with those which are starched stiff, as they retain the starch much better if dried *quickly*. Thorough airing is necessary, twenty-four hours being none too much.

Laundry Dots.

Bluing.—Use the best indigo tied in a strong bag made of drilling.

Flat Irons from Scorching.—Wipe them on a cloth wet with kerosene.

Gray and Brown Linens.—Wash in cold water, with a little black pepper in it, and they will not fade.

To Clean Alpaca—Sponge with strained coffee. Iron on the wrong side, having black cambric under the goods.

To Cleanse Articles made of White Zephyr.—Rub in flour of magnesia, changing often. Shake off flour and hang in the open air a short time.

To Clean Irons.—Sprinkle a little water on the stove when cold, set the irons on the wet part, let them stand fifteen or twenty minutes, then scrape and rub with a rag.

Ribbed Polisher.—The ribbed polisher, for polishing shirt bosoms, collars, cuffs, etc., is said to surpass the smooth-faced irons in the ease with which it gives the fine and much desired gloss to laundry linen.

Take out Machine Oil.—Rub with a little lard or butter and wash in warm water and soap, or, simply rub first with a little soap and wash out in cold water.

To Stiffen Linen Cuffs and Collars.—Add a small piece of white wax and one teaspoon brandy to a pint of fine starch. In ironing, if the iron sticks, soap the bottom of it.

In Washing Children's Stockings, wooden stocking forms are a great help on which to dry them. Obtain them at the furnishing store, or have them made without much expense.

To Clean Wash Boilers.—Wash, when a little rusty, with sweet milk; or grease with lard. A better plan is to prevent rust by thoroughly drying boiler, as well as tubs, before putting away for the week.

To Take out Paint.—Equal parts of ammonia and spirits of turpentine. Saturate the spot two or three times and then wash out in soap-suds.

To Restore Velvet.—When velvet gets crushed from pressure, hold the parts over a basin of hot water, with the lining of the dress next the water. The pile will soon rise and assume its original beauty.

Paint on Clothing.—Remove by using equal parts of turpentine and spirits of ammonia. Saturate the spot with the liquid two or three times until the paint is soft and then wash out with soap.

Spots.—In cloth or calico, produced by an acid, may be removed by touching the spot with spirits of hartshorn. Spots produced by an alkali may be removed by moistening them with vinegar or tartaric acid.

To Prevent Blue from Fading.—To prevent blue from fading, put an ounce of sugar of lead into a pail of water, soak the material in the solution for two hours, and let dry before being washed and ironed; good for all shades of blue.

To take out Mildew.—Wet the cloth and rub on soap and chalk, mixed together, and lay in the sun; or lay the cloth in buttermilk for a short time, take out and place in the hot sun; or put lemon juice on, and treat in the same way.

For Washing Red Table Linen, use tepid water, with a little powdered borax, which serves to set the color; wash the linen separately and quickly, using very little soap, rinse in tepid water, containing a little boiled starch; hang to dry in the shade, and iron when almost dry.

To Clean Alpaca.—Put goods in a boiler half full of cold rain-water, and let boil three minutes. Have ready a pail of indigo-water (very dark with indigo), place goods in it, after wringing out of boiling water, let remain one half an hour, then wring out and iron while damp.

How to Clean Velvet.—Invert a hot flat-iron, place over it a single thickness of wet cotton cloth, lay on this the velvet, wrong side next the wet cloth, rub gently with a dry cloth until the pile is well raised; take off the iron, lay on a table, and brush it with a soft brush or cloth.

To take Grease out of Silks, Woolens, Paper, Floors, Etc.—Grate thick over the spot French (or common will do) chalk, cover with brown paper, set on it a hot flat-iron, and let it remain until cool; repeat if necessary. The iron must not be so hot as to burn paper or cloth.

Substitute for Washing-Soda.—A German scientific journal recommends laundresses to use hyposulphite of soda in place of common washing-soda. It does not attack the fabric in any way, and at the same time exerts some bleaching actions which greatly improve the appearance of linen and calicoes.

Flat Iron.—The cut represents a very good form of flat iron. The peculiar form of the handle makes it convenient and easy to the hand, while the width of the guard wards off the heat more than in the common form.

Flat Iron.

Silver Polish for Shirts.—One ounce each of isinglass and borax, one teaspoon white glue, two teaspoons white of an egg. Cook well in two quarts fine starch. Starch in this and dry. Before ironing, apply some of it to the bosom and cuffs with a cloth till well dampened. Iron at once with a hot glossing iron.

To Wash Chamois-Skin.—Use a week solution of soda and warm water; rub plenty of soft soap into the leather; let it lie in the water two or three hours; then rub it clean. Rinse well in a weak solution of soda, warm water and yellow soap; (rinsing in water only would make it stiff and hard); wring in a rough towel; dry quickly; then pull about and brush it well. It will be soft and new.

To Preserve Colors in Washing.—Black calicoes should be washed in water in which potatoes have been boiled, and should not starched. A little vinegar in the water of pink, red and green calicoes is good to brighten the colors; rinsing black, blue and green colors in salt, and water will also set the colors. Wash worsteds in water with beef's gall and they will not fade; no soap is necessary, but if used, wash in the gall first.

Milk as a Washing Agent.—A good way to wash black calico and lawn dresses is this: First wash thoroughly in sweet milk, using no soap or anything else; then rinse in sweet milk, in which considerable bluing has been dissolved. Turn wrong side out, and hang up to dry in a shady place in summer and indoors in winter. No starch is needed. Dampen and iron on the wrong side.

Wash Bench.—No kitchen is complete without a long bench, two and a half feet wide, and of a proper height for comfort in washing, on which there is room for two or three tubs on washing days. Of course, a wringer is a necessity, and it is always best to get a good one. A cheap wringer soon becomes worthless. The rollers twist off, and it goes to pieces generally, while a good one, properly taken care of, lasts a long time. Washing machines are more doubtful, but there are a few worthy of a place in the kitchen, especially where the women folks are not strong.

Polishing Iron.

Polishing Iron.—The beautiful polish that is seen on new shirts and collars or on those washed and ironed at laundries, is due chiefly to hard work and a good polishing iron. The recipes given for polish will not produce the effect without the hard rubbing with a proper iron. A good form is represented in the cut. No housekeeper who wants her husband's linen to do her honor can afford to be without one in some form, as the cost is trifling.

Washing Feathers.—First put them into hot suds, let stand until cool enough for the hands. Wash out and put through the wringer (bunching them up). Then rinse them in warm water, wring out and put into flour sacks. They are very nice, white, light, and clean.

Bosom Board.—A board twenty inches long, and ten or twelve inches wide. The shirt is slipped over it and buttoned at the neck; the other end of the board is a strip about an inch wide, fastened to the board by an arm

at each end, running along the sides of the board. This strip is pushed down, one "flap" of the shirt drawn through between it and the end of the board, and then it is raised up so that its surface is again on a level with the board. It thus holds the shirt firmly in position while it is being ironed and polished.

Washing Flannels.—Before washing flannels shake out dust and dirt and lint; use soft, *clean, cold* water, in winter merely taking the chill off. Let the hard soap lie in water, but do not apply it to the clothes. Wash the white pieces first, throw articles as fast as washed into blued cold water, let them stand twenty or thirty minutes, wash them through this water after dissolving a little soap in it, wring hard, shake, and hang up. Wash colored flannels in the same way (but not in water used for white, or they will gather the lint), and rinse in several waters if inclined to "run." When very dirty, all flannels should soak longer, and a little borax well dissolved should be added to the water, but the great secret of success is to "wash quickly, rinse quickly and dry quickly."

Ironing Board.—A very handy board for ironing dresses, shirts and in fact garments of all descriptions, can be made by any one who can handle a saw, plane and square. The illustration shows how the board is notched near the ends to allow of the tips of the chairs passing through. Place the clothes' basket on one of the chairs.

Ironing Board.

Extract of Soap.—The full title of which is "concentrated extract of soap." To those unacquainted with its properties, price, and form, we may add that it is a *powder*, is sold in convenient ¼ lb packages, and should be kept in a dry place. For house cleaning it has no equal as yet, and for washing *all kinds* of clothes it is suitable and available. It has another. and by no means trivial merit, it is *cheap*.

To Clean Black Lace.—Take the lace and wipe off all the dust carefully, with a cambric handkerchief. Then pin it out on a board, inserting a pin to each projecting point of the lace. Spot it all over with table-beer, and do not remove the pins until it is perfectly dry. It will look quite fresh and new.

To Make Soap to do away with Rubbing.—Dissolve five bars of soap in four gallons soft water, one and three-fourths pounds sal-soda, and three-fourths pound borax; stir while cooling. Use one cupful to make suds to soak clothes in; wring out and put into boiler; use same quantity of soap for boiling them.

Enamel for Shirt Bosoms.—Melt together with a gentle heat, one ounce white wax and two ounces spermaceti; prepare in the usual way a sufficient quantity of starch for a dozen bosoms, put into it a piece of this enamel the size of a hazel-nut, and in proportion for a large number. This will give clothes a beautiful polish.

To Remove the Color from Buff Calico.—If some kinds of buff calico are dipped in strong soda water, the color will be removed and the figures of other colors remain on a white ground. This is valuable sometimes, as buff calico spots easily. If pink calico be dipped in vinegar and water after rinsing, the color will be brighter.

To Remove the Stains of Nitrate of Silver—from the flesh, or white goods of any kind, dissolve iodine in alcohol, and apply to the stain; then take a piece

of cyanide potassium, size of a hickory-nut, wet in water, rub on the spot, and the stain will immediately disappear; then wash the goods or hands in cold water.

Mother's Hard-times Soap.—Take all the bits of soap that are too small to be longer used, shave down, and let soak in soft water enough to cover them over night; in the morning add more soft soap, and boil until thoroughly melted and of the consistency of taffy; pour into moulds, and you have a nice cake of soap.

Coffee Starch.—Make a paste of two table-spoons best starch and cold water; when smooth stir in a pint of perfectly clear coffee (made by pouring boiling water on the grounds left from breakfast and straining) boiling hot; boil five or ten minutes, stir with a spermaceti or wax candle, strain, and use for all dark calicoes, percales, and muslins.

To Remove Iron-Rust.—While rinsing clothes, take such as have spots of rust, wring out, dip a wet finger in oxalic acid, and rub on the spot, then dip in salt and rub on, and hold on a warm flatiron, or on the tin or copper tea-kettle if it have hot water in it, and the spot will immediately disappear; rinse again, rubbing the place a little with the hands.

Erasive Fluid.—For the removal of spots on furniture, cloth, silks, and other fabrics, when the color is not drawn, without injury. One ounce castile soap, four of aqua ammonia, one of glycerine, and one of spirits of wine; dissolve the soap in two quarts soft water, add the other ingredients, apply with a soft sponge, and rub out.

To Clean White Satin and Flowered Silks.—Mix sifted stale bread crumbs with powder blue, and rub it thoroughly all over, then shake it well and dust it well with clean, soft cloths. Afterwards where there are any gold or silver flowers, take a piece of crimson ingrain velvet, and rub the flowers with it, which will restore them to their original luster.

For Washing Goods that Fade, use crude ammonia instead of soap. Soiled neckties may be made to look like new by taking one-half a teaspoon of spirits of hartshorn to a tea-cup of water; wash well, and, if very much soiled, put through a second water, with less ammonia in. Lay it on a clean, white cloth, and gently wipe with another until dry.

To Clean Silk and Woolen Dress Goods.—Any silk or woolen goods may be washed in gasoline, rubbing as if in water, without injury. The dirt is quickly and easily removed, but no change takes place in the color of the fabric. *Great care must be taken not to use the gasoline near a stove or light*, as there is a gas arising from it which is very inflammable, and might take fire from a lamp set a foot or two distant.

To Wash Cashmere.—Make a strong tea from soap bark and soft water and add to water in which dress is to be washed till it is "soapy"; then wash, rinse well and let dry, being careful to iron it when it is yet slightly damp. Iron on the wrong side. *Soap bark tea* is nice for all woolens. For a common dress the bark can be put right in the water in which you wash it, but it is not so nice.

In Washing the Dish-Wipers, do not boil them with the fine white dresses, shirts, table-cloths, sheets, pillow-cases, napkins or fine towels, but be as particular to have the suds nice and clean. It is better to remove a part of the suds, and add clean cold water, so that the wipers will not become yellow by boiling in too strong a suds. On each wash-day wash thoroughly all that have been used the previous week.

Silk and Thread Gloves are best washed by placing them on the hands, and washing in borax water or white castile soap-suds, the same as if washing the hands; rinse under a stream of water, and dry with a towel; keep the gloves on until they are about half dried, take off carefully, and fold them up so that they will look as nearly like what they were when new as possible, and lay between towels under a weight.

To Clean Ribbons.—Dissolve white soap in boiling water; when cool enough to bear the hand, pass the ribbons through it, rubbing gently so as not to injure the texture; rinse through lukewarm water, and pin on a board to dry. If the colors are bright yellow, maroon, crimson, or scarlet, add a few drops of oil of vitriol to the rinse-water; if the color is bright scarlet, add to the rinse-water a few drops of muriate of tin.

Brown Linen—May be kept looking new until worn out if always washed in starch-water and hay tea. Make flour starch in the ordinary way. For one dress put on the stove a common sized milk pan full of timothy hay, pour on water, cover, and boil until the water is of a dark green color, then turn into the starch, let the goods soak in it a few minutes, and wash without soap; the starch will clean the fabric and no rinsing is necessary.

To Wash Colored Muslin.—Wash in warm, not hot, suds, made with soft water and best white soap, if it is to be had. Do not soak them, and wash only one thing at a time. Change the suds as soon as it looks dingy, and put the garments at once into fresh suds. Rinse first in clear water, then in slightly blued. Squeeze quite dry, but don't *wring* the dress Hang in a shady place where the sunshine will not strike it, as that fades all colors.

To Wash Thread Lace.—Cover a bottle with white flannel, baste the lace carefully on the flannel, and rub with white soap; place the bottle in a jar filled with warm suds, let remain two or three days, changing the water several times, and boil with the finest white clothes on washing day; when cooled a little, rinse several times in plenty of cold water, wrap a soft, dry towel around it, and place it in the sun; when dry, unwind, but do not starch.

Black Print or Percale-Dresses, that have figures of white in them, may be washed nicely by putting them in the "boiling suds," after the other clothes have all been removed, and boiling for ten minutes; cool the suds, rub out quickly, rinse in lukewarm water, then in very blue cold water, and starch in coffee starch. After the dress is dried, it is to be dipped into cold water, passed through the wringer, rolled in a coarse towel or sheet and left for a couple of hours, then ironed on the wrong side.

A Polishing Iron.—Many housewives wonder why they cannot give to shirt collars, bosoms and cuffs, the fine glossy surface that the laundress puts on. This polish is due not so much to any preparation of the starch, as vigorous rubbing with an iron made for the purpose and shaped like the one in the cut. It is somewhat like a common flat-iron, but has no sharp corners or edges, and has a brightly polished steel face. After the bosom or collar has been starched and ironed a damp cloth is passed over them and then the polisher is applied, bearing on hard and rubbing the surface rapidly.

Polishing Iron.

A Washing Fluid.—The washing fluid made by the following rule is invaluable in cleaning woolen goods, in washing woolen tidies, or worsted goods of any kind: One-half bar of Babbitt's or Bell's soap, one ounce saltpetre, one ounce borax, four quarts soft water. Dissolve all together over a fire; when half cold,

add five ounces spirits of ammonia. The compound may be bottled and is good for an indefinite length of time. It is used just as you would use soft soap.

To "Do Up" Black Silk.—Boil an old kid glove (cut up in shreds) in a pint of water till the water is reduced to a half pint; then sponge the silk with it; fold it down tight, and ten minutes after, iron it on the wrong side while wet. The silk will retain its softness and luster, and at the same time, have the "body" of new silk.

Or rip up and brush thoroughly, then sponge in ammonia water, and pin out perfectly straight, each width or piece where the sun will shine on it, and let dry.

Pocket for Clothes-pins.—A great convenience is the apron pocket for clothes pins. It takes nearly one yard to make it, the apron or ponch being fifteen inches in length, and nearly as wide. Round the corners at the bottom. At the top, on each side of the front, two inches from the middle, cut out a strip nine inches long, and one and one-half inches wide for pockets. Bind them with lighter colored fabric than the apron, that they may be readily seen. Gather into a band and button at the back, or put on strings and tie.

How to Wash Blankets.—All that is necessary is abundance of soft water, and soap without resin in it. Resin hardens the fibers of wool, and should never be used in washing any kind of flannel goods. Blankets treated as above will always come out clean and soft. A little blueing may be used in washing white blankets. They should be shaken and snapped until almost dry; it will require two persons to handle them. Woolen shawls, and all woolen articles, especially men's wear, are much improved by being pressed with a hot iron under damp muslin.

Gall Soap.—For washing woolens, silks, or fine prints liable to fade: One pint beef's gall, two pounds common bar soap cut fine, one quart boiling soft water; boil slowly, stirring occasionally until well mixed; pour into a flat vessel, and when cold cut into pieces to dry; or a more simple way of using gall, is to get a pint bottle filled with fresh beef's gall at the butchers, cork tightly, add to the water when washing any material that is liable to fade; using more if articles are very liable to fade, and less if the liability is not great. When the bottle is empty or grows stale, get fresh.

Silk Underwear.—Make a suds of castile soap and let them soak an hour or two, then add warm water till the whole is luke-warm and wash and rinse in same temperature of water. When dry do not sprinkle, but iron by placing over them a muslin cloth wet in water and over that a dry cloth. It is well to keep cloths just for this purpose.

Buckeye Cleaning Mixture.—One fourth cake Ivory soap dissolved in one quart rain water, one ounce each soda, borax and ether. Dissolve soap in water and add the salsoda and borax; then when dissolved add gallon rain water, after taking off stove put in ether. Use with scrub-brush for carpets, etc., and with sponge for fabrics, sponging off with clean water afterward.

To Wash Delicate Colored Muslins.—Boil wheat bran (about two quarts to a dress) in soft water half an hour, let it cool, strain the liquor, and use it instead of soap-suds; it removes dirt like soap, keeps the color, and the clothes only need rinsing in one water, and even starching is unnecessary. Suds and rinsewater for colored articles should be used as cold as possible. Another way is to make thick corn meal mush, well salted, and use instead of soap; rinse in one or two waters, and do not starch.

To Wash a Silk Dress.—To wash a silk dress with gall soap, rip apart and shake off the dust; have ready two tubs warm soft water, make a suds of the soap in one tub, and use the other for rinsing; wash the silk, one piece at a time, in the suds, wring gently, rinse, again wring, shake out, and iron with a hot iron on what you intend to be the wrong side. Thus proceed with each piece, and when about half done, throw out the suds and make suds of the rinsing water, using fresh water for rinsing.

To Take Out Scorch.—If a shirt-bosom, or any other article has been scorched in ironing, lay it where bright sunshine will fall directly on it. Peel and slice two onions, extract the juice by pounding and squeezing; or cut up half an ounce of fine white soap, and add to the juice; two ounces of fuller's earth and half pint of vinegar. Boil all together. When cool spread over the scorched linen, and let dry on; then wash and boil out the linen, and the spots will disappear unless burned so badly as to break the threads.

Fruit Stains.—Colored cottons or woolens stained with wine or fruit should be wet in alcohol and ammonia, then sponged off gently (not rubbed) with alcohol; after that if the material will warrant it, washed in tepid soap-suds. Where white are used the stains may be easily removed by using boiling water before the stains are soaped or wetted; pour it on until they mostly disappear, and then let goods stand in it covered till cold. Peaches, some kinds of pears, and sweet apples make the worst stains; and if boiling water is not sufficient, a little javelle water may be used and, if skillfully managed, will not need to be used often. Silks may be wet with this preparation when injured by these stains.

The Use of Turpentine in Washing.—Turpentine should *never* be used when washing is done with the hands, as it is very injurious to the health; but when the clothes are pounded in a barrel in the old fashioned way, or when the rubbing is done by a washing-machine, a tablespoon of turpentine added to a pint of soft soap, taking enough of the mixture to make a good suds for each lot of clothes aids in removing the dirt. Care must be taken not to handle the turpentine with the hands, or to breathe the fumes of it, as it is very injurious to some persons, and great care should be taken to rinse the clothes very thoroughly, or the clothing may retain enough of the turpentine to be injurious, when worn next the skin.

To Wash Flannels in Tepid Water.—The usefulness of liquid ammonia is not as universally known among housewives as it deserves to be. If you add some of it to a soap-suds made of a mild soap, it will prevent the flannel from becoming yellow or shrinking. It is the potash and soda contained in sharp soap which tends to color animal fibres yellow; the shrinking may also be partially due to this agency, but above all to the exposure of the flannel while wet to the extremes of low or high temperatures. Dipping it in boiling water or leaving it out in the rain will also cause it to shrink and become hard. To preserve their softness, flannels should be washed in tepid suds, rinsed in tepid water, and dried rapidly at a moderate heat.

To Wash Lace Ruchings.—Wash with the hands in warm suds (if much soiled, soak in warm water two or three hours), rinse thoroughly, and starch in thick starch, dry out doors if the day be clear; if not, place between dry cloth, roll tightly and put away till dry; then, with the fingers, open each row and pull out smoothly (have a cup of clear water in which to dip the fingers or dampen the lace); then pull out straight the outer edge of each with the thumb and finger, and draw the binding over the point or side with a hot iron. If the ruche is single or only two rows, it can be ironed after being smoothed (the first process). Blonde or net that has become yellow can be bleached by hanging in the sun or laying out overnight in the dew.

To Make Fine Starch.—Wet the starch smooth in a little cold water, in a large pan, pour in a quart boiling water to two or three tablespoons starch, stirring rapidly all the while; place on stove, stir until it boils, and then occasionally. Boil from five to fifteen minutes, or until the starch is perfectly clear. Some add a little salt, or butter or pure lard, or stir with a sperm candle; others add a teaspoon kerosene to one quart starch; this prevents the stickiness sometimes so annoying in ironing. Either of the above ingredients is an improvement to flour starch. Many, just before using starch add a little blueing. Cold starch is made from starch dissolved in cold water, being careful not to have it too thick; since it rots the clothes, it is not advisable to use it—the same is true of potato starch.

For Washing the Lighter Woolen Fabrics that enter into the composition of summer dresses, borax is one of the most useful articles for softening the water and cleansing the material. This is used in the proportion of a tablespoon to a gallon of water, and, if dissolved in hot water, it makes a better lather. Of course, no thoughtful person will attempt to wash a woolen dress without first having ripped it apart, picked out all the threads, brushed the dust out, and marked the particularly soiled places by running a thread around them. Wash one piece at a time, roll up and squeeze, or pass through a wringer instead of twisting through the hands. Wash in several changes of borax water, and rinse in clear water, in which a well-beaten egg has been mixed; shake thoroughly, and fold in sheets until evenly damp all through, then iron the wrong side with an iron hot enough to smooth nicely without scorching.

Wash Silk Handkerchiefs by laying them on a smooth board, and rubbing with the palm of the hand. Use either borax or white castile soap to make the suds; rinse in clear water, shake till nearly dry, fold evenly, lay between boards, and put a weight on them. No ironing is required. Silk hose and ribbons may be treated in the same way; if there are colors that run, put as much sugar of lead as will lie on a quarter dollar, into a half gallon of water, and soak the goods half an hour, stirring frequently, then wash as above, and rinse in several clear waters, using sugar of lead in the last. Or wash in cold rain water with a little curd soap; then rinse them in rain-water—cold—slightly colored with stone blue; wring well and stretch them out on a mattress, tacking them out tightly. They will look good as new if carefully washed.

To Wash Black Lace.—Have a smooth, clear, round bottle; one with a good deal of body and not much neck, is preferable to any other. Dip lace into a little ale, and after pressing out the moisture a little, wind it smoothly and carefully—picking out the edges and points—round and round bottle. Cover it up, or put where no dust can reach till dry, when it will look new. Use no soap, only ale or beer. Either removes *rustiness*, and veils, (black net, or lace) dipped in beer for an instant, *folded smoothly*, pressed free of moisture in a cloth, and then hung for a couple of minutes before the fire will become stiff, fresh, and nice, without ironing. The bottle is also nice to use for white lace, but do not use the ale or beer.

Washing Light Colored Prints and Cambrics.—Take a tablespoon of alum, and dissolve it in enough luke warm water to rinse a print dress. Dip the soiled dress into it, taking care to wet thoroughly every part of it, and then wring it out. Have warm, not hot, suds all ready, and wash out the dress quickly; then rinse it in cold water. (White castile soap is the best for colored cottons, if it can be commanded.) Have the starch ready, but not

too hot; rinse the dress in it, wring out, and hang it wrong side out to dry, but not in the sun. Place it where the wind will strike it rather than the sun. When dry, iron directly. Prints should never be sprinkled; but, if allowed to become too dry, they should be ironed under a damp cloth. It is better to wash them some day by themselves, when washing and ironing can be done at once.

To Wash Flannels in Boiling Water.—Make a strong suds of boiling water and soft soap—hard soap makes flannels stiff and wiry—put them in, pressing them down under the water with a clothes-stick; when cool enough rub the articles carefully between the hands, then wring—but not through the wringer—as dry as possible, shake, snap out, and pull each piece into its original size and shape, then throw immediately into another tub of boiling water, in which you have thoroughly mixed some nice blueing. Shake them up and down in this last water with a clothes stick until cool enough for the hands, then rinse well, wring, shake out and pull into shape—the snapping and pulling are as necessary as the washing—and hang in a sunny place where they will dry quickly. Many prefer to rinse in two waters with the bluing in the last, and this is always advisable when there are many flannels.

Care of Irons.—When irons become rough or smoky, lay a little fine salt on a flat surface and rub them well; it will prevent them sticking to any thing starched, and make them smooth; or scour with bath brick before heating, and when hot rub well with salt, and then with a small piece of beeswax tied up in a rag, after which wipe clean on a dry cloth. A piece of fine sandpaper is also a good thing to have near the stove, or a hard, smooth board covered with brick dust, to rub each iron on when it is put back on the stove, so that no starch may remain to be burnt on. Put beeswax between pieces of paper or cloth and keep on the table close by the flat-iron stand, If the irons get coated with scorched starch, rub them over the paper that holds the beeswax and it will all come off. Rubbing the iron over the waxed paper, even if no starch adheres, adds to the glossiness of the linen that is ironed. Washing them well in soap suds, wiping dry and wrapping in brown paper will keep them nicely when not in use. Do not keep on stove after through using them as it soon burns them out.

Washing Lace.—To make the starch properly, mix the dry particles with enough cold water to make a smooth paste, add cold water until it looks like milk and water, and boil it in a smoothly glazed earthen vessel until it is perfectly transparent. While it is cooling, squeeze the laces through a soap-suds, and rinse them in clear water. If you wish them clear white, add a little bluing; if ivory white, omit the blueing, and if yellow-tinged add a few teaspoons clear coffee to the starch. Run through the starch, squeeze, roll up in towels, and clap each piece separately until dry; pull gently into shape, from time to time, with the fingers, and pin on the ironing table or bosom-board or upon the pillows in the "spare" bedroom. When dry, press between tissue paper with a hot iron, punch the openings with an ivory stiletto, and pick each pearl or loop on the edge with a coarse pin until it looks like new lace.

Lawn and Muslin dresses that have faded may be whitened in the boiling suds, and bleached on the grass, and, when done up, are quite as pretty as dresses made of new white material. Delicate hued muslin and cambric dresses may be washed nicely by the following process: Shave half a pound of common hard soap into a gallon of boiling water; let it melt, turn it into a tub of lukewarm water; stir a quart of wheat bran into a second tub of lukewarm water, and have ready a third tub with clear water; put the dress into the first tub of suds, rub gently, or rather "souse" it up and down, and squeezeit out;

treat it the same in a tub of bran water; rinse, dry and dip in starch made the same as for shirts; dry again, and then rinse thoroughly in clear water; dry again, and sprinkle with a whisk-broom or sprinkler; roll up in a thick cloth while the iron gets hot, and iron with them as hot as they can be used without scorching the dress. By taking a clear day, it is little trouble to do several dresses in a few hours.

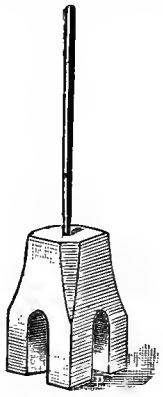
To Remove Grease from Silk, Cotton, Linen or Worsted Goods.—Rub magnesia freely on both sides of silk or worsted goods and hang away. Benzine, ether or soap will take out spots from silk, but remember the goods must not be rubbed. Oil or turpentine or benzine will remove spots of paint, varnish or pitch from white or colored cotton or woolen goods. After using it, they should be washed in soap-suds. Spots from sperm candles, stearine, and the like, should be softened and removed by ninety-five per cent alcohol, then sponged off with weak alcohol, and a small quantity of ammonia added to it. Holding white cotton or linen over the fumes of burning sulphur, and wetting in warm chloride water, will take out wine and fruit stains. The sooner the remedy is applied, after any of these spots or stains are discovered, the more effectual the restoration. From white linen or cotton by soap-suds or weak lye, and from calicoes with warm soap-suds. From woolens by soap-suds or ammonia. On silks use either yolk of egg with water, magnesia, ether, benzine, ammonia, or French chalk.

To Press and Clean Silks.—All Satin goods should be pressed upon the right side. To press and clean black silk, shake out all the dust, clean well with a flannel cloth, rubbing it up and down over the silk; this takes out all dust that may be left; take some good lager beer and sponge the silk, both on the wrong and right side, sponging across the width of the silk, and not down the length, and with a moderately-warm iron, press what is intended for the wrong side. After sponging, it is better to wait a few minutes before pressing, as the irons will not be so apt to stick.

Or, sponge with hot coffee, thoroughly freed from sediment by being strained through muslin. The silk is sponged on the side intended to show, it is allowed to become partially dry, and then ironed on the wrong side. The coffee removes every particle of grease, and restores the brilliancy of silk, without giving it either the shiny appearance or crackly or papery stiffness obtained by beer or any other liquid. The silk appears thickened by the process, and this good effect remains.

To Make Hard Soap.—Place one gallon of good soft soap in a kettle to boil; when it begins to boil, stir in a pint measure level full of common salt, stirring it all the time till the salt is dissolved, then set to cool. Next day, cut out the soap in squares, scrape off the soft, dark part, that adheres to the lower side of the cakes, pour out the lye, and wash the kettle; place the soap, cut in thin slices in the kettle, with more weak lye. If the lye is strong add rain-water, pint for pint; let it boil until the soap is dissolved. While boiling, again stir in a pint measure level full of salt, stirring it same as before, and set to cool. When perfectly hard, cut it in cakes the size you wish, scraping off the soft lye part that adheres to the lower side, and lay on boards, top side down in the sun, turning it each day until sufficiently dry. Or, if you wish to make a twelve or fourteen gallon kettle of soft soap into hard, three quarts of salt, stirred in each time, will be sufficient. But as soap differs in strength, the quantity of salt must also differ. The stronger the soap the more salt is required. A good general rule is our old grandmother's: "When the soap is boiling, stir in salt until it curdles and becomes whitish in color." It can be tested by placing some in a shallow pan, as it cools in a few minutes sufficiently to know if enough salt is in.

A Clothes Pounder.—Among all the ways and machines tried for washing clothes some find nothing equal to a barrel and pounder. Bore six or seven inch and a half, or larger holes, into the end of a six or eight inch sapling (can use butternut, it bores easily, and is handy,) two or three inches deep, then bore a ¾-inch side hole through the bottom of the larger ones to let out the air and water when pounding. The pounder should be six or eight inches long or high, made a little tapering, and a hoop-iron band put round it near the top. For a handle use a common ash hoe-handle, such as can be bought at stores for a dime. A coal oil barrel to pound in is cheap and strong, and it makes a good water barrel, or convenient to put in dirty clothes. Soap clothes well, and put into barrel just warm water enough to thoroughly wet the clothes. In washing this way persons generally use too much water, it then makes splashing work. If the water gets too dirty, change it of course. A pounder made as illustrated is even better than one described.



Clothes Pounder.

To Bleach Muslin.—For thirty yards of muslin, take one pound of chloride of lime, dissolve in two quarts rain-water; let cloth soak overnight in warm rain-water, or long enough to be thoroughly wet; wring out cloth and put in another tub of warm rainwater in which the chloride of lime solution has been poured. Let it remainf or about twenty minutes, lifting up the cloth and airing every few minutes, and rinse in clear rain-water. This will not injure the cloth in the least, and is much less troublesome than bleaching on the grass

Or, scald in suds and lay them on the clean grass all night, or if this can not be done, bring in and place in a tub of clean soft water. In the morning scald again and put out as before. It will take from one to two weeks to bleach white. May be bleached in winter by placing on the snow. May is the best month for bleaching. To whiten yellow linens or muslins, soak over night, or longer, in buttermilk; rinse thoroughly and wash the same as other clothes. This will also answer for light calicoes, percales, lawns, etc., that will not fade. Some use sour milk when not able to get buttermilk. To whiten yellow laces, old collars, etc., put in a glass bottle or jar in a strong suds, let stand in sun for seven days, shaking occasionally.

To Wash Lace Curtains.—Shake the dust well out of the lace, put in tepid water, in which a little soda has been dissolved, and wash at once carefully with the hands in several waters, or until perfectly clean; rinse in water well blued, also blue the boiled starch quite deeply and squeeze, but do not wring. Pin some sheets down to the carpet in a vacant, airy room, then pin on the curtains stretched to exactly the size they were before being wet. In a few hours they will be dry and ready to put up. The whole process of washing and pinning down should occupy as little time as possible, as lace will shrink more than any other cotton goods when long wet. Above all, it should not be allowed to "soak.' from the mistaken idea that it washes more easily, nor should it ever be ironed. Another way is to fasten them in a pair of frames, which every housekeeper should have made very like the old-fashioned quilting-frames, thickly studded along the inside with the smallest size of galvanized tenter hooks, in which to fasten the lace, and having holes and wooden pins with which to vary the length and breadth to suit the different sizes of curtains. The curtains should always be measured before being wet, and stretched in the frames to that size to prevent shrinking. Five or six curtains of the same size may be put in, one above the other, and all dried at once. The frames may rest on four chairs.

How to do up Shirt-bosoms.—To fine starch add a piece of "Enamel" the size of a hazle-nut; if this is not at hand use a table-spoon gum-arabic solution (made by pouring boiling water upon gum-arabic and standing until clear and transparent), or a piece of clean mutton tallow half the size of a nutmeg and a teaspoon of salt will do, but is not as good. Strain the starch through a strainer or a piece of thin muslin. Have the shirt turned wrong side out; dip the bosoms carefully in the fine starch, made according to recipe, and squeeze out, repeating the operation until the bosoms are thoroughly and evenly saturated with starch; proceed to dry. Three hours before ironing dip the bosoms in clear water; wring out and roll up tightly. First iron the back by folding it lengthwise through the center; next iron the wristbands, and both sides of the sleeves; then the collar-band; now place the bosom-board under the bosom, and with a dampened napkin rub the bosom from the top towards the bottom, smoothing and arranging each plait neatly. With smooth, moderately hot flat-iron, begin at the top and iron downwards, and continue the operation until the bosom is perfectly dry and shining. Remove the bosom-board, and iron the front of the shirt. The bosoms and cuffs of shirts, indeed of all nice work, will look clearer and better if they are first ironed under a piece of thin old muslin. It takes off the first heat of the iron, and removes any lumps of starch.

Washing Fluid.—The very best known, as it saves time, labor, clotnes and soap: One pound sal-soda, one-half pound stone lime, five quarts soft water, (some add one-fifth pound borax); boil a short time in copper or brass kettle, stirring occasionally, let settle and pour off the clear fluid into a stone jug, and cork for use; soak white clothes over night in simple water, wring out and soap wristbands, collars, and dirty stained places; have boiler half filled with water, and when at scalding heat put in one common teaspoon of fluid, stir and put in clothes, and boil half an hour, rub lightly through one suds only, rinsing well in the blueing water as usual, and all is complete. Instead of soaking clothes over night, they may soak in suds for a few hours before beginning washing. For each additional boiler of clothes, add a half cup only of the fluid, of course boiling in the same water through the whole washing. If more water is needed in the boiler for the last clothes, dip it from the sudsing tub. This fluid brightens instead of fading the colors in calico, and is good for coloring flannels. It does not rot clothes, *but they must not lie long in the water; the boiling, sudsing, rinsing and blueing must follow each other in rapid succession,* until clothes are hung on the line, which should be by ten o'clock in the morning. Some of this fluid, put in hot water, is excellent for removing grease spots from the floor, doors, and windows; also for cleansing tin-ware, pots, and kettles.

To Wash Woolen Goods.—Dissolve a large tablespoon borax in a pint boiling water. Mix one quarter of it in the cold water in which greasy woolen goods are to be washed. Put in one piece at a time, using soap, if needed; and if necessary add more of the borax-water. Wash and rinse in cold water. Shake well and hang where the goods will dry quickly. Flannels can be washed in the same way. The important thing in washing flannels is to have all waters of the same temperature. If you begin with cold, go through with cold; if with hot, have all waters equally hot. They must not be allowed to freeze in drying. Some add a little salt to the last rinsing water. In washing flannels be careful that the soap used has no resin in it. When flannels are nearly dry, take in, fold carefully, roll up in damp cloth so that that they will iron smoothly. In ironing heavy woolen goods, especially pants, vests, etc., it is well to let them get dried, then spread them out on an ironing-board (not on a table), wring a cloth out of clear water, and lay over the article, then iron with a hot iron till dry; wet the cloth again and spread it just above the part already ironed, letting it come

a half inch or so on that which has been pressed, so that there will be no line to mark where the cloth was moved; continue this till the whole garment has been thoroughly pressed. Woolen garments thus ironed will look like new; but in doing this care must be exercised that every spotthat looks at all "fulled" or shrunk should be stretched while being pressed under the wet cloth. Bring the outside to fit the linings, as when new, but if not quite able to do this, rip the lining and trim off to match. All the seams, especially on pants, must be first pressed on a "press board," then fold the pants as they are found in the tailor's shop, and go over them with the wet cloth and hot iron. Soap-bark Tea water is also nice for washing pants, etc.

Flour Starch.—One coffee cup flour a little rounded, water enough to moisten it, let it staud ten or fifteen minutes, then add enough more water to make it the consistency of thin molasses. Beat well, and to make it perfectly smooth, stir well with an egg-beater. Have a clean kettle or pan with five pints of water (soft water is best) on stove boiling, into which stir this thickening, let it boil from two to five minutes, then stir in half teaspoon each salt and butter or lard, or stir while boiling with a sperm candle. Strain through a cotton flour sack, or a bag made of a crash towel, by putting the ends together and sewing up the sides. It is well to have a pan of cold water in which to dip the hand, in order to squeeze starch through as hot as possible, as to secure best results starch must be very hot. If the articles to be starched need to be very stiff, dry them before starching; if not, wring them well through the wringer, then starch. This quantity will starch two large work aprons, bosom and cuffs of two calico shirts, one calico dress, a tie apron and five children's aprons. A rainy, damp, or very windy day, is not good for starching. Anything that is required to be extra stiff, as the front of a sunbonnet, can be restarched by rubbing more starch on after it first becomes dry, do so one or more times until it is stiff enough. Starch made this way makes the clothes look nicely, and seldom sticks to the iron or rubs up on the clothes. If it should, place a small lump of beeswax on the cloth on which the iron is tested, rub the hot iron swiftly over the beeswax, then rub it on the cloth before ironing the garment. Rubbing the hot iron over the beeswax, causes the latter to stick to the cloth, and the same cloth can be used many times, it is a much better way than to have the beeswax tied up in a cloth.

To Dry-starch, Fold and Iron Shirts.—In doing up shirts, wristbands and collars should be starched first if the collars are sewed on. Dip them into the hot starch, and as soon as the hand can bear the heat (and dipping the hand in cold water often will expedite the work) rub the starch in very thoroughly, taking care that no motes or lumps of starch adhere to the linen. Then starch the shirt-bosom the same way keeping the starch hot all the time by setting the dish in a deep pan of water. Rub it into the linen very carefully, pass the finger under the plaits and raise them up so that the starch shall penetrate all through evenly. Some rub it into the plaits with a piece of clean linen, but we think the hand does the work more thoroughly and evenly. When perfectly starched, shake out the shirt evenly, fold both sides of the bosom together and bring the shoulders and side seams together evenly; that will lay the sleeves one over the other, and after pulling the wristbands into shape smoothly they can be folded together and the wristbands rolled tightly and, with the sleeves, be folded and laid even on the sides of the shirt. Then turn the sides with the sleeves over on the front, and beginning at the neck roll the whole tightly together, wrap in a towel and let it remain so several hours before ironing—all night if starched and folded in the evening—and in the summer put in a cool place where the starch will not sour, and in the winter keep warm enough to prevent freezing. To do up shirt bosoms in the most perfect way, one must have a "pol-

ishing iron"—a small iron rounded over and highly polished on the ends and sides. Spread the bosom on a hard and very smooth board, with only one thickness of cotton cloth sewed tight across it. Spread a wet cloth over and iron quickly with a hot iron, then remove the cloth and with a polishing iron as hot as can be used without scorching, rub the bosom quick and hard up and down, not crosswise. Use only the rounded part of the front of the iron, that puts all the friction on a small part at one time, and gives the full benefit of all the gloss in starch or linen.

Soap For Family Use.—Much of the toilet and laundry soaps in the market are adulterated with injurious, and to some persons, poisonous substances by which diseases of the skin are occasioned or greatly aggravated, and great suffering results, which is rarely traced to the real cause. The fat tried from animals which have died of disease, if not thoroughly saponified, is poisonous, and sometimes produces death. If in making soap the mass is heated to too high a degree, a film of soap forms around the particles of fat; if at this stage resin, sal-soda, silicate, and other adulterations are added, the fat is not saponified, but filmed, and if poisonous or diseased, it so remains, and is dangerous to use. A bar of such soap has an oily feeling, and is unfit for use. If it feels sticky, it has too much resin in it. The slippery feeling which belongs to soap properly made can not be mistaken. Another test of pure soft or hard soap is its translucent or semi-transparent appearance. Soft soap that is cloudy is not thoroughly saponified, or else has been made of dirty or impure grease. It is not only safer but more economical to buy pure soap, as the adulterations increase the quantity without adding to the erasive power. Some of the brown soaps sold in the market are seventy-five per cent resin, and the buyer gets only twenty-five per cent of what he wants for his money. Fifteen per cent. resin improves the quality, but any excess damages it, and is worse than useless. Almost any family may make excellent soft soap with very little expense by saving grease, and using lye from pure hard wood ashes or pure potash. Never use concentrated lye.

To set the leach, bore several auger holes in the bottom of a barrel; or use one without a bottom; prepare a board wider than the barrel, set barrel on it, and cut a groove around just outside the barrel, making one groove from this to the edge of the board to carry off the lye as it runs off. Place two feet from the ground, and tip so that the lye may run easily from the board into the vessel below prepared to receive it. Put half-bricks or stones around the edge of inside of barrel, place on them one end of sticks one or two inches wide, inclining to the center; place straw to the depth of two inches, over it scatter two pounds slacked lime; put in the ashes about a half bushel at a time, pack well by using a pounder, spade, or common ax; continue to pack until barrel is full, leaving a funnel-shaped hollow in the center large enough to hold several quarts of water. Use soft or rain-water, and boiling hot. Let the first water disappear before adding more. If the ashes are packed very tightly, it may require two or three days before the lye will begin to run, but it is much better as it will be stronger. If a large quantity of lye is needed, prepare a board long enough to hold two or more barrels, one back of the other, with a groove in the center the entire length of the board; on this place the barrels prepared as above. A test of the strength of the lye is if it will bear up an egg; another is to heat the lye to boiling, whirl a feather around in it nine times, and if it eats the feather it will make soap.

Sun or Cold Soap is made by adding one pound of cleansed grease, spoiled lard or butter, to each gallon of lye strong enough to float an egg. Set the vessel in the sun and stir thoroughly each day until it is good soap. This gives it a golden color, and produces an excellent soap for washing. It may be used in washing even laces and fine cambrics with perfect safety.

To Cleanse Grease.—Place all grease of whatever kind, soup bones, ham-rinds, cracklings, or any refuse fat into a kettle, with weak lye enough to boil it until all particles of fat are extracted; let it cool, then skim off the grease, which is now ready to make the "Sun Soap." Would add right here that no fat should be put away for soap grease until fried thoroughly.

Boiled Soap.—There is no romance or poetry in making boiled soap, only patient hard work; yet without this useful article, what an unpresentable people we should be. Place the grease, consisting of soup-bones and all kinds of fat that accumulate in a kitchen, in a kettle, filling it only half full; if there is too much fat, it can be skimmed off after the soap is cold, for another kettle of soap. This is the only true test when enough fat is used, as the lye will consume all that is needed and no more. Make a fire under one side of it. The kettle should be in an out-house or out of doors. Let it heat very hot so as to fry, and stir it to prevent burning; now put in the lye, a gallon at a time, watch closely until it boils, as it sometimes runs over at the beginning. Add lye until the kettle is full enough, but not too full, to boil well. Soap should boil from the side and not the middle, as this would be more likely to cause it to boil over. To test the soap, to one spoonful of soap add one of rain water; if it stirs up very thick, the soap is good and will keep; if it becomes thinner, it is unfit for use.

This is the result of three causes; it is too weak, there is a deposit of dirt, or it is too strong. Continue to boil for a few hours, when it should flow from the stick with which it is stirred, like thick molasses; but if after boiling it remains thin, let it stand over night, removing the fire, then drain very carefully into another vessel, being particular to prevent any sediment from passing. Wash the kettle, return the soap and bring to a boil, and if the cause was dirt, it will now be thick and good, otherwise it is too strong, and needs rain-water added. This can safely be done by pouring in a small quantity at a time, until it becomes thick. These are the usual causes that arise to trouble soap-makers. If other difficulties appear, they must use good common sense to meet and overcome them.

It might not be amiss to add to this, the most economical way of saving soap grease. Have a kettle standing in the yard in summer time (or if there is not a yard, in cellar), and as you save a little grease, put it in, but do not put in raw grease. If there are any pieces of fat left after using a ham or lumps of suet not used in cooking a steak, put them in a skillet and fry them brown, then put all into the kettle of lye; thus every particle of fat will be saved, and no fear of insects, rats or mice getting into and destroying the grease. Keep the kettle covered during night or when raining, but uncovered in the sunshine, stirring occasionally. In the fall, all that is necessary is to make a fire under the kettle, and let it boil a short time, adding more lye or grease if needed. If there are too many bones in it, or any particles that have not become consumed, skim them out and put them in a pot of weak, hot lye, stirring them with the skimmer to rinse off all the soap, then skim out and throw away, and the pot of lye which has become almost soap, may now be added to the kettle of good soap. A few beef bones left in the barrel will sink to the bottom, and are said by some good housewives to improve the soap. Soft soap should be kept in a dry place in cellar, and is better if allowed to stand three months before using.

SOMETHING ABOUT BABIES

A child's first right is to be well born, of parents sound in body and mind, who can boast a long line of ancestors on both sides; an aristocracy, based on the cardinal virtues of purity, chastity, sobriety and honesty.

If the thought, the money, the religious enthusiasm, now expended for the regeneration of the race, were wisely directed to the generation of our descendents, to the conditions and environments of parents and children, the whole face of society might be changed before we celebrate the next centennial of our national life.

All religious, educational, benevolent, and industrial societies combined, working harmoniously together, can not do as much in a life-time of effort, toward the elevation of mankind, as can parents in the nine months of pre-natal life. Locke took the ground that the mind of every child born into the world is like a piece of blank paper, that you may write thereon whatever you will; but science proves that such idealists as Descartes were nearer right when they declared that each soul comes freighted with its own ideas, its individual proclivities; that the pre-natal influences do more in the formation of character than all the education that come after.

Let the young man, indulging in all manner of excesses, remember that in considering the effect of dissipation, wine, and tobacco, on himself and his own happiness or misery, he does not begin to measure the evil of his life. As the High Priest at the family altar, his deeds of darkness will entail untold suffering on generation after generation. Let the young woman with wasp-like waist, who lives on candies, salads, hot bread, pastry, and pickles, whose listless brain and idle hands seek no profitable occupation, whose life is given to folly, remember that to her ignorance and folly may yet be traced the downfall of a nation.

One of the most difficult lessons to impress on any mind is the power and extent of individual influence; the parents, above all others, resist the belief that their children are exactly what they make them; no more, no less; like producing like. If there is a class of educators who need special preparation for their high and holy calling, it is those who assume the responsibility of parents. Shall we give less thought to the creation of an immortal being

than the artist devotes to his statue or landscape? We wander through the art galleries in the old world, and linger before the works of the great masters, transfixed with the grace and beauty, the glory and grandeur, of the ideals that surround us, and, with equal preparation, greater than these are possible in living, breathing humanity. The same thought and devotion in real life would soon give us a generation of saints, scholars, scientists and statesmen, of glorified humanity; such as the world has not yet seen. To this hour, we have left the greatest event of the life to chance, and the result is the blind, the deaf and dumb, the idiot, the lunatic, the epileptic, the criminal, the drunkard, the glutton—thousands of human beings in our young republic, that never should have been born; a tax on society, a disgrace to their parents, and a curse to themselves.

Well born—a child's next right is to intelligent care. If we buy a rare plant, we ask the florist innumerable questions as to its proper training; but the advent of an immortal being seems to suggest no new thought, to anxious investigation into the science of human life. Here we trust everything to an ignorant nurse, or a neighbor who knows perchance less than we do ourselves.

Ignorance bandages the new-born child, as tight as a drum, from armpits to hips, compressing every vital organ. There is a tradition that all infants are subject to colic for the first three months of their existence; at the end of which time the bandage is removed, and the colic ceases. Reason suggests that the bandage may be the *cause* of the colic, and queries as to the origin of the custom, and its use. She is told with all seriousness, "that the bones of a new-born child are like cartilage, that, unless they are pinned up snugly, they are in danger of falling to pieces." Reason replies: "If Infinite Wisdom has made kittens and puppies so that their component parts remain together, it is marvelous that He should have left the human beings wholly at the mercy of a bandage;" and proposes with her first-born to dispense with swaddling bandages, leaving only a slight compress on the navel, for a few days, until perfectly healed.

Ignorance, believing that every child comes into the world in a diseased and starving condition, begins at once the preparation of a variety of nostrums, chemical and culinary, which she persistently administers to the struggling victim. Reason, knowing that after the fatigue of a long and perilous march, what the young soldier most needs is absolute rest in some warm and cozy tent, shelters him under her wing, and fights off all intruders, sure that when he needs his rations the world will hear from him. His first bath should be a generous application of pure, sweet olive oil, from head to foot, in every little corner and crevice of his outer man; and then he should be immersed in warm soap-suds, so nearly the temperature of the body as to cause no shock. Great care should be taken that neither oil or soap touch the eyes. The room should be very warm, all drafts excluded; and on emerging from the tub, a hot soft-flannel blanket should be closely wrapped around him, in which he may rest awhile before dressing. The softest garments, simply made, and so cut as to fasten round the throat and rest on the shoulders, should constitute his wardrobe; eschew all bands, pins, ligatures, ruffles, embroidery, caps, socks, etc.

Let the child's first efforts at foraging for an existence be at his mother's breast; there he will find the medicine he needs, and just what she needs, too, to dispose of.

The child's mouth and the mother's nipples should be carefully washed before nursing; thus, much suffering, for both mother and child, will be prevented.

"Give the baby water six times a day," was one of the most important messages ever sent over the telegraph wires to a mother.

Ignorance bathes her baby on a full stomach, because she finds it will go through the ordeal of dressing more quietly; Reason bathes hers two hours

after feeding, knowing that the vital forces needed for digestion should not be drawn to the surface. Being constructed on the same general plan with the parents, the same principle that makes it dangerous for a man to go swimming immediately after eating, makes it equally so to put a bady in its tub after nursing.

Though Ignorance eats her own meals regularly and at stated times, she feeds her baby at all times and seasons. If the child has colic from overeating, or the improper diet of its mother, she tries to allay its suffering with additional feeding and vigorous trotting; not succeeding, she ends the drama with a spoonful of Mrs. Winslow's soothing syrup; having drugged the sentinel and silenced his guns, she imagines the citidel safe. Reason feeds her baby regularly, by the clock, once in two or three hours, and gives the stomach some chance for rest. She prevents colic by regulating her own diet and habits of life, knowing that improper articles of food, and ill-nature or outbursts of passion in the mother, have cost many a baby its life.

Ignorance, having noticed that her baby sleeps longer with its head covered, uniformly excludes the air. Breathing the same air over a dozen times, it becomes stupefied with the carbonic-acid gas, is thrown into a profuse perspiration, and is sure to catch cold on emerging from the fetid atmosphere. Reason puts her child to sleep, with head uncovered, in a spacious chamber, bright with sunlight and fresh air; where, after a long nap, she will often find him (as soon as he is old enough to notice objects) looking at the shadows on the wall, or studying the anatomical wonders of his own hands and feet, the very picture of content.

Regular feeding, freedom in dress, plenty of sleep, water, sunlight, and pure air, will secure to babies that health and happiness that in nature should be their inheritance.

"Seeing that the atmosphere is forty miles deep, all around the globe," says Horace Mann. "it is a useless piece of economy to breath it more than once. If we were obliged to trundle it in wheel-barrows, in order to fill our homes, churches, school-houses, railroad-cars, and steamboats, there might be some excuse for our seeming parsimony. But as it is we are prodigals of health, of which we have so little; and niggards of air, of which we have so much".—*Mrs. Elizabeth Cady Stanton, New York.*

For Worms, give rue tea; for colic, catnip tea.

Milk for the Use of children should cool until the animal heat is gone before using.

Ginger-bread made from oatmeal instead of flour is a good aperient for children.

While the baby is down for a creep, draw little stocking legs over his arms, and secure them by a safety-pin.

Some babies' skins will not bear flannel.—In this case a linen shirt should be put on first, and flannel over it.

Jumping the Rope is an injurious and dangerous amusement, often resulting in diseases of the spine and brain.

A baby should sleep on its side.—When lying on its back the food sometimes rises in its throat and chokes it.

Eating snow, except in small quantities, is very injurious, producing catarrh, congestion and many other troubles.

When chafed, squeeze cold water over the parts chafed. Dry lightly without rubbing, and apply vaseline or cold cream.

If a scurf or milk-crust appears on the head, do not apply water, but oil at night and brush over gently with a baby's soft brush.

Don't give the baby cordials, soothing syrups, paregoric and sleeping-drops. All such things injure the constitution of the child.

No *child should go to bed hungry*, but food taken near the hours of sleeping should be of the simplest nature—a cracker, a piece of bread, or a glass of milk.

Always hold a baby with feet next the fire, when sitting in a room with a fire in it. The old adage, "Keep the feet warm and the head cool," means a good deal.

Great care must be taken that children are not fed with milk that has been turned by a thunder-storm. The chemical change is rapid, and extra caution is nccessary.

If the children who attend school are puny and do not seem to thrive, take them away from school. Give the child a robust body, whether he is at the head or tail of his class.

Parents should teach their children to gargle their throats, for it may be the saving of their lives. It is easier to teach them this difficult and awkward feat in health than when prostrated by disease.

For constipation, bran water is an excellent remedy. Boil two tablespoons bran in a pint of water for two hours, strain and use as food. It must be made fresh every day, and the fresher the better.

To cure the earache.—Take a bit of cotton batting, put upon it a pinch of black pepper, gather it up and tie it, dip it in sweet-oil, and insert it into the ear. Put a flannel bandage over the head to keep it warm.

Let nature wake the children; she will not do it prematurely. Take care that they go to bed at an early hour—let it be earlier and earlier, until it is found that they wake up themselves in full time to dress for breakfast.

To prevent a child coughing at night, boil the strength out of ten cents worth of "seneca snake root" in one quart of soft water; strain through a cloth, boil down to a pint, add one cup powdered sugar made into a thick molasses. Give one teaspoon on going to bed.

Just before each meal let the child have some ripe fruit or some fruit sauce. Apples and berries are wholesome. Oranges should never be given to children unless the skin and the thick white part underneath the skin and between the quarters is all carefully removed.

Never let the little children go out of doors in winter without being warmly clad. They lose heat rapidly, and easily contract throat and lung affections. Every child should have full suits of underclothing; and especially let the legs and ankles be well protected with thick stockings and leggings.

If baby strangles, place your thumb on its nose, between the eyes, and press gently upwards. It always makes them swallow. In giving medicine, keep the point of the spoon against the roof of the mouth and they can't strangle. But with watchful care you will not have to give much medicine.

Great care should be taken to shade a baby's eyes from the light. If a strong light shines directly in its face, it often produces ophthalmia, an in-

flamation of the eyelids, which is troublesome and dangerous. A few drops of breast-milk, applied to the eye and worked under the lid, is very healing to sore eyes.

A lump of sugar, saturated with vinegar, will stop hiccough when drinking water will not. For babies, a few grains of sugar will often suffice. Care must be taken in giving sugar to nursing babies. as it is constipating. Dio Lewis says feather pillows are death to children. Make them of straw or hair, and not too large.

Children are often troubled with ulcers in the ears after scarlet fever and other children's diseases. Roast onions in ashes until done, wrap in a strong cloth, and squeeze out juice. To three parts juice, add one part laudanum and one part sweet-oil, and bottle for use. Wash ear out with warm water, shake bottle well, and drop a few drops into the ear.

Snuffles need not be known in the category of baby troubles if mothers will have a camel's hair brush and carefully cleanse out baby's nose every morning when washing him; and also watch for the little hard pieces that form in it and carefully take them out, putting up a little oil to soften them, or a little breast milk milked up will cause the baby to sneeze and loosen them.

For symptoms of a cold, such as snuffling, or any slight hoarseness, give immediately a warm foot bath, and then grease with mutton tallow, the nose, neck, chest, and feet; warm the feet well at the fire. Sweet-oil, pig's-foot oil, or any kind of good grease will answer as well as mutton tallow. After warming well put them to bed and wrap up well. An oil-rub, as described hereafter, is one of the best things to give.

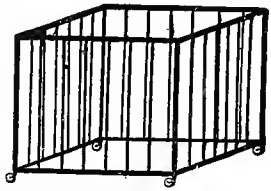
Bathe children in the forenoon when possible, or, if not too tired, an hour before the evening meal; *never for at least an hour after eating*. When possible bathe before an open fire or in a warm room near, and rub dry before an open fire. It is injurious to bathe children on rising before breakfast, especially in cold weather. Washing the face, neck and hands, and dressing, is enough before refreshing the body by eating.

Probably nine children out of ten who die of croup might be saved by timely application of roast onions, mashed, laid upon a folded napkin, and goose-oil, sweet-oil, or even lard, poured on and applied as warm as can be borne comfortably to the throat and upper part of the chest, and to the feet and hands, or the onions may be sliced, boiled soft in water until almost dry, greese added, and cooked in the greese until browned.

For sore mouth in nursing babies, take a teaspoon each of pulverized alum and borax, half a salt-spoon of pulverized nut-galls, a table-spoon of honey; mix, and pour on it half a tea-cup boiling water; let settle, and with a clean linen rag wash the mouth four or five times a day, using a fresh piece of linen every day; or simple borax water is equally good. Half an even teaspoon powdered borax in two tablespoons soft water is strong enough, or use sage tea instead of the water, or simply dry powdered borax.

The Perfect Night Dress is one of the best and safest night wear for children. It is one garment, waist, sleeves and drawers ending in feet (regular stocking legs only fitting loosely), can be made of muslin, canton flannel or red flannel and perfectly protects their feet and limbs. Over this, in cold weather, may be worn a flannel sack. At severe seasons, instead of putting an extra coverlet on the bed, we advise the use of a large bag, made of a light blanket, into which the child may be securely placed, and closely buttoned in around neck. Light coverings generally are preferable to heavy ones, if the night clothing and the room are sufficiently warm, as they do not induce prespiration nor check exhalations.

Great Care Must be Taken that the navel of infants takes its proper place. If not attended to it is likely to puff out and produce a breach. If it shows any signs of protruding, round a piece of cork on one side leaving it pointed in the center, with the top side flat, cover with four or five thicknesses of linen, and lay over the navel, fastening it to its place by four or five strips of a porus plaster about an inch in width. Let it remain a month or more, or till well, as it will cause no inconvenience, renewing plaster if necessary.



A Child's Pen.—It is not only troublesome but very dangerous for small children just able to toddle about and get into mischief, to be free to go where they please. The mother, if she has the care of the house, can not safely leave the child for a moment. The pen, which the cut represents, is a perfect protection for the child. It is too high to climb over, it moves at pleasure as the child walks about on the floor, and the mother is comparatively free to leave it and attend to other work. With a warm flannel blanket on the floor and playthings, it will amuse itself a long time. A cheaper substitute may be made of a light dry-goods box without bottom, with casters attached, and a box with bottom in with blankets in bottom is an excellent place to put a child, when the mother is necessarily absent for a short time. It is safe from harm, even if it does cry.

See That a Child's Food is well cooked. Never give a child new bread. Always insist that a child thoroughly masticate his food. Avoid too nourishing a diet for a child of a violent, fretful temper. Give a nourishing diet to a pale, white-looking, delicate child. Both under-feeding and over-feeding are apt to produce scrofula or consumption. Carefully study a child's constitution, digestive powers, teeth, strength, and endeavor to proportion to these the kind and the quantity of its food. Sweetmeats and confectionery should only be given to children very sparingly, if at all. Never pamper or reward a child with them. A child should never be allowed to go to sleep with damp, cold feet. Neglect of this has often resulted in dangerous attacks of croup, diphtheria, or a fatal sore throat. Always on entering the house in rainy, muddy, or thawy weather, the child should remove its shoes, and the mother should herself ascertain whether the stockings are the least damp. If they are they should be taken off, the feet held before the fire, rubbed with hands until perfectly dry, and dry stockings and shoes put on.

In Cleansing the Ear, penetrate no deeper than you can clearly see. Never scratch or inflame the entrance to the ear. The ear-wax is not dirt, and should not be removed, at least only that portion which is plainly visible should be disturbed. Pins and scrapers inserted in the ear are injurious. The wax will find its way out when too much is accumulated. Scraping produces irritation, discomfort, and calls for a repetition, which after a time, produces disease. Sweet-oil, glycerine, etc., are apt to clog the ear and produce inflammation. Syringing the ear with tepid water relieves itching. If cold air gives pain a little wool, placed in the ear *while out of doors*, will protect.

Food for Babes.—Mix a babe's food or milk with its due proportions of sugar, and place the pitcher holding it in a deep plate—a soup plate or pie-dish will do—and fill the plate with cold water. Take a piece of thin muslin, large enough to cover the whole pitcher and reach down all sides into the water. Have no cover on the pitcher, wet the cloth and cover the pitcher with it; put its ends into the water, and set the whole into a place where a

draft of air will pass over it. A mother tried the plan, and during an exceedingly hot summer, through the most sultry days and nights of a long season, the milk never turned at all. The rationale of the thing is easy. The milk is not confined in a close vessel, or in danger of being tainted by nearness to other, perhaps not wholesome, food; the thin gauze protects it, yet leaves it open; the draft of air keeps the temperature down by the constant evaporation, while the water is constantly sucked up by the cloth, acting like a wick in a lamp, to supply the moisture. The pain of teething may be almost done away, and the health of the child benefitted, by giving it fine splinters of ice, picked off with a pin, to melt in its mouth. The fragment is so small that it is but a drop of warm water before it can be swallowed, and the child has all the coolness for its feverish gums without the slightest injury. The avidity with which the little things taste the cooling morsel, the instant quiet which succeeds hours of fretfulness, and the sleep which follows the relief, are the best witnesses to this magic remedy. Ice may be fed to three months' child this way, each splinter being no longer than a common pin, for five or ten minutes, the result being that it has swallowed in that time a teaspoonful of warm water, which so far from being a harm, is good for it, and the process may be repeated hourly as often as the fretting fits from teething begin.

An ivory ring, a silver dollar, or some similar article should be provided for them to bite on. Give plenty of pure water to drink. Or dip the end of the finger in cold water and rub the inflamed gums.

Care of Babies.—It is not necessary to exclude light from room when the babe is born. The admission of sunlight should be regulated; but a soft and pleasant light is a benefit to both mother and child. The baby should not be carried into a glowing sunshine, but should become gradually accustomed to the light.

For restlessness or colic in children, give a warm bath at bed-time, dry quickly with soft towels, and rub well with the hand; dress loosely, wrap in flannel blanket, warm and lay away to sleep, or give three or four swallows of warm water; place one hand on stomach and one on back, and give a lively trotting. This is better than a barrel of soothing syrup. If one "trip to Boston" on the knee will not do, try two, or three even, with a drink of warm water before starting. For sore mouth or constipation, give three or four swallows of cold water the first thing in the morning. This is both a preventive and a cure; or sweet flag which may be obtained in a dried state at any drug store, is an excellent remedy for colic in children. Make a mild tea of it, sweeten, and give a teaspoonful whenever there are signs of trouble coming on.

One of the best remedies for chafing is cocoa butter, which may be had in cakes at any drug store. Warm slightly, if necessary, and apply to the chafed parts. Cocoa-nut oil is also excellent for greasing in scarlet fever. Among the old-fashioned and good remedies for the same purpose is the fatty inside of the rind of a smoked ham.

For colds, hoarseness, or indications of croup, slice raw onions, sprinkle with granulated sugar, let stand until the juice is extracted (to hasten the flow of the juice, place in heater for a few moments), pour off juice, and give a teaspoonful every hour, or oftener if the case is severe.

Greasing the navel, bowels, and up and down spine, at night before going to bed, promotes regular action of the bowels, and cures constipation. If injections are necessary for babies, warm water with a very little pure soap dissolved in it is better than inserting a piece of hard soap, as is often done. Small syringes with flexible tubes, are now made, and are much safer than the old form of syringe.

In washing children, do not let the water run into the ears. Children should never be washed in a careless, slipshod manner. The excretions

and the exhalations of the skin are often acrid enough to produce great irritation and suffering, and careful washing, with liberal enough use of water to insure cleanliness, and rapid and thorough drying, removing every particle of moisture in all the crevices of the skin, and that with a gentle hand. Use as little soap as possible, and that the finest kind, and be sure to wash it off thoroughly with pure soft water. After the surface is well dried, any harmless powder, such as corn starch, may be used to prevent chafing.

In the case of a sick child, if the skin is tender when there is pressure, wash with diluted camphor water. Sick children should not lie long in one position, and the bed should be as smooth as possible. If there is any disease in the head, a hair pillow or one of finely shredded corn-husks should take the place of a feather pillow. Cool, salt-water baths remove the prickly heat that is so annoying in summer.

The warm bath, the water being at about the same heat as the surface of the body, is best for young children. As they grow older the bath may be made cooler.

Always be able to have fire in at least one room in the house, even in the warmest season, if there are children in the family. In the Northern States there is rarely a month in the year during which there is not an occasional day or evening when fire would be beneficial.

Children should always play on the sunny side of the yard or street in cold weather. The sun-warmed air is what they need. Children less than four years old ought not to play out of doors when the thermometer ranges lower than 25° above zero.

To ventilate apartments without causing a draft, raise the lower sash four to six inches, and place under it a board perfectly fitted to the casing, so as to shut out all air. The cold, outside air then passes upward between the sash, to the upper part of the room, and is diffused without causing a draft. The night air is not objectionable, except in malarious regions. Indeed, in cities, the night air is purer than what is abroad by day. In the hot season, children should be kept out of the sun after ten o'clock, and may sit up later than usual at night to enjoy the cool evenings. Excessive heat is as fatal as excessive cold. Keep the baby cool by baths, but never put it to sleep in a room from which the sunshine is constantly kept. No room can be wholesome where sunshine is never admitted.

AUNT MARTHA'S PRESCRIPTIONS.

Give a babe, one to four weeks old, two teaspoons saffron tea (made by simmering a teaspoon dry saffron in half a teacup water), once every other day.

If troubled with colic, give catnip tea (simmering half a teacup of catnip in boiling water to cover, strain and sweeten) every night before the time for colic to come on. Catnip should always be gathered when in bloom, and before dog-days, then dry in the shade. When dried, place in a paper sack, and hang in a dry, cool place.

One teaspoon of pure castor oil given to a new-born babe is excellent to carry off the phlegm that usually troubles it.

Babes from one to six months old can safely be given two teaspoons of castor oil at a time when suffering with a cold. Mixing a teaspoon of Orleans molasses with it will prevent griping.

A child ten months old, if choked with a bad cold, will be speedily relieved by taking three teaspoons of pure castor oil. Children are differently affected by the oil, so it is safe to begin with one teaspoon of castor oil, and increase if needed.

In scarlet fever, the first symptoms being like a severe cold, treat it in the same way; keep the bowels open with castor oil, grease the throat, breast, and back with pig's feet oil, goose grease, lard, or smoked ham rinds, or the fryings of salt pork or bacon. Grease very thoroughly. If the throat is sore, chop salt fat pork and raw onions together like hash, put them in a sack, warm a little, and tie round the throat. Change this poultice when needed; but keep it on until the throat is entirely well. This poultice is much better than those made of hot water, as there is no danger of taking cold in changing it.

To prevent catching contagious diseases, put a small lump each of camphor gum, brimstone and assafetida in a little sack, and tie around the body with a tape.

An excellent cough remedy is made as follows. Take enough of horehound to fill a three pint cup, pour soft water over it until full, let it simmer until all the strength is extracted (keep the tin full) then strain; to three pints of this tea add a pint of *pure* whisky and enough of loaf sugar to make a syrup; dose, tablespoon half hour before eating, and the last thing before retiring. This dose is for an adult. For ten-year-old child, give half.

A good remedy for colic is tincture of assafetida; take a lump the size of a hulled walnut, cover it with an ounce of pure whiskey (in fourteen days it is tincture, but in a few days it will be strong enough to use) Begin with one drop in sweetened water, if the child is very young, and increase as required. Give this to the child an hour before the time for the colic to begin. If a child is given this, as it grows older, each morning a few drops, it will not be troubled with worms.

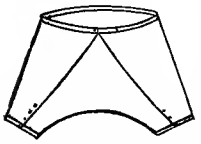
In croup, redden the throat and chest by rubbing with a mixture of one-half tablespoon each of camphor and turpentine and one tablespoon each of coal oil and sweet oil. Wet a warm flannel with this, and apply to the throat and neck for a few minutes, watching closely so as to remove it when the skin is well reddened. No time can be given, as some skins are more sensitive than others. This outward irritation tends to prevent croup.

For worms in children (these do not appear until after the child begins to eat other food than its mother's milk), give one-eighth of a teaspoonful of santonin mixed with a little sugar and a drop or two of water, once every three hours; continue for six doses. Follow with a dose of castor oil to which has been added five drops of spirit of turpentine. The above is a dose for a child of one year old; for older children, increase the dose somewhat. Pumpkin-seed tea is also a good remedy for worms, and entirely harmless. All remedies for worms must be taken on an empty stomach.

Luckily for the rising generation, fashion recognizes the necessity for protection of the neck and arms of infants, and while the infant wears long slips the feet are fairly well protected in the summer, but if they seem in the least cold to the hand, soft woolen socks should be put on. When short clothes are put on, longer socks should take the place of the short ones. No pains should be spared to keep the legs and feet warm in both summer and winter. "Keep the feet warm and the head cool," is an old but wise maxim. If the opposite condition exists, look out for serious illness. In winter let the baby wear warmly lined shoes, chosen for comfort and not for show. The care of the extremities is very important, and the baby should never be allowed to go with cold hands. The baby creeping about, and the children playing on the floor, are exposed to all the drafts that enter through the crevices of the walls. The cold air immediately seeks the floor, and a grown person has only to lie down on the carpet in the vicinity of a window or door to be convinced of the source of many a cold and sore throat. Weather-strips in rooms where children play much, are useful; in their absence, paste a strip

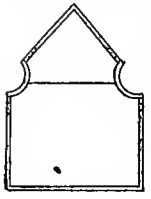
of paper across where the lower sash fits into the casing, and get ventilation by the upper sash. If doors swing inward, a heavy rug may be placed against it outside, or an old garment. Add to all these precautions warm clothing. When children are large enough to play out of doors in cold weather, good woolen leggins should be worn. In rainy weather, the light gossamer rubber cloth, which may be bought by the yard and made at home, makes excellent protection from wet, and yet is not a burden. If replaced by a woolen garment in dry weather, no harm may result. Every school-girl should have a circular cape of this material. Let no desire to have your children in fashion induce you to send them out with less clothing for the feet and legs than would be required to make a grown person comfortable. The scanty clothing of the lower limbs brings on repeated attacks of croup and various diseases of the throat and lungs. Not only is this true, but the low temperature and imperfect circulation of the blood prevents the development of the parts exposed and brings on a race of fashionable, but spindle-shanked children. Don't be deceived by the prevailing idea that children of the extremely poor, that are half cared for, and of parents who habitually neglect them, are "healthy." Among this very class Death makes the heaviest harvest; and those who live are stunted by neglect in spite of the extra hardiness of constitution. Of course, to remove the ordinary clothing and substitute lighter for a party or a heated audience-room, is the height of imprudence. At the close of such an occasion, plenty of wraps should be provided against the exposure to the cold air when over heated. Young children had best wear flannel underclothing the whole year. When sudden changes take place to colder weather, see that the children have additional protection before they take cold.

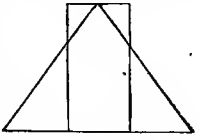
Long Clothes.—A proper dress for an infant, is a bandage of soft flannel, put on *loosely* about the body, a knit woolen shirt, a pinning-blanket, made of a piece of soft white flannel, three-fourths of a yard square, and taken up about one fourth of a yard at the top by a single box-pleat, three inches wide, and caught together on the wrong side for about three inches from the top. On each side of the box-pleat make a small pleat, to be let out as the infant grows. The flannel should be bound with silk binding before pleating, pinned on with safety pins next the flannel shirt: a waist with arm-holes but no sleeves, buttoned behind with one small flat button, and having on the bottom one button in front, one on each side, one in center of back, and one an inch and a half on each side of the last-named. The skirt is fastened to these buttons. The three buttons behind serve this purpose. When child is small, each end is carried past the center button to the ones an inch and a half beyond it, but as the child grows and needs more room, the ends are brought together at the center button. The skirt is made of flannel, seven-eights of a yard long. The dress, which should be about one yard long, may be made of any white material. Add to this a pair of soft knit socks, and the dress is complete. A modest wardrobe should comprise two knit shirts, three pinning-blankets, four bandages of different sizes, three flannel skirts, three waists, six muslin slips, six dresses of different patterns but about the same in regard to warmth, or better, of same material, checked or striped goods, and differently trimmed, two finer dresses, which may be made a little longer for style, though the weight is objectionable as a burden to the child, two pairs of short socks, and as the child grows older, two pairs of knit boots, and two-dozen diapers (cotton are best, having more absorbing capacity than linen,) one yard long, and for the first, about five-eights of a yard wide. Fold the inside one once from end to end, and pin one side with safety pins to the flannel band, allowing it to hang down to protect the legs. When short dresses are put on, fold the outside diaper as directed above, and use one of lighter material, or an old thin one for the inside. Fold the



latter, end to end once, and then once more in the same direction. The outside one is now in three-cornered shape; lay it down with point toward you, lay the other over it, as represented in diagram, and they are ready to put on. For night use, wear a bandage, a pinning blanket, and a flannel night dress, made with sleeves long enough to gather in with a string over the hands. Of course no garment should be worn at night that has been worn during the day.

Short Clothes.—A warm suit for first short clothes of baby during first winter is as follows: A knit flannel shirt, a loose flannel bandage about the body, over the bowels (an excellent protection against summer complaints, if continued through the next summer), a skirt of opera flannel with a muslin waist, with two rows of buttons (four in each row), about an inch apart, one to support the skirt and the other for the diaper drawers, which are made of the same flannel as the skirt. The accompanying cuts will explain clearly the manner in which these are made. This useful garment, either in flannel or muslin, may and should be worn from the time short clothes are put on until diapers are left off or even longer. The cut on left hand of page gives the form of garment, when taken off. The one on the right, the same garment when put on and buttoned up. The dress should be of the same material, and color as the skirt and drawers, and cut in Gabrielle style, with long sleeves. Over this wear a white dress of Nainsook, made plain or elaborate, as may be desired. In summer, this suit of skirt, drawers, and dress, made in Silicia, with the overdress of white, is a safe and comfortable dress for a child, and not easily soiled.





AUNT EVA'S WAY.

This is the idea to start with—that we are dealing with *little people.* To be sure they are fearfully and wonderfully made, but only in the same sense as their parents. As many of these same parents do not understand the first principles of caring for themselves, we are obliged to begin at the beginning. It is important in the life of a child to begin right. The treatment many a babe receives during the first hours of its life causes it to be a puny, suffering infant, giving it a constitution predisposed to disease. The first thing fs to protect the sensitive darling from exposure. There must be absolutely no exposure to chill. This is easily done by plenty of soft, warm flannels—a dozen pieces or more, some of which need be quite shawls. When needed, they must be full of fire warmth, full as they can hold, no matter if it is a warm August night. When the child needs attention, make the physician take a large piece of this and cover it instantly. He can do his whole duty with the child well covered. Never use water for the first bath, but sweet oil; I prefer the oil of sweet cream, made by simmering cream in a shallow dish on the stove until the oil separates, to be applied with a soft piece of warm flannel. If care is used in removing the oil, you will be surprised to see how sweet the little one looks; on no account use water on the child until it is well climatized, say twenty-four to forty-eight hours. When the babe screams through its first toilet operation, it is either cold or frightened. Desist at once, and fold it closely in its warm wrappings, making sure that nothing soiled or damp is touching it. Let the little head be cared for first, then

one arm, and so on, keeping the rest of the body carefully covered. After having the oil well applied, I would rather my child would lie a week with only its flannel wrappings than be dressed while screaming, but if you go right so far you will have no trouble.

Its clothing can be any thing that is warm enough and loose enough. Don't pin it up as if it was to be used to play ball with, and was in danger of getting tumbled to pieces. It is not even to be handled much, but laid away to rest as long as it will, and kept still; don't let some loving soul keep it swaying around. If it acts like waking up or is uneasy, pass your hands carefully under it, and gently turn it on its other side.

Its food, first and only, at present is that which God has so wisely provided; this is all that it needs, even if it gets but a few drops at a time. If it cannot be satisfied without worrying the mother too much, a little—a very little—fresh cow's milk can be used with pure sugar and one-third water. Always remember this—the milk of a "farrow cow" will kill a young *lamb* just as sure as it enters its stomach.

I do not think it wise to insist on regular feeding times for nursing infants, or as long as milk is the chief sustenance. There are many days when the healthiest of children are fretful. Their gums begin to swell younger than is generally supposed. There is nothing more soothing than—well, just let the little pet have its own way; it will prove to you when it is most comfortable. A baby never cries when it is comfortable; when it cries it asks for something; put yourself in its place and maybe you can come near to the understanding. Many of its sufferings are caused by unwise changes in its clothing. You give it a slight cold by your own thoughtlessness; then for heaven's sake don't give it some soothing syrup to weaken its digestion, and render it liable to be hurt by all food except the simplest. My oldest boy is a victim to soothing medicines. He must be so careful through watermelon and fruit season, or he will be sick all the time; but four others, all past five years old, who never took as much as a cup of sage-tea, of medicine, can digest anything. My remedy for most of the ailments of children is fire warmth.

For colic, unpin the little one's clothing so that the fire can shine clear to its arm-pits, warming your own hand and pressing it gently over the restless little squirmer. This will either prevent or cure almost any thing. If it seems very sick, its head hot, you must watch that; I never knew a child to go into fits unless its head was hot and its hands and feet cold. In this case bathe the little feet in warm water; and, if it is summer, get the leaves of horse-radish, or a plant of that nature, roll and wilt them, and bind on the soles of the feet and in the palms of the hands; not to blister, only to keep moist and warm. If you cannot get the green leaves, ginger on wet warm cloths will do. Then keep the head wet, and keep every one from the room but the one whom the child wishes to take care of it. Give water or milk—whichever the child prefers; or, if not weaned, let it nurse all it wishes, no matter if it keeps throwing it up—that is nature's provision for nursing babies. It is ready now to be soothed to sleep, and will generally waken with a gentle perspiration. When you think you must give some kind of warm tea, give pure warm water that has been boiled; it is the best hot drink for either mother or child in pain.

My mother was once taken three miles on a cold winter's night to see a young infant that they feared was going into fits. It screamed and struggled and fought for breath, while its young mother, pale with fear, was walking the house crying too. "Why," said mother, "the child has only got the 'snuffles,' bring me a little soft grease." She rubbed the nose gently until the child was partially relieved. Being quite a bad case, she advised the

mother to milk a stream of breast-milk into the nostril; she did so, the child sneezed three or four times and dropped asleep in two minutes. This is also all that is needed for weak or sore eyes in an infant—breast milk.

For sore mouth, a weak solution of borax; but your child will not have sore mouth or any other disease, if you follow these directions and your own good sense; and remember that soothing syrups are the lazy mother's cure. It is so much easier to put a child to sleep than to bathe it and warm it and nurse it *well*.

For croup, take sweet hog's lard and tincture of camphor or camphor gum and simmer together a short time; gum the size of a pea to a tablespoon of lard; keep it in the house prepared, and rub on the throat at first symptom. This will relieve any hard cough almost instantly; if it does not, mix one teaspoon of it with a tablespoon of molasses, and take inwardly. If you are called to a child too bad—too far gone—for these simple remedies, put it in a warm bath as quick as it can be prepared.

For whooping-cough, encourage the child to eat sour fruits, either cooked or raw, or both, all it wishes This keeps the system cool, the bowels open, and the throat clear.

In weaning your darling, be sure you have plenty of suitable food in the house that the baby is fond of. First teach baby to go to sleep without nursing; after he has become accustomed to this, teach him to do without it during the day, and to go to sleep at bed-time; then let him nurse all he wishes through the rest of the night, only being careful to leave the bed before he awakens in the morning. Let him nurse this way for several weeks, that the change of living may not be too sudden. I have weaned three children in this way without a single crying spell and no one about the house knew about it.

The family physician is a great blessing—more so than his medicine. Never fail to call him in time, if the disease proves stubborn; but let him understand that you wish advice as to nursing, and not his medicine, unless it is very necessaay. Most people think if a doctor leaves no drugs behind his visit is so much lost money; doctors understand this, and leave medicine whether necessary or not. As your child conquers one trifling ailment after another and grows in health and beauty, you will gradually gain a confidence in nature that will be a great rock of defense for a parent of a growing family; if you will obey her laws she will never disappoint you.

The regular meals, so necessary to the health and comfort of a family, *must* be regular. If you insist on the children only eating at their meals, don't sit and sew, or visit, with hunger gnawing at their vitals. I think it safest to allow growing children to have a piece between meals, if they are hungry enough to eat *dry*, *light* bread; no butter to grease things, or molasses or milk to tempt them to eat more than they need for necessary support. The only trouble, I find, is they soon get to be too fond of the crusts and "pudding pieces."

The care of the feet is the great picket post after the child begins to run alone. Watch, watch the little feet, that no damp or chill is creeping up to chill the vitals. A pair of warm stockings to each pair of restless feet must be kept by the stove in all damp or cold weather, and never let a child stop a moment its active play until you know whether its feet are warm and dry. You had better change feet-covering four or five times a day during those delightful, treacherous spring days, than to watch a sick bed and loose your darling at last. This is what neglect of the feet often brings the little ones to. I know the task I am enjoining on mothers and nurses. I have had twenty-three pairs of stockings hanging around my cook-stove at once, each

pair in daily use for exchanges. But I do not know what it is to lose a child, or hardly a night's rest, and we have raised six from babyhood. Never let them go to bed without having their feet all aglow with warmth to their knees from the bright fire shining upon them. This is my hobby; fire-warmth. It will cure ear-ache, stomach-ache, head-ache, leg-ache; prevent neuralgia, white-swellings, rheumatic pains, indigestion. Yes, I'm a "fire worshiper," and you will be after you have tried its virtues on yourself and children faithfully for twenty years.

In conclusion, my theory is incessant watchfulness of first symptoms—prevention rather than cure. But let no untried mother feel discouraged; the care of a babe is no trouble to a true mother. As often as it needs attention, so often do her eyes long for a sight of the sweet dimpled flesh, the dainty limbs; the loving touch of the little hands upon her neck has more than mesmeric power. And after all is done for them, if they seem to you to be growing coarse and unlovely, smile upon them oftener, kiss them, caress them. Don't let the pressing duties of the younger ones lead you to neglect the older ones. If a child once learns to be without mother's caresses you can never again make them necessary to that child.

Teething.—When first signs of teeth appear, salivary glands are so far developed that the secretion of saliva is large, and "drooling" is noticed. This saliva moistens the gums and softens them, so that the coming teeth make their way through with less difficulty. At this time an ivory, coral or hard rubber ring is useful. There is a sensation in the gums which the child tries to relieve by biting. Later, when the gum is inflamed and sore, a soft suostance is better than hard. If the gum is much swollen, and there are symptoms of thirst and fever and flushed cheeks, the child should be seen by a physician. There may be something more serious than teething. If the case is mild, soothing applications such as honey of roses, borax and honey, and syrup of gum arabic will relieve. If bowels are constipated an injection may be given, or even a mild laxative, with a warm foot-bath at bed-time. Lancing of the gums is sometimes necessary, and is harmless and not painful if done skilfully and at the proper time. Rubbing the gums with a thimble is very harsh treatment. As children grow older teeth should be washed carefully and examined by a dentist at two years old or sometimes sooner, knew a case of teeth being temporarily filled at one. The good care taken of the first teeth greatly effects the second set. After the first twenty come, the next four are permanent and must be well cared for. The last four of the twenty should be well guarded in order to keep them till new teeth come, thus to preserve a good shaped mouth.

Indigestion.—When a child falls ill, a good many charge it to "worms." The real cause of the trouble is generally indigestion, which causes an increased secretion of mucus, and this makes a harbor for worms, which in themselves do not produce irritation, unless they exist in great numbers. Bottle-fed children oftener suffer from indigestion than others. The indications are pining, peevishness, constipation or diarrhea, a sour breath, etc. These may result from overfeeding or from unsuitable food. Overfeeding is most frequent. If the stomach is not able to digest the food it will irritate the bowels and produce diarrhea. The summer diarrhea of children begins with indigestion, which weakens the system, and makes it sensitive to hot weather. The proper color for passage from the bowels in infancy is yellow. In cases of indigestion the color is greenish, or, if yellow when passed, soon becomes green. In diarrhea they are offensive and greenish, or even a bright green. The point is to find out the cause of the trouble and correct it in the early stages of the disease.

Where an infant sleeps, light and noise should be excluded.

The daily increase in weight of a healthy infant is from a quarter to three-quarters of an ounce.

Bathing ought not to be neglected for a single day. It ought to be regarded as a sacred maternal duty.

The hair should be kept short during infancy and childhood. No finer heads of hair are ever seen than those on girls whose hair has been cropped close, boy-fashion, until ten years old.

No more dangerous humbug was ever taught than that malt liquors or wine was necessary or healthful for a nursing woman.

Sugar should always be an addition to less palatable food, and never given alone.

A strict observance of the laws of health will strengthen a good constitution and improve a bad one.

Diarrhea in nursing children is always the result in a change in the composition of the milk, from whatever cause.

The period of weaning should be fixed between twelve and fifteen months, beginning by ceasing to give the breast at night.

Children should not sleep with sickly persons or with those of advanced age.

A young child should not be awakened suddenly, nor by any rude motion or loud noise.

Pulling roughly, trotting, swinging from side to side, and all rude play of this sort does no good and may do great harm.

A wise mother, who has a cheerful disposition herself and performs well her duties as nurse, will have no good reason to complain that her time is all occupied by day and her rest disturbed by night.

A Young Mother writes: "I have a little boy seven years old, and a little girl of four. I have never had the trouble of some young mothers, simply because I was regular with them from their birth. They never slept with me but in a crib at the side of my bed. I had the crib lined so as to prevent a draught, and tucked their covers tightly over their feet and fastened them at the top with large safety pins to the pillow—then they can not throw them off to take cold. I never nursed my babies more than twice in the night and often but once; they slept better being alone. In the morning I nursed baby, and once between breakfast and dinner, and again between dinner and supper, also right after dinner was over, at regular hours every day. If they got hungry between times, they were fed bread and milk. After supper, the little ones were undressed, rubbed well, back and limbs, flannel nightgown put on, then nursed and put to bed, and they seldom awoke before twelve o'clock; so I had the evening for reading and practicing. In the morning they were taken up, bathed in warm water, dressed, nursed, and given a nap of two hours. In the afternoon they were put to sleep at one o'clock, and they would sleep till three. I think no mother should nurse her baby after it is a year old; it breaks the mother down and does baby no good. As my children grew out of babyhood I still kept them regular in their habits. They get up in the morning at seven o'clock, wash, dress and eat breakfast, drinking milk instead of coffee, play all the morning and eat a hearty dinner. At one o'clock they are put in a bath, their night clothes put on, and put to bed. They sleep till three or half past, then are dressed cleanly. At half-past five they eat a light supper, and in summer time at eight, and in winter time at half-past six, are put to bed. Two healthier children will be hard to find; they never eat between meals, unless it is an

apple, and never want anything else, but eat heartily at the table. I think if some young mothers will try my plan they will say there is no need of half-sick and cross children, caused by eating at all hours and being up late at night."

Milk For Babies.—The following is one mode of preparing the milk: Allow one-third of a pint of new milk to stand for about twelve hours, remove the cream and add to it two-thirds of a pint of new milk, as fresh from the cow as possible. Into the one-third of a pint of blue milk left after the abstraction of the cream, put a piece of rennet about one inch square. Set the vessel in warm water until the milk is fully curdled, an operation requiring from five to fifteen minutes, according to the activity of the rennet, which should be removed as soon as the curdling commences, and put into an egg cup for use on subsequent occasions, as it may be employed daily for a month or two. Break up the curd repeatedly, and carefully separate the whole of the whey, which should then be rapidly heated to boiling in a small tin pan placed over a spirit or gas lamp. During the heating a further quantity of casein, technically called 'fleetings', separates, and must be removed by straining through muslin. Now dissove 110 grains of powdered sugar of milk in the hot whey, and mix it with the two-thirds of a pint of new milk to which the cream from the other third of a pint was added as already described. The artificial milk should be used within twelve hours of its preparation, and it is almost needless to add that all the vessels employed in its manufacture and administration should be kept scrupulously clean. Where pure milk is used without the preparation above, give for first five days, two tablespoons cream to a gill of filtered soft water. After that, the following table of proportions and daily quantity have been given by a physician and may be of help to many:

TABLE.

				Milk.		Water.	
For a child from	5	to 10	days old.....	1¼	gills.	3¼	gills.
" "	10	to 20	days old.....	1¾	"	4¼	"
" "	20	to 30	days old.....	2½	"	6	"
" "	1	to 1½	months old.....	3	"	6¾	"
" "	1½	to 2	months old.....	3½	"	7	"
" "	2	to 2½	months old.....	4	"	7½	"
" "	2½	to 3	months old.....	4½	"	7½	"
" "	3	to 3½	months old.....	5	"	7½	"
" "	3½	to 4	months old.....	5½	"	7½	"
" "	4	to 4½	months old.....	6	"	7½	"
" "	4½	to 5	months old.....	6½	"	7½	"
" "	5	to 6	months old.....	7	"	7	"
" "	6	to 7	months old.....	7	"	6½	"
" "	7	to 8	months old.....	8	"	6	"
" "	8	to 9	months old.....	8¼	"	6	"
" "	9	to 10	months old.....	8½	"	6	"
" "	10	to 11	months old.....	8¾	"	6	"
" "	11	to 12	months old.....	9	"	5½	"
" "	12	to 15	months old.....	9	"	5¼	"
" "	15	to 18	months old.....	9½	"	5	"
" "	18		months onwards.....	10	"	5	"

Sudden Checking of Prespiration.—A Boston merchant, in "lending a hand," on board one of his own ships on a windy day, found himself, at the end of an hour and a half, pretty well exhausted and prespiring freely. He sat down to rest, and engaging in conversation, time passed faster than he

was aware. In attempting to rise he found he was unable to do so without assistance. He was taken home and put to bed, where he remained two years; and for a long time after could only hobble about with the aid of a crutch. Less exposure than this have, in constitutions not so vigorous, resulted in inflammation of the lungs—"pneumonia"—ending in death in less than a week, or causing tedious rheumatisms, to be a source of torture for a lifetime. Multitudes of lives would be saved every year, and an incalcuable amount of human suffering would be prevented if parents would begin to explain to their children, at the age of three or four years, the danger which attends cooling off too quickly after exercise, and the importance of not standing still after exercise, or work, or play, or of remaining exposed to the wind, or of sitting at an open window or door, or of pulling off any garment, even the hat or bonnet while heated.

The following rules for the management of infants during the hot season are from Dr. Wilson's "Summer and Its Diseases":

Rule 1.—Bathe the child once a day in tepid water. If feeble, sponge all over twice a day with tepid water, or tepid water and vinegar.

Rule 2.—Avoid all tight bandaging. Make clothing light and cool, and so loose that the limbs may have free play. At night undress, sponge, and put on a slip. In the morning remove slip, bathe, and dress in clean clothes if it can be afforded; if not, thoroughly air clothing by hanging it up during the night. Use clean diapers, and change often.

Rule 3.—Let the child sleep by itself in a cot or cradle. Put to bed at regular hours, and teach to go to sleep without being nursed in the arms. *Give no cordial, soothing syrup, or sleeping drops without the advice of a physician. They kill thousands of children every year.* If the child frets it is hungry or ill. Never quiet a child by candy or cake. They are common causes of diarrhea and other troubles.

Rule 4.—Give the child plenty of fresh air. Give it plenty of pure cold water. Keep it out of rooms where cooking or washing is going on. Excessive heat kills children.

Rule 5.—Keep the house sweet and clean, cool and well aired. In hot weather leave windows open day and night. Cook in the yard, in a shed, or in the garret. Whitewash walls every spring, and keep cellar free of rubbish. Let no slops collect. Disinfect privies and sinks by a solution of copperas, and get your neighbors to clean up.

Rule 6.—If the supply of breast-milk is ample, and the child thrives, give no other food in hot weather. If the supply is short give goat's or cow's milk in addition. Nurse once in two or three hours by day, and as seldom as possible at night. Remove child from breast as soon as it falls asleep, and never give the breast when overheated or fatigued.

Rule 7.—If brought up by hand, give goat's milk, or cow's milk, and use no other food while hot weather lasts. For an infant that has not cut its front teeth, *no substitute for milk is safe.* Creeping children must not be allowed to pick up unwholesome food.

Rule 8.—If milk is pure add one-third hot water to it until child is three months old; afterwards gradually lessen the water. Sweeten each pint with a heaping dessert-spoonful of sugar of milk, or a teaspoon crushed sugar. When *very* hot weather give milk cold. It must be unskimmed and as fresh as possible, and *brought very early in the morning.* Scald pans to be used with boiling suds. In very hot weather boil milk as soon as it comes, and remove to the coolest place in the house upon ice or down in a well. In a warm room it soon spoils.

Rule 9.—If the milk disagrees add a tablespoon of lime water to each bottleful. If pure milk can not be had, try condensed milk, sold by all grocers. Prepare by adding to six tablespoons boiling water, without sugar, one tablespoon or more of the milk, according to age of child. It this disagrees, a teaspoon of arrowroot, sago, or cornstarch may be added to a pint of milk, as prepared under Rule 8, and cautiously tried. If milk can not be digested try, for a few days, pure cream, diluted with three-fourths to four-fifths water, returning to milk as soon as possible.

Rule 10.—The nursing bottle *must be kept perfectly clean*, otherwise the milk will turn sour, and the child will be made ill. Empty after each meal, rinse first with cold water, take apart, and place nipple and bottle in clean water, to which a little soda has been added. It is better to have two bottles and use them by turns. The plain bottle with rubber nipple is better than the tube, which is difficult to keep clean.

Rule 11.—Do not wean a child just before or during hot weather; nor as a rule, until after its second summer. If sucking disagrees with the mother she must not wean the child, but feed it in part from the nursing bottle as directed. However small the supply of breast milk, the mother should keep it up against sickness. *It will often save the life of a child when everything else fails.* When over six months old the mother may save her strength by giving it one or two meals a day of stale bread and milk, which should be pressed through a sieve, and put into a nursing bottle. When from eight months to a year old, it may have also one meal a day of the yolk of a fresh, rare boiled egg, or one of beef or mutton broth, into which stale bread has been crumbled. When older it can have a little meat, finely minced; but even then milk should be its principal food, and not what grown people eat.

Rule 12.—If a child is suddenly taken with vomiting, and purging, and prostration, send for the doctor at once. Meantime, put the child for a few minutes in a hot bath, then carefully wipe dry with a warm towel, and wrap in warm blankets. If hands and feet are cold, apply bottles filled with hot water wrapped in flannel. Place a mush poultice or flaxseed poultice to which one quarter part of mustard flour has been added, or flannels wrung out of hot vinegar and water, over the bowels. Give every fifteen minutes, five drops brandy in a teaspoonful of water; if vomiting continues, give the brandy in the same quantity of milk and lime water. If the diarrhœa has just begun, or if caused by improper food, give a teaspoonful of castor-oil, or spiced syrup of rhubarb. If the child has been fed partially on breast-milk, mother's milk alone must be used now. If weaned, dilute pure milk with lime-water, or give weak beef tea or chicken water. Let child drink cold water freely. Remove soiled diapers at once from the room but save for the examination of the physician. The giving of an injection of a teaspoon or two of ice-cold water after each passage is of great benefit.

HINTS FOR THE WELL.

Cleanliness is next to godliness.

Always rest before and after a hearty meal.

Do not eat too much. Do not eat late at night.

Food, especially bread, should never be eaten hot.

Children should never be dressed in tight clothes.

Never sit in a damp or chilly room without a fire.

Supper just before going to bed is highly injurious. If hungry, a bit of bread or cracker will check the craving without spoiling sleep.

Never enter a room where a person is sick with an infectious disease with an empty stomach.

When really sick, send for a *good* physician; and as you value your health and life, *have nothing to do with quacks* and patent medicines.

The condiments, pepper, ginger, etc., are less injurious in summer. Fat beef, bacon, and hearty food may be eaten more freely in winter.

Most people drink too much and too fast. A small quantity of water sipped slowly satisfies thirst as well as a pailful swallowed at a draught.

Let the amount of the meal bear some relation to future needs as well as present appetite; but it is better to carry an extra pound in your pocket than in your stomach.

A small quantity of plain nourishing soup is a wholesome first course at dinner. Rich soups are injurious to persons of weak digestion, and a large quantity of liquid food is not beneficial to adults.

A famous caterer adds half teaspoon chicken pepsin to each pint mayonnaise dressing for chicken salad, and claims one can eat thereof late at night and yet have pleasant dreams.

Three full meals daily are customary, but the number, the relative quantity and quality, and the intervals between them, are largely matters of opinion, habit and convenience; regularity is the important thing.

Exercise before breakfast should be very light, and it is better to take a cracker or some trifle before going out, especially in a miasmatic climate. Early breakfasts are a necessity to the young and growing.

Sponge off your neck, throat and chest in cold water every morning, dry quickly with a soft towel, then rub with a rough one; do not be more than a minute about it, and a sore throat will rarely trouble you. A towel may be roughened by dipping in strong brine, then drying.

Remember that when the stomach is sour after eating, the food is actually rotting—that is a nauseating word but it expresses the absolute fact in the case—and it means that some of the rules given have been violated.

Eat in pure air and in pleasant company; light conversation and gentle exercise promotes digestion, but hard work of any kind retards it. Avoid severe bodily or mental labor just before and for two hours after a full meal.

Drinks at meals should be taken at the close, and not too strong or hot. Dyspeptics especially should drink sparingly. Children need more than adults, but too much is injurious.

Masticate well; five minutes more at dinner may give you better use of an hour afterward. At meals never drink a full glass of very hot or very cold liquid. Never wash down a mouthful. Avoid waste of saliva.

Adults need to eat at regular intervals two or three times a day, allowing time for each meal to be fully digested before another is taken. It would spoil a loaf of bread, half baked, to poke a lump of cold dough into the middle of it.

Avoid colds and break up as soon as possible when taken. As soon as conscious that the pores are closed, keep warm within doors, drink warm ginger tea, relax the bowels, and take a vapor bath. Breaking a cold up early, often saves a severe attack of congestion, pneumonia, often even a fever.

Avoid tobacco, alcohol in all forms, and all stimulants. Every healthy man is better, stronger, has a clearer head, more endurance, and better chances for a long life, if free from the habitual use of stimulants. The boy who begins the use of tobacco or liquors early is physically ruined.

When too many oysters have been incautiously eaten, and are felt lying cold and heavy on the stomach, there is an infallible remedy in hot milk, of which half a pint may be drank, and it will quickly dissolve the oysters into a bland, creamy jelly. Weak and dyspeptic persons should always take hot milk after meals of oysters.

Use good palatable food, not highly seasoned, vary in quantity and quals ity according to age, climate, weather and occupation. Unbolted and par. tially bolted grains are good and sufficient food for men; but nature crave-variety. As a rule, the flesh of meat-eating animals is not wholesome food-Hot soft bread digests slowly.

Don't eat too fast; the digestive organs are something like a stove, which if choked up and out of order, burns slowly, and if you keep piling in fuel, grows more and more choked. The wiser course is to let it burn down and put in fuel only when needed. It is a foolish notion that food always keeps up the strength. Only what we digest helps us; all beyond that is a tax upon the system, and exhausts the strength instead of increasing it.

Panaceas are *prima facie* humbugs; their makers and takers, their venders and recommenders are knaves or fools, or both. Nature cures most diseases, if let alone or aided by diet and proper care. There are no miracles in medicine; remember that to keep or to get health generally requires only a recognition of Nature's powers, with knowledge of anatomy and physiology, experience and common sense.

Never sleep in clothing worn during the day, and let that worn at night be exposed to the air by day. Three pints of moisture, filled with the waste of the body, are given off every twenty-four hours, and mostly absorbed by clothing. Exposure to air and sunlight purifies the clothing and bedding of the poisons which nature is trying to get rid of, and which would otherwise be brought again in contact with the body.

Flannel underwear should reach from throat to wrists and ankles in winter. Why should the legs of children be left with less protection from the cold than the rest of the body? They should be loose and easy in every part with allowance for shrinkage and growth. The legs should slope by both outside and inside seams, from the calf of the leg down. Leave them open a few inches at the bottom of the inner seam, that they may be folded smoothly under the stocking.

Ventilation cannot be accomplished by simply letting the pure air in; the bad air must be let out. Open a window at top and bottom, hold a lighted candle in the draft, and see the flame turn outward at the top and inward at the bottom, showing the purifying currents. Windows on opposide sides of the room ventilate still more perfectly. In sleeping rooms avoid "drafts" when possible, but danger of taking cold from them may be averted by extra clothing. In living-rooms, an open fire-place or grate insures ventilation.

It should be remembered that the use of chloride of lime, and other fumigators, does not destroy filthiness, but only renders it less evident. Cleanliness, fresh air, and sunlight will purify. *Cleanliness* is a very strong word. Carpets filled with dust or grease, dirty furniture, or walls covered with old paper, defile the atmosphere as much as a refuse heap in the cellar or back yard. A dark house is generally unwholesome and dirty. The sunlight is second only in importance to fresh air. To convince one that light purifies, it is only necessary to go into a darkened room and not the corrupt smell.

The lungs should be trained to free, full, and vigorous action. "The breath is the life." A man will exist for days without food, but when the breath is cut off life ceases. If breathing is imperfect, all the functions of the body work at a disadvantage. It is a common fault to breathe from the surface of the lungs only, not bringing into play the abdominal muscles, and so not filling the more remote air-cells of the lungs. By this defective action the system is deprived of a part of its supply of air, and by inaction the air-cells become diseased.

Evacuate the bowels daily, and, above all, regularly; the best time is after breakfast; partly to be rid of a physical burden during the day, but chiefly to relieve the bowels. Constipation is safer than diarrhœa. For the former, exercise, ride horseback, knead the belly, take a glass of cool water before breakfast, eat fruit and laxative food; for the latter, follow an opposite course—toast, crusts, crackers and rice are the best food. Pain and uneasiness of digestive organs are signs of disturbance; keep a clear conscience; rest, sleep, eat properly; avoid strong medicines in ordinary cases.

Keep the person scrupulously clean; change the clothing worn next to the skin (which should be flannel) often. Don't economize in washing bills. A cold bath every morning for very vigorous persons, or once or twice a week and thorough rubbing with a coarse towel or flesh brush, mornings when bath is not taken, for the less robust, is necessary to keep the functions of the skin in health, and is very invigorating. After warm baths a dash of cold water will prevent chill and "taking cold." In bathing in winter, the shock from cold water is lessened by standing a minute in the cold air after the removal of clothing before applying water.

In the winter there is great necessity of dressing to keep the body warm by preserving its natural heat. The color as well as the texture of underwear is a matter of consequence. Of all the different materials of which it is made, scientific researches, as well as practical experience and experiments, show very clearly that wool is the best material for warmth, silk coming next in the list, cotton next and linen last. The neglect to wear warm woolen undergarments is a very common cause of the ill-health of women and children.

The use of close stoves, and close rooms, are the causes of the increased prevalence and fatality, in winter, of small pox, scarlet fever and other contagious diseases.

Colds are often, if not generally, the result of debility, and are preceded by disordered digestion. Such cases are prevented by a removal of the cause by diet and pure air. Extreme cold or heat, and sudden exposure to cold by passing from a heated room to cold outside air, is very injurious to the old or weak. All such should avoid great extremes and sudden changes. In passing from heated assemblies to the cold air, the mouth should be kept closed, and the breathing done through the nostrils only, so that the cold air may be warmed before reaching the lungs, which have just been immersed in a hot-air bath. The injurious effect of such sudden changes is caused by driving the blood from the surface to the internal organs, producing congestion.

An intelligent physician says: "It is a good rule always to ride up in an elevator, and when coming down to take the stairs. Like going up hill, walking up stairs is hard work, and sometimes risky, especially for people with weak lungs, defective respiratory organs, or heart disease. But going down stairs hurts nobody, but is good exercise; going down on a brisk run is really a good thing—it shakes up the anatomy, without incuring the danger of physical over exertion. This shaking up is good for one's internal mechanism, which it accelerates, especially the liver, the kidneys, and the blood circulation."

Bad smells mean that decay is going on somewhere. Rotten particles are floating in the air, and penetrating the nostrils and lungs. Their offensiveness means that they are poison, and will produce sickness and death, or so reduce the tone of the system that ordinarily mild disorders will prove fatal. In all such cases remove the cause when possible. Many of these poisons are given off by the body, and are removed by pure air, as dirt is washed away by water. Soiled or foul air can not purify any more than dirty water will clean dirty clothes. Pure air enters the lungs. becomes charged with waste particles, which are poison if taken back again. An adult spoils *one gallon of pure air every minute*, or twenty-five flour barrelfuls in a single night, in breathing alone. A lighted gas-burner consumes eleven gallons, and an ordinary stove twenty-five gallons a minute. Think of these facts before sealing up the fire-place, or nailing down the windows for winter.

Let the sunshine into every room in the house. The sunlight is a great purifier. Keep the cellar not only clean and sweet, but give it fresh air and good ventilation, or it will poison the rest of the house.

If one is accustomed to sleeping with windows open, there is no danger of taking cold from the exposure, winter or summer. People who shut up windows to keep out "night air," make a mistake. At night, the only air to breathe is "night air." A bed that has been made up for a week or longer is not fit to sleep in. It has gathered moisture and should be aired. When fixed wash-bowls stand in sleeping-rooms, the waste pipe should be carefully closed, as sewer gases often escape through them into the room.

Many of the colds which people are said to catch, commence at the feet. To keep these extremities warm, therefore, is to effect an insurance against the almost interminable list of disorders which spring out of a "slight cold." First, never be tightly shod. Boots and shoes when they fit closely, press against the foot and prevent a free circulation of the blood. When, on the contrary, they do not embrace the foot too tightly the blood gets fair play, and the places left between the leather and the stockings are filled with a comfortable supply of warm air. The second rule is, never to sit in damp shoes. It is often imagined that unless they are positively wet it is not neceesary to change them while the feet are at rest. This is a fallacy; for

when the least dampness is absorbed in the sole, it is attracted nearer to the foot itself by its own heat, and thus perspiration is dangerously checked. Any person may prove this, by trying the experiment of neglecting this rule, and his feet will become cold and damp after a few moments, although, taking off the shoe and warming it, it will appear quite dry.

Remember that there is no patent medicine or "patent pad," warranted to "cure by absorption," that will absorb disease half as rapidly as a wet towel wrapped around the body, and covered with a dry flannel. If people were required to pay $10 each for this "valuable secret" there would be no difficulty in getting millions of testimonials to its efficacy. It is too cheap to be popular with people who liked to be humbugged; but when humbugs all fail, try hot and cold water.

One of the most prominent writers on health topics says: "The great practical lesson which I wish to inculate, to be engraven as on a plate of steel, on the memory of children and youth, young men and women. the mature and the gray-headed: *Allow nothiny short of fire or endangered life to induce you to resist, for one single moment, nature's alvine call.* So far from refusing a call for any reason short of life and death, you should *go at the usual time and solicit*, and doing so you will have your reward in a degree of healthfulness, and in a length of life, which very few are ever permitted to enjoy. If the love of health and life, or the fear of inducing painful disease can not induce you to adopt the plan I have recommended, there is another argument which, to young gentlemen and young ladies, may appear more convincing—*personal cleanliness.* [If you suffer yourself to become and remain costive you will smell badly; the breath of a costive child even is scarcely to be endured.] Cold feet, sick headache, piles, fistulas, these, with scores of other diseases, have their first foundations laid in constipation, which itself is infallibly induced by resisting nature's first calls. Reader, let it be your wisdom never to do it again."

A Dyspeptic's Fight for Life.

Judge W. was a dyspeptic, for five weary years. He tried travel, but neither the keen air of the sea-shore nor the bracing breezes of the Northern prairies brought him relief. He tried all the panaceas and all the doctors at home and abroad in vain. Some told him that he had heart-disease, others thought it was inflammation of the spleen, gout, Bright's disease, liver complaint, lung difficulty or softening of the brain. Bottle after bottle of nostrums went down the unfortunate man's throat, and it was only when physicians and friends gave him up, and pronounced him to all intents a dead man, that he threw bottles, plasters, powders and pills to the four winds, and, with the energy of despair, set about disappointing his doctors, and getting ready to live despite their ghastly predictions. Then begin a fight for life against dyspepsia, a fight which many have begun, but few have won. He bathed the whole body every morning in cold water, summer and winter, not by a shower or a plunge, but by vigorously dashing the water on the body with the hands, and afterwards rubbing briskly with a coarse towel. This was continued without missing a single morning for years. In the meantime the strictest diet was instituted. By experimenting the patient found what he could eat without harm, and ate that only in very small quantities, measuring his food on his plate before beginning his meal, and limiting himself rigidly to that quantity. His principal food for nearly three years was cracked wheat and Graham mush, and the last meal was taken at two o'clock in the afternoon—not a particle of food passed his lips from that time until the next morning, thus giving the stomach complete rest and time to begin the work of recuperation. Special attention was given to eating slowly and thoroughly masticating the food; and not to eat too much, too

fast, or too often, were rules strictly and rigidly observed. Bathing, diet, rest, sleep, and gentle exercise in the open air did the work. It was a dreadful conflict—days of struggle and temptation, requiring more heroism and steady tenacity of purpose than would nerve a soldier for battle, for such a battle is for the day, but this fight was renewed every morning and continued every day for months and years. But patience, courage, intelligent judgement, and a strict adherence to the above regimen won the day without a grain or a drop of medicine, and Judge W. believes that the good Lord of us all has never permitted any man to discover or invent medicine that will cure dyspepsia. Nature is the only perfect physician. Cold water, fresh air, the natural grain (wheat), sleep, rest, and gentle exercise, make up the grand panacea. With these alone, and the self-denial and moral courage to persist in the good fight, the confirmed, nervous, miserable dyspeptic, became a well, strong and hearty man—in five days? No. In five months? No. In five years? Yes; and after the fight when contemplating the victory won, he could say with the model philanthrophist, Amos Lawrence, after his battle of fifteen long years with the same disease, "If men only knew how sweet the victory is, they would not hesitate a moment to engage in the conflict."

There are certain articles of diet that must be discarded by all persons who have a weak digestion and certain dietetic rules which must be conformed to by all. To the most important of these we will now call attention: Eat slowly, masticating the food very thoroughly even more so, if possible than is required in health. The more time the food spends in the mouth the less it will spend in the stomach. Avoid drinking at meals, at most take a few sips of warm water at the close of the meal, if the food is very dry in character. In general, dyspeptic stomachs manage dry fruit better than that containing much liquid. Eat neither very hot or cold food. The best temperature, about that of the body. Avoid exposure to cold after eating. Be careful to avoid excess in eating. Eat no more than the wants of the system requires. Sometimes less than is really needed must be taken when digestion is very weak. Strength depends not on what is eaten, but what is digested.

Never take violent exercise of any sort, either mental or physical, either just before or just after a meal. It is not good to sleep immediately after eating, nor within four hours of a meal. Never eat more than three times a day, and make the last meal very light. For many dyspeptics two meals are better than more. Never eat a morsel of anything between meals. Never eat when tired, whether exhausted from mental or physicial labor. Never eat when the mind is worried or the temper ruffled, if possible to avoid doing so. Eat only food that is easy of digestion, avoiding complicated and indigestible dishes, and taking but one to three kinds at a meal. Most persons will be benefitted by the use of oat-meal, wheat-meal or graham flour, cracked wheat and other whole-grain preparations, though many will find it necessary to avoid vegetables, especially when fruits and meats were taken. The flesh of wild game is usually more easy of digestion than that of domestic animals, and is less likely to be diseased. Fats are injurious to dyspeptics almost without exception. If eaten at all, butter is the only form admissible, and this should never be eaten cooked, but cold on bread. Broiling is the best mode of cooking meat. "High" meat should never be eaten as it has begun to decay. Meat and vegetables do not agree well together. Fruit and vegetables often disagree. Some cases must be required to discard vegetables altogether. Milk does not agree well with either vegetables or fruits. Milk is easier of digestion when boiled than when in its natural state. Warm food is easier of digestion than cold, with the exception of fermented bread, which should be eaten stale. Cold meat and meat that has "been warmed over" are not easy of digestion.

Popular Errors In Diet.—An eminent physician has prepared this article giving the following errors: It is an error to suppose that the appetite is always a correct criterion of the quantity and quality of food. This is a widely prevalent error and some very distinguished physicians have given it countenance and endorsement by saying to patients, when asked for a diet prescription, "Eat whatever and whenever you have a mind to." No advice could be more mischievous. It virtually assumes either that there is no relation between diet and health. that it makes no difference what a person eats, or that the appetite is an infallible guide, both of which suppositions are palpably false. If all appetites were natural appetites, if there were no such thing as depraved taste, then might the appetite be relied upon, but in the present state of things among civilized human beings scarcely one person in a hundred has a perfectly normal taste and appetite, if the number be not even smaller. The appetite is to some degree a guide, but it must be controlled and governed by common sense, by a knowledge of the laws of digestion and the relation of elementary substances to the stomach and the system. Either extreme on this point is bad. The appetite must not be ignored and it must not be blindly followed unless it is known to be normal in its inclinations. It would be just as proper to advise a person to speak anything that comes into his mind, to do everything for which he has an inclination, and to thus follow implicitly all the promptings of his various organs, as to tell him to eat everything which he feels disposed to.

It is an error to suppose that sick persons whose appetites are poor, should be tempted to eat by means of tidbits and dainties. Nothing is more common than for them to be besieged with such unwholesome substances as preserves, rich jellies and sauces, pies, cakes, confectionery, etc. About as soon as a person is taken sick, in some communities, the neighbors begin to show their sympathy by contributions of all sorts of unwholesome and indigestible viands, and the invalid, whose stomach may be unable to digest any but the very simplest food, beeomes a victim to the kindness of friends. Many times have the best efforts of the intelligent physician been baffled in this manner. "Killed by kindness" of this sort might be written on many a tombstone. The general belief that these things are essential for the sick when confessedly bad for the well is forcibly illustrated by the story concerning the old gentleman who arrived home late at night and not finding any pie in the cupboard awoke his wife with the exclamation, "Why, what would you do if any one should be sick in the night!" Every physician ought to look carefully after this matter whenever he has a patient in charge and the absurdity of the custom should be thoroughly exposed. The want of appetite in sick people, especially fever patients is usually an indication that the stomach is not in a condition to digest food if it is received, and only the most digestible should be given, and that in small quantities.

It is an error to suppose that children especially, need large quantities of fat and sugar. The opinion has been gaining of late, that fat and sugar are preventitives of consumption when fed to children so as to increase their fat. From some considerable observation on the subject, we are decidedly of the opinion that the practice is a bad one and the theory upon which it is based wholly erroneous. These substances are themselves difficult of digestion (this is especially true of fat) and hinder the digestion of food, thus producing dyspepsia which causes decay of the teeth and doubtless an equally marked deterioration in other parts of the system. The notion that the appetite for sugar is a natural one is shown to be false by the fact stated by Dr. Anthony Carlisle, the Artic traveler. According to Mr. Carlisle, the little folks in the vicinity of the North Pole are not fond of sweets. He says that when sugar was placed in their mouths they made very wry faces and sputtered it out with disgust. There is no evidence whatever that it "pre-

serves the teeth," "aids digestion," "promotes growth" or "prevents consumption," as many persons believe.

It is an error to suppose that many varieties of food are essential to good digestive nutrition. The common sense of most people who suffer with weak digestion has taught them that one or two kinds of food at a meal are more easily digested than a large variety, notwithstanding the erroneous teaching of some popular authors on this subject. It is true that the appetite sometimes refuses food when its use is long continued without change, but the variety should be obtained by employing different foods or dishes at different meals rather than at the same meal. There is no doubt that dyspepsia is not unfrequently the result of the indiscriminate gormandizing in which people indulge whose chief aim in eating is to satisfy the palate.

It is a very great error to suppose that brain-workers, students, clergymen, lawyers and other persons whose vocation is largely sedentary, require but little food. The very opposite is true. A brain worker uses up as much blood in three hours of intense labor as the muscle worker in ten hours of ordinary toil. Brain workers should be well fed, but they must not be overfed. Many of the cases of apoplexy in professional men, set down to overwork, are really attributable to overeating. A brain worker needs as much food and as nutritious food as a muscle worker, but he is compelled to be more careful in its selection, and cannot exceed with impunity the limits of his actual needs. This point is often neglected with reference to schoolchildren, especially girls, who are not unfrequently allowed to make the attempt to live and study hard on a slice or two of wheat bread and a cup of coffee for breakfast, bread and butter and pickles for dinner and a morsel chiefly made up of "dessert" at night, when dinner is taken at six, as in many of the large cities. In many female boarding schools the dietary is neglected, an insufficient amount of nourishing elements being furnished to support the vigorous mental effort required of students. Under such a regime it is no wonder that many young women break down just when they ought to be enjoying the highest degree of health and strength. We are thoroughly convinced that a much larger share of the breakdowns among students, both male and female, is due to poor feeding more than to overstudy.

It is an error to suppose that fish or any other single article of diet is brain food, muscle food, or food for any particular part of the system. A few years ago a celebrated scientist made the casual suggestion that perhaps fish food might be especially nourishing to the brain, as there was considerable phosphorous in the brain and also in the fish. The notion spread like a heresy, and soon fish of all sorts, big and little, scaly fish, shell fish, and fish with neither scales nor shell, were devoured in unprecedented quantities by microcephalous people and people whose brains were not obviously too small, for the purpose of obtaining the supposed specific effects of a fish diet. A gentleman eager to cultivate his brain and induce an increased growth, addressed a letter to a noted wag, asking for advice respecting the quantity of fish which he must eat per day. The answer he received was a fitting criticism on the theory and undoubtedly discouraged the aspirations of the young man, being to the effect tnat a small whale would be about the right quantity for a meal. The falsity of the theory has been repeatedly shown by the citation of the fact that the lowest of human races are those that live almost exclusively upon fish. In civilized countries, also, as in the vicinity of large fisheries, whole communities often make fish their almost exclusive diet, and yet there is no evidence that their mental capacity is increased thereby. In fact, the low mental and moral status of these people would furnish an argument on the opposide side of the question if it were necessary to offer such an argument.

It is an error to suppose that people suffering with nervous debility, nausthenia or other forms of nervous weakness, need large quantities of flesh food. It is a very common custom when it is decided that a person has any form of nervous disorder accompanied by weakness or impaired nutrition, to place them at once on a diet consisting largely of flesh, as beefsteak, mutton-chops, etc. Sometimes the drinking of blood is recommended. That this indiscriminate practice is a bad one we have often had occasion to notice. It not infrequently happens that the excessive use of flesh food is a cause of nervousness, as has been repeatedly pointed out, and we believe that whether its use is advised or not, its use should depend on the condition of the stomach rather than on the nerves. A person whose stomach is very feeble may be enable to digest sufficient vegetable food to replenish the tissues, for such persons a flesh diet or a mixed diet will be found to be very advantageous.

It is a most erroneous notion that "rich food" is strengthening. The strengthening quality of food depends first upon its digestibility, and second upon the proportion of albuminous elements which it contains. Sugar, fat, spices and other ingredients which are added to food in making it "rich" are of only secondary importance as nutritive elements and in the case of condiments of exceedingly doubtful value, if not wholly worthless. In the manner in which these substances are combined in "rich food" they are worse than worthless. Really rich food is that which contains a large proportion of the essential elements of food in a condition to be easily assimilated. Graham bread, oatmeal mush, pea-soup, baked beans and kindred foods, are really rich, and in the highest degree strengthening.

It is an error to suppose that persons engaged in laborious occupations require a large amount of flesh food. Persons who labor hard either physically or mentally, need a liberal supply of food rich in albuminous elements. These elements are furnished by such food as pease and beans in even larger quantities than in the best beefsteak. A pound of pease contains four ounces of albuminous elements, while a pound of beefsteak contains but about three ounces. Oatmeal and wheat meal are also very rich in albuminous elements. The Scotch laborers who subsist largely upon oatmeal porridge are said to be among the finest developed and hardiest men in the world. Numerous similar evidences in favor of a liberal supply of vegetable food might be given.

It is an error to suppose that the system is better supported by meals at very frequent intervals than by food taken in accordance with the known time required for digestion. It has long been the custom to supply laborers undergoing severe exertion, as during harvest time among farmers with two or three extra meals during the day, thus often bringing meals within two or three hours of each other. We believe that the practice is a bad one, and that three meals at most are much better than more. The custom of eating five meals a day, common in some foreign countries, is certainly unphysiological, and must be injurious. Children are often injured by too frequent feeding; not only while infants, but after having grown so as to be large enough to attend school, being very often supplied by fond mothers with luncheon for recess, and apples to eat at all hours. It is a most unwise thing to allow children to form the habit of nibbling at food between meals. The fact that they are growing and need a large supply of nourishment is no apology for the practice, but rather makes it the more necessary that they should be regular in their habits in order to secure good digestion. The stomach needs rest as well as the arms and limbs and other organs of the body. More food will be well digested with three meals than with a larger number, and hence a larger amount of good blood will be produced and more healthy tissue formed.

It is an error to suppose that the best preparation and support for extraordinary exertion is increasing the amount of food eaten proportionately. It is generally supposed that if a man has an unusually large days work to perform he must eat an unusually large breakfast and a proportionately large dinner. This is certainly an error. Large demands upon either the muscular or the nervous system for the time being detract from the power to digest. The stomach requires nervous energy to enable it to perform its function. If the nervous forces are otherwise engaged or used they can not be utilized in digestion; hence it follows, theoretically at least, that instead of giving the organs an extra task in preparation for an extra effort, they should be required to perform less than the ordinary amount of labor. Experience as well as theory supports this view. Sir Isaac Newton when employed in his most ardous labors, lived upon bread and water, and fasted for long intervals. General Elliot, the famous defender of Gibraltar, is said to have subsisted for a number of days on a little boiled rice. The wonderful "L'Homme Serpente" of Paris, always fasted for twelve hours before attempting to perform his marvelous feats of agility. This plan not only secures a higher degree of efficiency in the effort made, but prevents in great degree, the injury liable to result from excessive exertion. When required to overwork for a succession of days, we have found that we were not only able to perform much more work, but do it with less effort at the time, and less exhaustion afterward, when taking a greatly reduced quantity of food, than when attempting to do the same work and still taking the usual quantity of food. We have no doubt that a neglect of this precaution is a not unfrequent cause of the sudden deaths of which we so often receive accounts, especially among politicians and public men. Overloading the stomach and overworking the brain at the same time is exceedingly dangerous. The man who overworks mentally must be temperate, he must exercise the greatest moderation in his eating, and must totally discard all stimulants and narcotics. A great share of the cases of apoplexy which occur, happen when the stomach is full. The increased clearness of intellect which results from abstemiousness, well repays one for all the self-denial practiced.

HINTS FOR THE SICK-ROOM.

The sick-room should be the lightest, most cheerful, and best ventilated room in the house. Patients in the sunny wards of hospitals recover soonest, and the sick, in nearly all cases, lie with their faces to the light. Every thing should be kept in perfect neatness and order. Matting is better than a carpet, though, when the latter is used, is may be kept clean by throwing a few damp tea-leaves over only a part of the room at a time, then quietly brushing them up with a hand-broom. A table not liable to injury, a small wicker basket with compartments to hold the different bottles of medicine and a small book in which to write all the physician's directions, two baskets made on the same plan to hold glasses or cups, screens to shade the light from the eyes of the patient, a nursery-lamp with which to heat water, beef-tea, etc., a quill tied on the door-handle with which the nurse can notify others that the patient is asleep by merely passing the feather-end through the key-hole, several "ring cushions" to give relief to patients compelled to lie continually in one position (these cushions are circular pieces of old linen sewed together and stuffed with bran; or pads may be used, made of cotton-batting basted into pieces of old muslin of any size required), and a sick couch or chair, are a few of the many conveniences which ought to be in every sick-room.

Pure air in a sick-room is of the utmost importance. In illness, the poisoned body is desperately trying to throw off, through lungs, skin, and in every possible way, the noxious materials that have done the mischief. Bad air and dirty or saturated bed-clothes, increase the difficulty at the very time when the weakened powers need all the help they can get. Avoid air from kitchen or close closets. Outside air is the best, but if needed, there should be a fire in the room to take off the chill. A cold is rarely taken in bed, with the bed-clothes well tucked in, but oftener in getting up out of a warm bed when the skin is relaxed. Of course anything like a "chill" should be avoided, and it is not well to allow a draft or current of air to pass directly over the bed of the patient.

A good way to secure a fresh supply of air, without a draft, is to have a board five or six inches wide, and as long as the width of the window; raise the lower sash, place board under it, and the fresh air finds its way in between the sash by an upward current.

This simple contrivance slips over the gas burner, and furnishes a secure stand on which to set a cup or tea pot, when it will heat in a few moments. It is invaluable in a sick room or nursery, in a house where gas is used, and when gas is not used there are substitutes for the same purpose which burn alcohol.

Gas Heater.

In disease less heat is produced by the body than in health. This decline occurs even in summer, and is usually most evident in the early morning, when the vital powers slacken, the food of the previous day having been exhausted. The sick should be watched between midnight and ten or eleven in the morning, and if any decline in heat is noticed, it should be supplied by jugs of hot water. A sick-room should, above all, be quiet. Any rustling sound, such as that of a silk dress or shoes which creak, should be entirely avoided. If it is necessary to put coal on the fire, drop it on quietly in small paper sacks, or rolled in paper slightly dampened. Visitors should never be admitted in a sick-room. The necessary attendants are usually a sufficient annoyance to a weak patient, and many a tombstone might truthfully and appropriately be inscribed: "Talked to death by well-meaning friends." It is not generally the loudness of a noise that disturbs the sick, but the sound that produces expectation of something to happen. Some can not bear any noise. Any thing that suddenly awakens is injurious. Never awaken a sleeping patient unless ordered to do so by the physician. In sickness the brain is weakened with the rest of the body, and sleep strengthens it. If rest is interrupted soon after it is begun, the brain is weakened so much the more, and the patient becomes irritable and wakeful. If sleep lasts longer, he falls asleep again more readily. Never speak within the hearing of the sick, in tones which can not be fully understood. An occasional word, or murmur of conversation, or whisper, is intolerable, and occasions needless apprenhension.

Few persons have any idea of the exquisite neatness necessary in a sick-room. What a well person might endure with impunity, may prove fatal to a weak patient. Especially the bed and bedding should be scrupulously clean. In most diseases the functions of the skin are disordered, and the clothing becomes saturated with foul prespiration, so that the patient alternates between a cold damp after the bed is made, and a warm damp before, both poison to his system. Sheets which are used should be dried often from this poisonous damp, either in the sun or by the fire, and the mattress and blanket next the sheets should also be carefully aired as often as possible. In changing very sick patients (particularly women after confinement) the sheets and wearing-clothes should be well aired by hanging by the fire for two days. Move the patient close to one side of the bed, turn the under sheet over close to the invalid, then smooth the mattress, removing any thing that may be on it. Make ready the clean sheet, by rolling one-half into a round roll, lay this close by the invalid, spread the other half smoothly over the bed. Now assist the patient on the clean sheet, unroll and spread over the other side of the bed. Have the upper sheet ready, which must be carefully and gently laid over the invalid, then add the other bed-clothes. (In dressing a blister where a bandage has to be placed around the body, roll one-half the bandage, place it under the invalid, so that the attendant at the other side can reach it, unrolling, and placing it around the patient without disturbing him.) Light blankets are best for coverings. Never use the impervious cotton counterpanes and comforters. The clothing should be as light as possible with the requisite warmth. The bed should be low and placed in the light, and as a rule the pillows should be low, so as to give the lungs free play. Scrofula is sometimes caused by children sleeping with

their heads under the clothing, and patients sometimes acquire the same injurious habit.

Try one of the smallest coal oil lamps for the night lamp in the sick-room. It looks very small but it will make as much light as a good tallow candle, and will not drop oil.

Chamber utensils should be emptied and thoroughly cleansed immediately after using, always rinsing with cold water, as hot water tends to burn the odor into the utensil. Never allow them standing in the sick-room. Slop-pails, into which nothing should be allowed to go except the waste water from the wash stand, must be emptied and cleansed thoroughly at least twice a day.

Bathing should always be done under the advice of a physician, but soap and water are great restoratives. In most cases, washing and properly drying the skin gives great relief. Care should be taken, while sponging and cleansing, not to expose too great a surface at a time, so as to check perspiration. The physician will regulate the temperature. Sometimes a little vinegar, whisky, or alcohol added to the water, makes the bath more refreshing, and bay-rum for the face, neck, and hands is often acceptable. Whenever the bath is followed by a sense of oppression, it has done harm. Its effect should be comfort and relief.

One of the most convenient articles to be used in the sick-room is a sand-bag. Get some fine sand, dry it thoroughly in a kettle on the stove, make a bag about eight inches square of flannel, fill it with the dry sand, sew the opening carefully together, and cover the bag with cotton or linen cloth. This will prevent the sand from sifting out, and will also enable you to heat the bag quickly by placing it in the oven, or attempt to warm the feet or hands of a sick person with a bottle of hot water or a brick. The sand holds the heat a long time, and the bag can be tucked up to the back without hurting the invalid. It is a good plan to make two or three of the bags and keep them ready for use.

It is well for both nurse and patient to remember that nothing relieves nausea or vomiting sooner than drinking hot water in as great a quantity and as hot as possible. Placing the hands in hot water up to the wrists, a flannel or other cloth, dipped in hot water and laid five or six folds thick, on any pained part, will relieve suffering more promptly than all the pain-killers in the world. Cover the wet flannel with another dry one, the edges of which extend over the wet ones an inch or more. In about five minutes slip the wet flannel out and put in its place another as hot as can be handled, taking care to let as little cold air as possible touch the skin over which the hot flannel has been applied. When pain is relieved put on towels wet in cool water and cover with flannel; leave for an hour or more, remove and wipe dry, rubbing vigorously. These hot applications will often relieve a violent, dry cough in a few minutes, and in some forms of croup will cure in half an hour.

Patients are often killed by kindness. A spoonful of improper food, or the indulgence of some whim, may prove fatal. A physicians directions should always be observed with the strictest fidelity. Medicines and things which will be wanted during the night should all be prepared before the patient grows sleepy. Every thing should be done quickly but quietly, and with precision. In talking, sit where the patient can hear you without turning his head. Never ask questions when he is doing anything, and never lean or sit upon the bed. Sick persons generally prefer to be told any thing rather than to have it read to them. A change in the ornaments of the room is a great relief, and the sick especially enjoy bright and beautiful things. Flowers, which do not have a pungent odor, are always a great delight.

In convalescence great care is necessary, and the physicians directions should be implicitly obeyed, especially in regard to diet; a failure in obedience often brings on a fatal relapse. A little food at a time and often repeated, is the general rule for the sick. A table-spoon of beef-tea, every half hour, will be digested, when a cupful every three or four hours will be rejected. (In giving a drink or liquid of any kind a moustache-cup will be found a great convenience.) The sick can rarely take solid food before eleven in the morning, and a spoonful of beef-tea, or whatever stimulant the physician has ordered, given every hour or two, relieves exhaustion. Brandy, whisky, or other alcoholic stimulants, however, should never be ordered in cases where there is a hereditary tendency to use them, or where they have been used as a beverage, or where the associations of the patient in the future would be likely to make an acquired taste for them a temptation. In most cases substitutes may readily be found. Untouched food should never be left at the bed-side. Every meal should be a surprise, and the patient should be left alone while eating. Food for the sick must be of the best quality, and neatly and delicately prepared. The cook should do half the patient's digesting. Keep the cup and saucer dry, so that no drops will fall on the bed or clothing.

Beef-tea contains a certain amount of nourishment, and may be given in almost any inflammatory disease. Eggs do not agree with all patients, but are nourishing food when admissible. Tenderloin of beef, cut across the grain, and broiled on live coals, without smoke, and well cooked or rare, as the physician may direct, is always relished; and a tender lamb-chop, broiled in the same way, with the fat removed before serving, is easily digested and nutritious. Roasted potatoes, very mealy, are preferred to other vegetables. Milk is a representative diet; and, when it agrees with the digestion, is probably better adapted to strengthen the body in sickness than any other article of food, but it must be fresh and pure. The least taint of sourness is injurious. Butter-milk, however, when fresh, is useful in fevers, bilious diseases and dyspepsia. Cream is even better than milk, and is less apt to turn acid in the stomach. Many patients thrive on Indian-meal mush and cream, and any preparations of Indian-meal are especially good for persons who are suffering from the need of natural warmth (see Bread-making.) Oat-meal, Graham and rye mush, and home-made brown-bread, are important articles of diet, generally relished by the sick. There are instances of persons recovering from serious illness where a table-spoon of rye-mush, and half tea-cup butter-milk, three times a day, were all that could be taken for two or three weeks. A patient's craving for any particular article of food should be communicated to the physician, as it is often a valuable indication of the wants of the system. These cravings should be gratified whenever possible. Melons act on the kidneys, and are good in many cases of fever, bowel complaint, etc. Celery also is good in some diseases of the kidneys, and in nervousness and rheumatism. Fresh, crisp, raw cabbage, sliced fine and eaten with good vinegar, is easily digested, and often highly relished by a patient suffering from a "weak stomach." New cider is also excellent in many cases of nervous dyspepsia. Fruits and berries—raw, ripe and perfect—used in moderation, are admirable remedies in cases of constipation and its attendant diseases. The grape has a wide range of curative qualities. The seeds are excellent for costiveness, the pulp is very nutritious and soothing to irritated bowels, while the skins, if chewed, act as an astringent. Raw beef is excellent in dysentery; it should be minced fine, and given in doses of a spoonful at a time every four hours, the patient, in the meantime, eating nothing else. Bananas or baked apples are good in chronic diarrhœa. A rind of bacon is good for teething children to chew. Rice-water or rice-jelly are advisable in many cases of convalescence from acute fever,

summer complaint and like diseases. Fresh pop-corn, nicely salted, clam-broth, the juice of a roasted oyster in the shell, soda-water, and peppermint-tea are remedies for sick stomach. Vegetable acid drinks, herb-teas, toast-water, and all such drinks are often much relished. A custard made from a preparation of liquid rennet, as directed on bottle, is a delicate dish. Buttered toast, either dry or dipped, though so generally given, is rarely a suitable article for the sick, as melted oils are very difficult of digestion. In quinsy, diphtheria, inflammation of lungs, typhus and other putrid fevers, acids are of very great benefit. Take a handful of dried currants, pour over them a pint of boiling water, let them stand half a minute without stirring, then drain off the water, strain it through a cloth, and set it away to cool; when given to the patient, dilute well, so that the acid taste is very slight. Acid fruits should be eaten early in the day. Above all, it should be remembered, that it is not the nourishment which food contains, but *that which the stomach can assimilate*, that builds up; a sick person will thrive on what would not sustain a well person.

It is of the utmost importance that the food be delicately and carefully administered, and this should never be left to servants. It should be made as attractive as possible, served in the choicest ware, with the cleanest of napkins, and the brightest of silver. If tea is served, it should be freshly drawn, in a dainty cup, with a block of white sugar, and a few drops of sweet cream. Toast should be thin, symmetrical, well yellowed, free from crust, and just from the fire. Steak should be a cut of the best tenderloin, delicately broiled, and served with the nicest of roasted potatoes. The attention given to these simple matters, is, in many cases, worth more than the physician's prescriptions.

The craving for tea and coffee is almost universal with the sick. A moderate quantity is a great restorative; but an excess, especially of coffee, impairs digestion. Neither should be given after five in the afternoon, as they increase excitement and cause sleeplessness; but sleeplessness from exhaustion in the early morning is often relieved by a cup of tea or coffee. The patient's taste will decide which should be used. In cases of thirst, the physician will prescribe what other drink should be given to satisfy it. Cocoa is often craved by the sick, and possesses no stimulating qualities. Crust-coffee is very nourishing.

A very simple means of refreshing the nurse, and a valuable disinfectant, if the nature of the invalid's complaint does not forbid it—that is seldom the case—is to put some pure, fresh-ground coffee on a saucer, or other dish, and in the center place a very small piece of camphor-gum, and touch a match to it. As the gum burns, allow sufficient coffee to consume to pervade the atmosphere with the aroma; it is wonderful in its invigorating effects.

The following recipe makes a delicious, refreshing and cooling wash for the sick room:

Take of rosemary, wormwood, lavender, rue, sage and mint a large handful of each. Place in a stone jar, and turn over it one gallon of strong cider vinegar, cover closely, and keep near the fire for four days; then strain and add one ounce of pounded camphor gum. Bottle and keep tightly corked.

There is a French legend connected with this preparation (called *viniagre a quartre voleurs*). During the plague at Marseilles, a band of robbers plundered the dying and the dead without injury to themselves. They were imprisoned, tried and condemned to die, but were pardoned on condition of disclosing the secret whereby they could ransack houses infected with the terrible scourge. They gave the above recipe. Another mode of using it, is to wash the face and hands with it before exposing one's self to any infec-

tion. It is very aromatic and refreshing in the sick-room; so, if it can accomplish nothing more, it is of great value to nurses.

Food for the Sick.

Crust Coffee—Toast bread very brown, pour on boiling water, strain and add cream and sugar and nutmeg, if desired.

Cream Soup.—One pint boiling water, half tea-cup cream; add broken piece of toasted bread and a little salt.

Parched Rice.—Cook in custard-kettle a half cup parched rice in one pint boiling salted water; when done serve with cream and sugar.

Wine Whey.—One pint of boiling milk, two wine-glasses of wine, boil a moment, stirring well; take out the curd, sweeten and flavor the whey.

Raspberry Relish.—To each pint of berry juice add one pound of sugar. Let it stand over night; next morning boil ten minutes, and bottle for use.

Tamarind Whey.—Mix an ounce of tamarind pulp with a pint of milk, strain and sweeten. Or, simply stir tablespoon tamarinds into pint water.

Butter-milk Stew.—Boil one pint butter-milk, add a small lump butter, and sweeten to taste. Some add teaspoon ginger and honey instead of sugar.

Chicken Broth.—Take the first and second joints of a chicken, boil in one quart of water till very tender, and season with a very little salt and pepper.

Raw Beef Tea.—Cut up lean, fresh meat, soak eight or ten hours in a small quantity of cold water. This is good after severe cases of typhoid fever.

Alum Whey.—Mix half ounce powdered alum with one pint sweet milk, strain and add sugar and nutmeg; it is good in hemorrhages, and sometimes for colic.

Pearled Wheat Pudding.—One pint of wheat, one half gallon new milk, sweeten and flavor to taste, bake one hour. This is a delicious and simple pudding.

To Remove Grease from Broths for the Sick.—After pouring in dish, pass clean white wrapping-paper quickly over the top of broth, using several pieces, till all grease is removed.

Sassafras Drink.—Take the pith of sassafras boughs, break in small pieces and let soak in cold water till the water becomes glutinous. This is good nourishment, and much relished.

Baked Milk.—Bake two quarts milk for eight or ten hours in a moderate oven, in a jar covered with writing paper, tied down. It will then be as thick as cream, and may be used by weak persons.

Egg Gruel.—Beat the yolks of an egg with a tablespoon of sugar, beating the white separately; add a tea-cup of boiling water to the yolk, then stir in the white, and add any seasoning; good for a cold.

Sago Custard.—Soak two tablespoons sago in a tumoier of water an hour or more, then boil in same water until clear, and add a tumbler of sweet milk; when it boils, add sugar to taste, then a beaten egg and flavoring.

English Gruel.—Dessert spoon each meal and flour mixed with half a pint cold milk. Stir this into a pint boiling milk, slightly salted and boil in custard kettle, stirring to keep smooth.

Jellice.—One-half teaspoon of currant, lemon or cranberry jelly put into a goblet, beat well with two tablespoons water, fill up with ice-water and you have a refreshing drink for a fever patient.

Sea-moss Farine.—Dessert-spoon of sea-moss farine, quart boiling water; steep a few minutes, sweeten and flavor with lemon (leaving out rinds). This is a very pleasant drink and is good for colds.

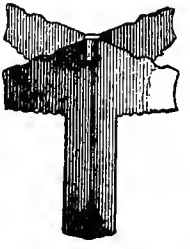
Raw Beef.—Chop fresh, lean beef (the *best* steak or roast) very fine, sprinkle with salt and pepper, and put between thin slices of Graham or white buttered-bread. This is a very nutritious diet.

Fever Drink.—Pour cold water on wheat bran, let boil half an hour, strain and add sugar and lemon-juice. Pour boiling water on flax-seed, let stand till it is ropy, pour into hot lemonade and drink.

Milk Porridge.—Soak pint best oatmeal in a pint water overnight, in the morning strain and boil the water from it half an hour, add pint milk with a little salt, boil and serve warm with cream and sugar.

Cup.

Warming Cup.—This is very convenient for the sick room or nursery, as the stem and cross can be dropped in any lamp chimney and the cup placed upon it; thus heating milk, broth, etc., very easily and quickly.



Stem and Cross.

Oatmeal Blanc-Mange.—A delicious blanc-mange is made by stirring two heaping tablespoons of oatmeal into a little cold water, then stir with a quart of boiling milk, flavor and pour into molds to cool, when cream or jelly may be eaten with it.

Vegetable Soup.—Two tomatoes, two potatoes, two onions, and one tablespoon rice; boil the whole in one quart water for one hour, season with salt, dip dry toast in this till quite soft, and eat; this may be used when animal food is not allowed.

Mulled Buttermilk.—Put on good buttermilk, and when it boils, add the well-beaten yolk of an egg. Let boil up and serve. Or, stir into boiling buttermilk thickening made of cold buttermilk and flour. This is excellent for convalescing patients.

Barley Water.—Add two ounces pearled barley to half pint boiling water; let simmer five minutes, drain and add two quarts boiling water; add two ounces sliced figs, and two ounces stoned raisins; boil until reduced to a quart; strain for drink.

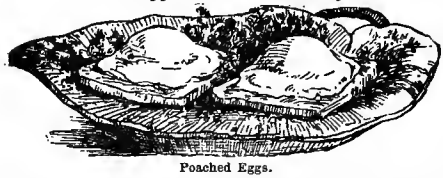
Currant Shrub.—Make the same as jelly, but boil only ten minutes; when cool, bottle and cork tight, (see directions for canned fruits). Raspberry, strawberry and blackberry shrubs are made in the same way; when used, put in two-thirds ice-water.

Beef-Tea Soup.—To one pint of "beef essence" (made in a bottle as directed in recipe on a succeeding page), quite hot, add a tea-cup of the best cream, well heated, into which the yolk of a fresh egg has been previously stirred, mix carefully together, and season slightly, and serve.

Cinnamon Tea.—To a half pint fresh, new milk add stick or ground cinnamon enough to flavor, and white sugar to taste; bring to boiling point, and take either warm or cold. Excellent for diarrhea in adults or children. A few drops or a teaspoon of brandy may be added, if the case demands.

Sago-Jelly Pudding.—Wash thoroughly one teacup of sago, cook it in three pints of water fifteen or twenty minutes, till perfectly clear, add a very little salt; stir in half a jelly-glass of currant, grape or other jelly and two spoonfuls sugar. Mold and serve cold with cream and sugar; or eat warm.

Poached Eggs.—This is a very delicate way of preparing eggs, and when served on slices of toast, garnished with sprigs of crisp parsley, they make a very pretty as well as appetizing dish. Poach them as directed in dept. of Eggs



Poached Eggs.

Arrowroot Custard. — One tablespoon of arrowroot, one pint of milk, one egg, two tablespoons sugar; mix the arrowroot with a little of the cold milk, put the rest of milk on the fire, and boil, and stir in the arrowroot and egg and sugar, well beaten together; scald and pour into cups to cool; any flavoring the invalid prefers may be added.

Broiled Chicken, Quail, Squirrel or Woodcock.—Any of these must be tender. Take the breast of the first two, or the thighs of the others; place on hot coals or on a broiler, turning often to prevent burning. When done, remove the burned parts, if any, season *slightly* with butter, pepper and salt, and serve at once.

Tapioca Jelly.—One half pint tapioca, one quart water, juice and some of the grated rind of a lemon; soak the tapioca for three or four hours in the water, sweeten it and boil for one hour in a custard-kettle, or until quite clear, stirring it often. When almost done, stir in the lemon, and when sufficiently cooked pour into molds. Serve with sweetened cream.

Panada.—Take two richest crackers, pour on boiling water, let stand a few minutes, beat up an egg, sweeten to taste, and stir all together; grate in nutmeg and add brandy or wine to suit the invalid. Or, break in a pint bowl toasted bread and pour over boiling water, adding a small lump of butter, two tablespoons wine, brandy or whisky; sweeten to taste and flavor with nutmeg or cinnamon.

Clam Broth.—This is excellent for invalids, being the best food known for giving tone to the deranged stomach; it may even be given in small quantities to sick children over six months old. Select small clams; break the shells, and pour the clams with the juice into a small boiler, or stew-pan; add enough water to modify the salty taste, and boil for ten minutes. Strain and it is ready for use.

Rice Jelly.—Mix one heaping tablespoon of rice-flour with cold water until it is a smooth paste, add a scant pint of boiling water, sweeten with loaf-sugar; boil until quite clear. If the jelly is intended for a patient with summer complaint, stir with a stick of cinnamon; if for one with fever, flavor with lemon juice, and mold. Rice-water is made in the same manner, by using twice the quantity of boiling water.

Graham Gems for Invalids.—Mix Graham flour with half milk and half water, and add a little salt, beat, making the batter thin enough to pour; have the gem-pan very hot, grease it, fill as quickly as possible and return

immediately to a hot oven; bake about thirty minutes. Practice will teach just the proper consistency of the batter, and the best temperature of the oven. It will not be good unless well beaten.

Raspberry Vinegar.—Pour over two quarts of raspberries in a stone jar, one quart of very best vinegar; let stand twenty-four hours, strain, and pour liquor over fresh fruit, and let stand in the same way; allow one pound sugar to a pint of juice; put into a stone jar and set in pot of boiling water one hour; skim well, put into bottles, cork and seal tight. Diluted with water this is very nice for the sick. Toasted bread may be eaten with it.

Blackberry Wine—To every gallon of bruised berries, add half a gallon of soft cold water; let stand twenty-four hours, then strain. To every gallon juice, add three pounds sugar; fill a cask and let it remain without moving or shaking until it has fermented, which it will have done in six weeks. Put over the mouth of the cask a thin piece of muslin. When fermentation has ceased, draw off the wine and bottle without shaking cask. Cork and seal.

Strawberry Acid.—Dissolve five ounces tartaric acid in two quarts of water, and pour it upon twelve pounds of strawberries in a porcelain kettle; let it simmer forty-eight hours; strain it, taking care not to bruise the fruit. To every pint of juice add one and one-half pounds of sugar and stir until dissolved, then leave it a few days. Bottle and cork tightly; if a slight fermentation takes place leave the cork out a few days. Then cork, seal and keep bottles in a cool place.

Royal Strawberry Acid.—Take three pounds ripe strawberries, two ounces citric acid, and one quart of water; dissolve the acid in the water and pour it over the berries; let them stand in a cool place twenty-four hours, draw off, and pour in three pounds more of berries, and let it stand twenty-four hours. Add to the liquor its own weight of sugar, boil three or four minutes each day for three days, then cork tightly and seal. Keep in a dry and cool place.

Arrowroot Blanc-mange.—Make as directed in Creams and Custards, cooling in individual molds. In serving, a dainty way is on a tray with cream and sugar and a small vase of flowers, as illustrated. Any of the blanc-manges or jellies given in this department may be served thus and prove much more appetizing to the patient.

Oatmeal Cakes.—Take equal parts fine oatmeal and water; mix and pour into a pan about one-third of an inch deep and bake half an hour, or until crisp and slightly brown; or make half an inch thick and bake soft like a johnny-cake; or if the oven is not hot enough to bake, pour it into a frying-pan, cover it and bake it on the top of the stove, dishing it when brown on the bottom. It is not good cold. If any be left, warm it up and it is almost as good as new.

Oatmeal Pie-crust.—This is made exactly like the dough for crackers; it may be rolled a very little thinner. It bakes quickly, so that care must be taken not to scorch it in cooking the contents of the pie. It is not suited for an upper crust, but does admirably for pies that require but one crust. It is

just the thing for those who do not think shortened pie-crusts wholesome, and it is good enough for any one. One can eat it with as much impunity as so much oatmeal mush and fruit sauce.

Mutton Broth.—Put two pounds of mutton and two quarts cold water to boil, add one tablespoon rice washed carefully through several waters. Let it boil till the meat will leave the bone, and the rice is cooked to a liquid mass. Take from the fire, season with a little salt; skin, if preferred. If for a patient with flux leave on all the fat (the more fat the better.)

This is also a nice way to make Chicken Broth. Take a chicken size of a quail and prepare as above.

Uncooked Egg.—This is quite palatable, and very strengthening, and may be prepared in a variety of ways. Break an egg into a goblet and beat thoroughly, add a teaspoon sugar, and after beating a moment add a tea-spoon or two of brandy or port wine; beat well and add as much rich milk, or part cream and milk, as there is of the mixture. Or, omit brandy and flavor with any kind of spice; or, milk need not be added, or the egg and sugar may be beaten separately, wine or brandy added, stirring in lightly the well-whipped whites at the last, and thus made it should fill a goblet to overflowing. Juice of a lemon in place of brandy gives *Lemon Egg-nog.*

Oatmeal Gruel.—Put two heaping tablespoons oatmeal in one quart cold water, stir till it commences to boil, then cook one hour, stirring occasionally; do not let it scorch; season with salt, sugar, and any spice desired. For infants and very sick patients it must be strained, and *not salted*; or take two cups Irish or Scotch oatmeal, two quarts water and teaspoon salt. Let oatmeal soak overnight in half the water. In the morning strain through a coarse netting bag, pressing through all the farinaceous matter that will go. Add the rest of the water with the salt, and boil down until it begins to thicken perceptibly. Let it cool enough to become almost a jelly, and eat with powdered sugar and cream.

Cracked Wheat Pudding.—To one quart new or unskimmed milk add one-third cup cracked wheat, same of sugar (or a little more if preferred), a little salt and small piece of stick cinnamon. Place in moderate oven and bake two hours or longer. When about half done stir in the crust already formed, and it will form another sufficiently brown. When done the wheat will be very soft, and the pudding of a creamy consistency. It can be eaten hot or cold, and is nice for invalids. A handful of raisins added is considered an improvement by some.

Fruit Farina.—Sprinkle three tablespoonfuls of farina into one quart of boiling milk, using a sauce-pan set into a kettle of boiling water, in order to prevent burning; flavor and sweeten to taste, and boil for half an hour, stirring occasionally; then add one pint of any ripe berries, or sliced apples, and boil until the fruit is cooked, about twenty minutes: the pudding may be boiled in a mold or a cloth after the fruit is added. Serve with powdered sugar.

Broiled Beefsteak.—Many times a small piece of "tenderloin" or "porter-house" is more wholesome, for an invalid, than broths and teas; and with this may be served a potato, roasted in the ashes, dressed with sweet cream (or a little butter) and salt, or nicely cooked tomatoes. Have the steak from half an inch to an inch thick, broil carefully two or three minutes over hot

coals, turning often with a knife and fork, so as not to pierce it. When done, put on a small dish, season slightly with salt and pepper, and a *small bit* of butter, garnish with the potato, and serve *hot.*

Stewed Oysters.- Remove all bits of shell from a half dozen *fresh,* select oysters, place in a colander, pour over a teacup of water, drain, place liquor drained off in a porcelain-lined sauce-pan, let come to boiling point, skim well; pour off into another heated dish, all except the last spoonful which will contain sediment and bits of shell which may have been overlooked, wipe out sauce-pan, return liquor, add oysters, let come to the boiling point, add a small lump of good butter, a teaspoon of cracker-dust, a very little cayenne pepper and salt, and a half teacup fresh, sweet cream.

Oatmeal Relish.—Boil one gill oatmeal in three pints boiling water till water is reduced one-third, then strain and cool the gruel, let settle and pour the liquid part carefully away from the sediment. Use it hot or cold as preferred with sugar and any fruit juice. Two tablespoons of raisins may be added to gruel while boiling. The effect of raisins is gently laxative but if used in excess they sometimes cause indigestion and flatulence.

To Make Kumyss.—Take three quarts of good, rich, sweet milk; one quart of hot water, in which dissolve one-half pint sugar; add the hot water to the milk; when the mixture is luke warm add three tablespoons of brewer's yeast; set in a moderately warm place, stir often, and, when it begins to sparkle (which will be in about one and a half hours), put it into strong bottles and cork tight; put in a cool place and in eight hours it will be ready for use. Procure a champagne tap (cost $1), and draw the best kumyss ever made.

Prepared Flour for Summer Complaint.—Take a double handful of flour, tie up tightly in cloth and put in a kettle of boiling water, boil from three to six hours, take out, remove the cloth, and you will have a hard, round ball. Keep in a dry, cool place, and when wanted for use, prepare by placing some sweet milk (new always preferred) to boil, and grating into the milk from the ball enough to make it as thick as you desire, stirring it just before removing from the stove with a stick of cinnamon; this gives it a pleasant flavor; put a little salt into the milk. Very good for children having the summer complaint.

Milk Porridge.—Place on stove in skillet one pint new sweet milk and a very little pinch of salt; when it boils have ready sifted flour, and sprinkle with one hand into the boiling milk, stirring all the while with a spoon. Keep adding flour until it is about the consistency of thick molasses; eat warm with a little butter and sugar. This is excellent for children suffering with summer complaint. Or, mix the flour with a little cold milk until a smooth paste, and then stir into the boiled milk. Or break an egg into the dry flour and rub it with the hands until it is all in fine crumbs (size of a grain of wheat), then stir this mixture into the boiling milk.

Bran Biscuit—Take cup bran (as prepared by Davis & Taylor, 24 Canal Street, Boston), five cups sifted flour; scald the bran at tea-time with half pint boiling water; when cool, pour it into the middle of the flour, add one-half cup good yeast (or part of a yeast-cake, soaked till light), one teaspoon salt, and two tablespoons sugar; wet with new milk into soft dough, much thicker than batter. Let it stand, covered closely, in a warm place to rise. In the morning, spoon into hot gem or patty-pans, and bake in a quick oven to a brown crust. Part of the dough may be baked in a small loaf to be eaten warm. (It can be made with water by using a little butter, but it is not so good.) any remaining may be split for dinner or toasted for tea.

Oat-meal Wafers.—Use equal parts water and oat-meal, make as thin as you can shake it out on the bottom of pan, so that when done it will not be thicker than a knife-blade anywhere, and in most places you can see daylight through it. Bake very slowly until quite dry, watching that it may not scorch. In taking out it will probably break into many fragments, but they will be delicious ones—not shapely for the table, but so temptingly savored that any delicate person who can eat at all will find them satisfying, nourishing, and easily digested—far better than the standard sick dish called gruel. As for the well folks, put your wafers out of the way if you expect to find any of them for the invalid's next meal.

Blackberry Cordial.—Put a half bushel of blackberries in a preserving-kettle and cook until scalded through well; strain and press out all the juice; put juice in kettle with the following spices well broken up and put into a bag; one-quarter pound allspice, two ounces cinnamon-bark two ounces cloves, and two nutmegs; add loaf-sugar, about one pound to every quart of juice or more if preferred, and cook slowly ten or fifteen minutes, remove from the fire, let cool a little, and add good pure brandy in the proportion of one pint to every three pints of juice. A smaller quantity may be made, using the same proportions. This is an excellent remedy for diarrhœa and other diseases of the bowels.

Good Toast.—Toast slices of bread, scrape off any blackened, charred portion; lay on a soup plate, pour on cold milk enough to wet through, and leave half an inch or so in depth of milk in the plate. Good milk, with a little extra cream in it, is all the better, and a very trifle of salt improves it. Put over the toast thus prepared, an inverted large earthen bowl, or tin basin, large enough to cover it and set down upon the plate all round. Put this in a warm, not very hot, stove oven, two, three, or more hours in advance. The milk will cook and evaporate and its substance be condensed in the toast while the cover will keep the toast moist. It is then very good without butter, though a little may be used if desired.

Beef Broth.—Cut in small pieces one pound of good lean beef, put on in two quarts of cold water and boil slowly, keeping it well covered, one and one-half hours; then add half a teacup tapioca, which has been soaked three-quarters of an hour in water enough to cover, and boil half an hour longer. Some add, with the tapioca, a small bit of parsley, and a slice or two of onion. Strain before serving, seasoning slightly with pepper and salt. It is more strengthing to add, just before serving, a soft poached egg. Rice may be used instead of tapioca, straining the broth, and adding one or two tablespoons rice (soaked for a short time), and then boiling half an hour.

Meat for Invalids.—The following method of rendering raw meat palatable to invalids is given by good authority. To 8.7 ounces of raw meat, from the loin, add 2.6 ounces shelled sweet almonds, .17 ounces shelled bitter almonds, and 2.8 ounces white sugar—these to be beaten together in a marble mortar to a uniform pulp, and the fibres separated by a strainer. The pulp, which has a rosy hue, and a very agreeable taste, does not remind one of meat, and may be kept fresh for a considerable time, even in summer, in a dry, cool place. Yolk of egg may be added to it. From this pulp, or directly from the above substance, an emulsion may be prepared which will be rendered much more nutritious by adding milk.

Articles for the Sick-Room.—A rubber bag, holding two quarts, to be one-half or three-quarters filled with hot water, and placed about the patient where needed—under head in neuralgia, around the side in liver congestion, etc.; or can be filled with very cold water in cases needing such applications

—is very flexible and agreeable, and can be used where a soap-stone or bottle would hurt.

A pair of very long, loose stockings, knit of Saxony wool, or any soft yarn, without heels, to draw on towards morning in fever cases, or to keep patient warm when she is up; they might come half way between the knee and thigh. Every housekeeper should have a pair to be used in cases of sickness.

Oatmeal Crackers.—Wet one pint of fine oatmeal with one gill water; work it a few minutes with a spoon, until you can make it up into a mass; place on a board well covered with dry oatmeal; make as compact as you can, and roll out carefully to one-sixth of an inch thick, and cut into squares with a knife. Bake in a very slow oven, or merely scald at first; and then let them stand in the oven until they dry out. These are difficult to make up at first, but you soon learn to handle the dough and to watch oven so that they will not scorch. These are excellent for all the purposes of crackers, and if kept dry, or if packed in oatmeal, they will last good for months. This is one form of the Scotch "bannock." A rich addition is two heaping spoons of ground dessicated cocoanut.

Old-time Food for Convalescents.—Roast good potatoes in hot ashes and coals; when done, put in a coarse cloth and squeeze with the hand, and take out the inside on a plate. Put a slice of good pickled pork on a stick three or four feet long, hold before a wood fire until it cooks slightly, then dip into a pan of water and let it drip on the potato to season it; repeat until the meat is nicely cooked on one side, then turn the other, dip in water, etc. When done place on plate beside the potato, serve with a slice of toast dressed with hot water and a little vinegar and salt, or use sweet cream instead of vinegar. A cup of sage tea, made by pouring boiling water on a few leaves of sage and allow it to stand a few minutes, served with cream and sugar, is very nice; or crust coffee, or any herb tea is good. Food prepared in this way obviates the use of butter.

Beef Tea.—Cut pound best lean steak in small pieces, place in glass fruit jar (a *perfect* one), cover tightly and set in a pot of cold water; heat gradually to boil, and continue this steadily three or four hours, until the meat is like white rags and the juice thoroughly extracted; season with very little salt, and strain through a wire strainer. Serve either warm or cold. To prevent jar toppling over, tie a string around the top part, and hang over a stick laid across the top of pot. When done, set kettle off stove and let cool before removing the jar, and in this way prevent breakage. Or, when beef-tea is wanted for immediate use, place in a common pint bowl (yellow ware), add very little water, cover with saucer, and place in a moderate oven; if in danger of burning add a little more water. To make beef-tea more palatable for some patients, freeze it.

Cornmeal Gruel.—Add three pints boiling water, two tablespoons cornmeal, stirred up with a little cold water; add a pinch of salt and cook twenty minutes. For very sick persons, let it settle, pour off the top, and give without other seasoning. For convalescents, toast a piece of bread nicely, and put in the gruel with one or two tablespoons sweet cream, a little sugar and ginger, or nutmeg and cinnamon. When a laxative diet is allowed this is very nourishing. Or, take a pint of meal, pour over it a quart or more of cold water, stir up, let settle a moment, and pour off the water; repeat this three times, then put the washed meal into three quarts of cold water, and place where it will boil; cook three hours, and when done add a pinch of salt. This is a very delicate way of cooking, and it may be eaten with or without other seasoning.

Boiled Flour or Flour Ball.—Take one quart good flour; tie in a pudding bag so tightly as to make a solid mass; put into a pot of boiling water early in the morning, and let boil until bedtime; take out and let dry. In the morning, peel off and throw away the thin rind of dough, and, with a nutmeg-grater, grate down the hard dry mass into a powder. Of this from one to three teaspoons may be used, by first rubbing it into a paste with a little milk, then adding it to about a pint of milk, and, finally, by bringing the whole to just the boiling-point. Give through a nursing-bottle. For children who are costive use bran-meal or unbolted flour instead of white flour, preparing as above directed.

Rice Water.—Wash four tablespoons of rice; put it into two quarts of water, which boil down to one quart, and then add sugar and a little nutmeg. This makes a pleasant drink. A pint or half a pint of milk added to the rice water, before it is taken from the fire, gives a nourishing food suitable for cases of diarrhea. Sago, tapioca, barley, or cracked corn can be prepared in the same manner.

Beef Tea.—Take a pound of juicy lean beef and mince it. Put it with its juice into an *earthen* vessel containing a pint of tepid water, and let the whole stand for one hour. Slowly heat to boiling point, and let it boil for three minutes. Strain liquid through a colander, and stir in a little salt. If preferred, a little pepper or allspice may be added.

Mutton Tea may be prepared in the same way. It makes an agreeable change when the patient has become tired of beef tea.

Raw Beef for Children.—Take half a pound of juicy beef, free from any fat; mince it very finely; then rub it into a smooth pulp either in a mortar or with an ordinary potato-masher, and press it through a fine sieve. Spread a little out upon a plate and sprinkle over it some salt, or some sugar if the child prefers it. Give it alone or spread upon a buttered slice of stale bread. It makes an excellent food for children with dysentery.

Articles Easy of Digestion.—The following articles are readily digested by a healthy stomach, and can be digested with comparative ease by most dyspeptics:

ANIMAL FOODS.

Raw white of egg, beaten to a froth; beef tea, free from fat; raw whole egg, beaten; milk fresh and warm; fresh eggs, soft boiled; mutton, broiled; venison steak, broiled; chicken, especially the white parts; rabbit; fresh trout, and most fresh fish which are not oily.

VEGETABLE FOODS.

Stale bread; graham rolls, without yeast or soda; rice, well boiled or steamed; tapioca; corn-starch; oatmeal porridge, eaten with dry toast, Graham mush or crushed wheat; cauliflower; asparagus, if very tender; French beans; baked sweet or subacid apples; strawberries and whortleberries; grapes without skins or seeds; oranges or bananas.

Articles not Easy of Digestion.—The following list includes the common articles of food which require a considerable degree of vigor on the part of the digestive organs, and must be avoided by all bad dyspeptics:

ANIMAL FOODS.

Animal soups of all sorts; beef; lamb; turkey, duck, pigeon; codfish; raw oysters; butter; all sorts of roast meats.

VEGETABLE FOODS.

Potatoes; turnips; cabbage; tomatoes; peas; beans; raisins, and most dried fruit; apples; peaches; peaches; plums; cherries; pineapples; beets; carrots; spinach; parsnips; vegetable soups; corn-meal preparations; salads of all sorts; currants; gooseberries; raspberries; rhubarb; jelly.

Indigestible Articles.—The following articles, while they may be digested by a vigorous stomach, impair the digestive powers and induce indigestion and to the dyspeptic are more of the character of poison than of foods:

ANIMAL FOODS.

Pork; veal; goose; liver; kidney; heart; sausage; hard-boiled eggs; scrambled eggs; cheese; hashed and stewed meats; melted butter, and all animal fats; mackerel, and all oily fish; dried and smoked fish; sardines, and other fish preserved in oil; lobster; crabs; etc.; cooked oysters and clams; fried meats of all sorts.

VEGETABLE FOODS.

Warm bread, especially taken with butter; muffins; buttered toast; pies, cakes, and all sorts of pastry; pancakes; fried bread and vegetables; nuts of all kinds; onions; mushrooms; pickles; tea; coffee; cocoa; chocolate; mustard; pepper; spices and other condiments; sugar; preserves, and all saccharine foods.

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For Sore Nipples.—Bathe in Pond's Extract. The nipple need not be washed off before nursing. Or to the well-beaten white of an egg add a few drops of tannin, mixed thoroughly, and bathe. Make fresh every day or two.

Change of Climate.—A change of climate is nearly always beneficial to health for a time, and sometimes effects a complete cure in disease. It is still more likely to do good if a change of habits and diet goes with it.

Dirt in the Eye.—To remove specks of dirt from the eye, immerse the eye in cold water, then wink and roll the eyeball until the desired result is accomplished.

Stammering.—If not caused by malformation of organs, reading aloud, with the teeth closed, for at least two hours a day for three or four months will cure stammering.

Hoarseness.—It is said hoarseness may be relieved by using the white of an egg, thoroughly beaten, mixed with lemon-juice and sugar. Take a teaspoonful occasionally.

Remedy for Piles.—Mix a tea-spoon of sulphur with a tea-cup of milk, and take twice a day, morning and night, until improvement takes place; then take occasionally

Frosted Feet.—To relieve the intense itching of frosted feet, dissolve a lump of alum in a little water and bathe the feet with it, warming it before the fire. One or two applications are sure to give relief.

Wound from Rusted Nail.—Smoke this or any inflamed wound over the fume of burning woolen cloth, wool or sugar, for fifteen minutes, and the pain will be taken out.

For Toothache or Neuralgia.—Thicken the yolk of an egg with common salt and apply as a poultice; or slice raw onions, and scatter shaved hard soap over them and apply.

For Sprains.—The white of an egg, and salt mixed to a thick paste is one of the best remedies for sprains, or bruises, or lameness, for man or beast. Rub well the part affected.

For Weak Eyes.—Bathe in hot water, never using cold; and neither children nor adults should use water below 50° temperature in washing, as cold water is very injurious to the eyes.

To Prevent Sea-Sickness.—Make a pad of wool or horse hair, and bind over the stomach. Brandy and water, very weak, is the best remedy to allay the heat and irritation.

A Valuable Liniment.—One ounce wormwood to one pint alcohol. Or, bruise the green stalks of wormwood, moisten with vinegar, and apply to the sprain, Good for man or beast.

Cutting the Hair.—Many children and men take cold after having the hair cut. This may be prevented by a quick dash of cold water on the head immediately after cutting, and before going out, and a brisk rubbing afterward.

To Relieve Asthma.—Wet blotting paper in strong solution of saltpetre, dry it, and burn a piece three inches square on a plate in sleeping room, and it will afford a quick relief.

Manna and Milk.—Take a quart of fresh skim milk, and boil in it one ounce of manna; drinking this quantity cool, in small draughts, at intervals during the day, is good for consumption.

Sick Headache.—Elixir of guarana, prepared by Brewer & Co., Springfield, Mass. Take one teaspoon every half hour until four have been taken, on the first intimation that the headache is coming on.

Hot Water for a Cough.—For a tight, hoarse cough, where phlegm is not rising, or with difficulty, take *hot* water often, as hot as can be sipped. This will be found to give immediate and permanent relief.

Sprains or Lameness.—Two ounces camphorated spirits, two ounces sweet oil, two ounces ammonia, two ounces chloform; shake well before using, and rub it on by a fire. It is very excellent for a family liniment.

Cherokee Liniment.—One ounce gum-camphor, dissolved in alcohol, one ounce each of spirits turpentine, sweet oil, hemlock oil, origanum oil, and cedar oil, two ounces spirits hartshorn. Use externally. Shake well before using.

To Prevent Skin from Discoloring after a Bruise.—Apply immediately, or as soon as possible, a little dry starch or arrow-root, moistened with cold water, or rub with common table butter, or press firmly with blade of knife.

Salve for Cuts and Burns.—To one-half pound sweet lard add one-fourth pound of beeswax and the same of resin; beat all together till well mixed; pour in a little tin box. Apply a little to the wound on a soft cotton cloth.

Wens.—Dissolve copperas in water to make it very strong; now take a pin, needle, or sharp knife, and prick or cut the wen in about a dozen places, just sufficient to cause it to bleed; then wet it well with the copperrs water, once daily.

For Ivy Poisoning.—A simple and effectual remedy for ivy poisoning, is said to be sweet spirits of nitre. Bathe the affected parts two or three times during the day, and the next morning scarcely any trace of the poison will remain.

Cholera Mixture.—Take one ounce of the following ingredients: tincture opium, capsicum or red pepper, rhubarb, pepermint and camphor put in large bottle, with a pint best brandy. Dose is ten to twenty drops in two or three teaspoons water. Good in any case of diarrhea.

For the Lungs.—A quart (or less if too strong) of tar, stirred six minutes in a gallon of water, and one-fourth, or a tumbler, taken four times a day, an hour or two after meals, is said to clear the lungs, and give greater ease in public speaking.

Sleeplessness.—Wet a cloth in cold water, and lay it on the back of the neck. Fold a towel smoothly over it, and very often it will sooth the weary brain, and quiet the nerves better than an opiate. It is particularly useful in case of a dull headache.

Broken Breasts.—One tablespoon unmelted lard, six small onions or two large ones sliced thin and fried in lard, until of a light brown, and thoroughly done; then add half pint boiling water and thicken with corn meal to the consistency of mush. Spread on a cloth and apply as warm as can be borne.

Diet in Disease and Health.—Of the grains for mushes, rye is most flesh making, oatmeal second, and Graham third. For laxativeness—rye first, Graham second, oatmeal third. Graham builds up nerves, bones, and sinews; dark gluten the same; light gluten is more fattening than the dark.

Changing Clothing.—People often take cold by removing heavy underclothing too early in the spring. This should never be done until weather is settled. When about to make the change, take a cold hand-bath or sponge-bath and rub briskly, in the morning, and there is no danger of taking cold.

For Catarrh.—Putting a cloth wet in hot water over the nose and forehead just before going to bed, and secured in place with a handkerchief over which a flannel is placed. Do this three nights, then skip three, etc.

To Prevent Wearing Through the Skin when Bed-Ridden.—Apply to tender parts of the body with a feather, a mixture made by beating to a strong froth, the white of an egg, dropping in while beating two teaspoons spirits of wine. Bottle for use.

Bee Stings.—Any absorbant will give relief from bee stings, but perhaps nothing is more effectual than lean raw meat. The sting of a bee or wasp may be almost instantly relieved by it. It is said to cure the bite of a rattlesnake, and relieve erysipelas.

For a Cold.—Cayenne pepper-tea for a cold. Put a quarter of a teaspoon of cayenne pepper in a tea-cup; pour over hot water and sweeten with sugar. Or, steep horseradish in a gill of vinegar, add a gill of honey, and take a teaspoon every twenty minutes.

Camphorated Ointment.—Good for burns, chapped hands, sore lips, salt-rheum, etc. One ounce each gum camphor, beeswax and fresh butter, stew and strain butter, then put all together, and simmer till the camphor is dissolved, keeping covered while simmering.

Paste for Scrap-books.—Corn-starch makes the best paste for scrap-books. Dissolve a small quantity in cold water, then cook it thoroughly. Be careful not to get it too thick. When cold it should be thin enough to apply with a brush. It will not mould or stain the paper.

Blackened eye.—Should the eye or any other part be blackened by a fall or blow, apply a cloth wrung out of very warm water, and renew it until the pain ceases, The moisture and heat liquify the blood, and send it back to its proper channel. Never use cold water to a bruise.

Constipation.—Two ounces of senna, simmer the strength out in one quart of water, strain the tea; one pound of prunes, cooked soft, with half tea-cup of white sugar. Several times a day take, first one tablespoon of the senna tea, then eat one prune, fasting as much as possible.

For Erysipelas.—A simple poultice made from cranberries pounded fine, and applied in a raw state, is said to be a certain cure; or slip off the outer bark of elder, break up the wood with the inner bark, and steep in buttermilk; drink and apply to the parts affected.

For Sore Throat.—Take five cents worth of chlorate of potash, dissolve, and take a teaspoon every hour, and also gargle with it. Or to a tea-cup vinegar add salt and cayenne pepper, making it as strong as can be taken (some add a little pulverized alum) and gargle often with it.

For Chronic Gathering in the head and discharge from the ear, take shot about the size of small pease, flatten them, make a hole through the center, string them on a stout string, and wear as beads. Give this a trial before pronouncing it to be a whim.

Burns.—Common baking soda—the bicarbonate—has been found to cure burns or scalds, affording immediate relief when it is properly applied. For a dry burn, the soda should be made into paste with water. For a scald or wet burned surface, the powdered soda (or borax will do as well) should be dusted on; or apply raw linseed oil.

To Relieve Toothache.—Apply powdered alum, or fill mouth with warm water, and immediately after with cold; or saturate a piece of cotton with a stong solution of ammonia, and apply to the tooth. For toothache and inflamed face caused by it, apply a poultice of pounded slippery-elm bark and cold water.

To Drop Medicine.—Shake the bottle so as to moisten the cork. With the wet end of the cork moisten the edges of the mouth of the bottle, then holding the cork under the mouth, let the fluid pass over the cork in dropping; or place the handle of the spoon between the leaves of a closed book lying on the table, and then both hands may be used in dropping the mixture; or bend the handle of a tea or tablespoon as in cut, so that it will stand alone.

A Good Cure for Colds is to boil two ounces of flaxseed in one quart of water; strain and add two ounces of rock candy, one-half pint of honey, juice of three lemons; mix, and let all boil well; let cool, and bottle. Dose—One cupful before bed, one-half cupful before meals. The hotter you drink it the better.

Tape Worms are said to be removed by refraining from supper and breakfast, and at eight o'clock taking one-third part of two hundred minced pumpkin seeds, the shells of which have been removed by hot water; at nine take another third, at ten the remainder, and follow it at eleven with strong dose of castor oil.

For Cold in the Head.—As soon as you feel that you have a cold in the head, put a teaspoon of sugar in a goblet, and on it put six drops of camphor, stir it, and fill the glass half full of water; stir, till the sugar is dissolved, then take a dessert spoonful every twenty minutes. This is *sure* cure if taken as directed.

To Prevent Taking Cold.—If out in cold weather with insufficient clothing or wrappings, fold a newspaper and spread across the chest. Persons having weak lungs can in this way make for themselves a very cheap and perfect lung protector. Large papers spread between quilts at night add much to the warmth.

Salve.—The following is an excellent salve for burns, cuts, or sores of long standing: Take equal parts of melted beeswax, mutton suet, pulverized resin, burnt alum, honey, Venice of turpentine, sweet oil. Cook over a slow fire all together. Stir till it commences to thicken; then strain through a cloth and pour in earthen boxes.

Catavrh Cold.—Ten drops carbolic acid, and seven and a half each of iodine and chloroform; heat a few drops over a spirit lamp in a test tube, holding the mouth of the tube to the nostrils as soon as volatization is effected. Repeat every two minutes, until the patient sneezes a number of times, when the troublesome symptoms will disappear.

Neuralgia.—One-half drachm sal-ammonia in one ounce of camphor-water. Take a teaspoon several times, five minutes apart, until relieved. Another simple remedy is horseradish. Grate and mix it in vinegar, the same as for table purposes, and apply to the temple when the face or head is affected, or the wrist, when the pain is in the arm or shoulder.

Whooping Cough.—Mix one lemon sliced, half-pint flax-seed, two ounces honey, and one quart water, and simmer, not boil, four hours; strain when cool, and if there is less than a pint of the mixture, add water. Dose: one table-spoon four times a day, and one also, after each severe fit of coughing. Warranted to cure in four days if given when the child first "whoops."

Worms.—A mother gives the following: "Once a week invariably—and generally when we had cold meat minced—I gave the children a dinner which

is hailed with delight, and looked forward to; this is a dish of boiled onions. The little ones knew that they were taking the best of medicine for expelling what most children suffer from---worms. Mine we kept free by this remedy alone."

For Sore Throat use as a remedy one ounce of camphorated oil and five cents worth of chlorate of potash. Whenever any soreness appears in the throat, put the potash in half a tumbler of water, and with it gargle the throat thoroughly, then rub the throat thoroughly with the camphorated oil at night before going to bed, and also pin around the throat a small strip of woolen flannel.

Eye Wash.—Sulphate of zinc two grains, sulphate of morphine one-half grain, distilled water one ounce; mix, and bottle. Drop in the eye (a drop or two at once,) then wink the eye several times, so that the wash may reach all the parts; and keep quiet and do not use the eyes for about an hour. This wash is for blood-shot eyes, and when used it will produce quite a smarting sensation.

Alger Liniment.—Alcohol, one gallon; cagiput oil, one ounce; monard oil, one ounce; thymes oil, one ounce; peppermint oil, half ounce; camphor gum, one ounce. Shake well and let stand twenty-four hours. It is good for rheumatism and for any purpose for which liniment is used for man or beast. This is a very valuable recipe and has been sold at a very high price.

Sure Cure for Corns.—Take one-fourth cup of strong vinegar, crumb finely into it some bread. Let stand half an hour, or until it softens into a good poultice. Then apply on retiring at night. In the morning the soreness will be gone, and the corn can be picked out. If the corn is a very obstinate one it may require two or more applications to effect a cure.

Raw Linseed Oil is one of the best applications for burns, wounds, and cuts. It excludes the air and heals rapidly. Dip a cloth in it, and apply, covering with a second cloth. For flux or diarrhea in children, give a teaspoonful three times a day until the disease has abated. Be careful not to use boiled linseed oil as a remedy in cases of men or animals. When boiled it is only used for painting.

Conklin's Salve.—One pound of resin, two ounces mutton tallow, one of beeswax, one-half gill alcoholic spirits, add a little of the gum of balsam; boil all together slowly, until it has done rising or foaming, or until it begins to appear clear. Pour the mixture into a pail of cold water, and when it gathers, take it out, roll on boards and cut it off. Care must be taken not to burn it. Moisten the hands in brandy while working.

To Promote or Restore Menstruation.—Put a small tea-cup of logwood chips into a pint of soft water, simmer for fifteen minutes, then add one half pint of whiskey, Dose, one tablespoon half an hour before each meal, and just before going to bed. Another excellent prescription for the same purpose is made as follows: Two drams of prepared citrate of iron and quinine, one pint cherry wine, one-half ounce chamomile flowers.

Itch Ointment.—Two tablespoons lard, one of black pepper, one of ground mustard; boil all together, and when taken off and nearly cold add one tablespoon sulphur. Anoint with this three evenings successively just before going to bed. Do not change bed-clothes or wearing clothes during the time. After this, wash with castile soap suds, and change all the clothing that has been worn or touched.

Poison by Ivy.—An infallible remedy for poisoning by ivy, poison oak, and other poison vines and plants, is good rich butter milk in which you have

beaten some green tansy leaves until the milk is thoroughly tinctured. Bathe the parts often (indeed, you could not do it too often,) until relieved. Wet a cloth with the mixture at night, and lay on, wetting as often as it feels dry. Or take bromo-chloralum, oz. iv; vinum opii oz. ij; aquæ oz. vj. Bathe the parts freely with this and it will relieve the itching at once. It is good in urticaria.

Magic Liniment.—For sprains and inflamation this is very good for animals, and without turpentine, very good for man: Two ounces oil of spike, two ounces oil of origanum, two ounces oil of hemlock, two ounces of wormwood, two ounces of spirit of ammonia, two ounces of gum camphor, two of spirits of turpentine and four ounces of sweet oil and one quart of best alcohol. Mix well and bottle tightly. A little well rubbed in is a fine stimulating liniment.

French Remedy for Chronic Rheumatism.—Dr. Bonnet, of Craulbet, France, states in a letter to the "Abeille Medicale," that he has been long in the habit of prescribing "the essential oil of turpentine by friction for rheumatism; and that he has used it himself with perfect success, having almost instantaneously got rid of rheumatic pains in both knees and in the left shoulder."

Magnetic Ointment Equal to Trask's.—Hard raisins cut in pieces, and fine-cut tobacco, equal weights; simmer well together, then strain, and press out all from the dregs. This is excellent for external applications, for cold in the head, applying to the temples, outside and inside of nose, and forehead. Applied inside of nose it clears the head by sneezing. It is also good for croup if applied first to the throat and afterward to the chest.

Chapped Hands.—When the hands show signs of cracking wash them clean with mild soap and soft warm water. Rinse in borax water and thoroughly dry them. Then anoint them with vaseline or petroleum jelly, which can be procured at any drug store. Dry it by the fire and a cure is sure to follow. This vaseline never fails. With it the skin can be kept soft and velvety all the time.

Mustard Plasters.—Mix with boiling water, vinegar, or white of an egg (the latter is best when a blister is not wanted) to consistency the same as if for the table. Some add a little flour when not wanted too strong. Spread on half a thin muslin cloth, cover with the other half, or put on cloth, and put over it a thin piece of gauze; apply, and when removed, wash the skin with a soft sponge, and apply a little sweet cream or oil.

Sprains.—If a sprain is nothing more than a sprain—that is if no bones are broken or put out—wrap the parts in several folds of flannel which has been wrung out of hot water, and cover it with a dry bandage, and rest it for some days, or even weeks. Entire rest at first, and moderate rest afterward, are absolutely necessary after a sprain. If it is in the ankle, the foot should be raised as high as may be comfortable; if in the wrist, it should be carried in a sling. Or, place in hot water three minutes then in cold three minutes, and so alternate four or five times, then bind up in a hot compress. If the sprain is in knee or where it cannot be immersed, wrap in hot cloths for three minutes then in cold, etc.

For Burns or Bruises.—Apply peach tree leaves, smooth side next to the skin and bind them on; or wet cloth and sprinkle it with carbonate of soda (common cooking soda) and bind it on the burn. It quickly stops the pain, and is a harmless and thorough remedy. If no cloth is at hand, wet the part burned and sprinkle dry soda on it. For burns where there is danger of mor-

tification, or even if it has already begun bind on strips of cloth dipped in clean tar.

Cure for Lock-Jaw, said to be positive.—Let any one who has an attack of lock-jaw take a small quantity of spirits of turpentine, warm it, and pour it on the wound—no matter where the wound is, or what its nature is—and relief is said to follow in less than a minute. Turpentine is also a sovereign remedy for croup. Saturate a piece of flannel with it, and place the flannel on the throat and chest—and in very severe cases three to five drops on a lump of sugar may be taken internally.

Soft Water and Cholera.—A distinguished physician gives it as his opinion that the habitual use of pure soft water, or from wells in a locality where the rocks are freestone, will prevent the cholera. He says that cholera has always prevailed in a limestone region, among families using hard water, while those using soft water in same neighborhoods escaped, and those living in freestone regions only a few miles away were also exempt from attacks. Soft water from cisterns should be filtered before using.

Cough Mixture.—Dissolve one-fourth pound gum-arabic in half pint boiling water, add a half tea-cup sugar and honey, and two table-spoons lemon juice, steep for five or ten minutes; bottle and cork, add water, and take; or boil one ounce each of licorice-stick and anise-seed, and half ounce senna in one quart of water, ten minutes; strain, add two tea-cups molasses or honey, boil down to a pint and then bottle; or, to one pint whiskey add one-half pound rock candy and two ounces glycerine.

Drunkenness.—There is a prescription in use in England for the cure of drunkenness, by which thousands are said to have been assisted in recovering themselves. It is as follows: Sulphate of iron, five grains; peppermint water, eleven drachms; spirit of nutmeg, one drachm; twice a day. This preparation acts as a stimulant and tonic, and partially supplies the place of the accustomed liquor, and prevents that absolute physical and moral prostration that follows a sudden cessation from the use of stimulating drinks.

Relief for Burning Feet.—To relieve burning feet, first discard tight boots; then take one pint of bran and one ounce of bicarbonate of soda, put in a foot-bath, add one gallon of hot water; when cool enough, soak your feet in this mixture for fifteen minutes. The relief is instantaneous. This must be prepared every night for a week or perhaps more. The bran and bicarbonate should be made fresh after a week's use. Bicarbonate of soda can be purchased for a small price per pound from wholesale druggists. The burning sensation is produced by the pores of the skin being closed, so that the feet do not perspire.

Catarrh.—Wet and cold at the surface of the body is a cause of catarrh, but the most fruitful source is wet and cold feet, and yet there is nothing more easy to avoid. Warm socks, horsehair soles, and goloshes will always keep the feet dry and warm. It does not seem to be understood that although a boot or shoe may not leak, yet if the sole is damp, it by evaporation conducts away the heat from the foot, and ought never to be worn when not exercising. The neck should be covered lightly, but too much covering predisposes to catarrhal troubles by causing congestion of the membrane affected in this disease. Bed-rooms ought to be well aired, and warmed if possible, by an open fire, in damp, chilly weather.

Clover Tea.—Gather the blossoms of red clover, when beginning to bloom, and dry for use, putting away in tight paper sacks. A tea made from these blossoms is excellent for "hives," cancer, or any disease of a scrofulous nature. The essence of clover is sometimes used instead of the tea, and is kept

at drug stores. It is also good for sickness at the stomach. The tea may be made of the fresh blossoms also. For cancer the tea is given in large quantities, some patients drinking a gallon a day every day for a year before feeling certain of cure. This is largely prescribed by physicians.

Taper Lights.—The best light for a sick room is furnished by the tapers which come in boxes (bought at any drug store) in a vase or a tumbler of lard-oil. The taper is simply a small wick set in a tiny piece of wood. In the box of tapers is a float—a three-cornered frame of tin with a bit of cork on each corner. This is placed on the surface of the oil, and the taper set on it, the bottom of the wood resting in the oil. It may then be lighted, and produces an agreeable light, without smoke or smell, and sufficient for the purposes of the sick-room or nursery, and yet not so glaring as to be disagreeable. All persons accustomed to light in the sleeping-room will find this much better than a lamp turned low. The tumbler may be half full of water with oil on top.

Healing Salve for Wounds.—Pint olive-oil, half ounce common resin, half ounce beeswax; melt well together, and bring all to boiling heat; add gradually of pulverized red lead—three-eighths of a pound (for summer use a trifle more lead); in a short time after it is taken up by the oil, and the mixture becomes brown or a shining black, remove from the fire, and when nearly cold add two scruples pulverized camphor. It should remain on the fire until it attains a proper consistency for spreading, which may be known by dipping a splint or knife in the mixture from time to time, and allowing it to cool. When used spread thinly on a piece of tissue paper or old, fine linen. Excellent for frost sores or any kind that are hard to heal.

How to Distinguish Rashes.—Measles appear as a number of dull red spots, in many places running into each other, and is usually first seen about the face, and on the forehead, near the roots of the hair, and is often preceded by running of the eyes and nose, and all the signs of severe cold. Scarlet fever appears first about the neck and chest, but not unfrequently at the bend of the elbow or under the knee, and is usually preceeded by sore throat. It can be distinguished from roseola—a mild disease, which is sometimes mistaken for it—by the bright red color of the skin, which appears not unlike a boiled lobster. In chicken-pox the symptoms are attended by fever, the spots are small, separate pimples, and come generally over the whole body.

Hot Water as Medicine.—Consumptives and dyspeptics find great relief in drinking, or rather slowly sipping, hot water an hour before eating. It should be as hot as can be taken. Sips of hot water are also good where the stomach is weak, as in convalescence after illness. In a severe case of dyspepsia, the patient began by taking six teaspoons of hot water three times a day, and has gradually increased the amount with the greatest benefit. Hot water is also excellent in cases of sick stomach, and may be taken when no nourishment of any kind can be retained in the stomach. In giving to a child, and it is very beneficial to them, give with a spoon and have a cup of cold water in which to dip spoon before taking up the hot water, as by constant dipping in hot water the metal becomes too hot for the little ones and they will not take the water *hot enough* fearing the spoon.

Cubeb Berries for Catarrh.—A new remedy for catarrh is crushed cubeb berries smoked in a pipe, emitting the smoke through the nose; after a few trials this will be easy to do. If the nose is stopped up so that it is almost impossible to breathe, one pipeful will make the head as clear as a bell. For sore throat, asthma, and bronchitis, swallowing the smoke effects immediate relief. It is the best remedy in the world for offensive breath, and will make the most foul breath pure and sweet. Sufferers from that horrid dis-

ease, ulcerated catarrh, will find this remedy unequaled, and a month's use will cure the most obstinate case. A single trial will convince any one. Eating the uncrushed berries is also good for sore throat and all bronchial complaints. After smoking, do not expose yourself to cold air for at least fifteen minutes.

To Cure a Cold.—A bad cold should be "nipped in the bud." To do this no medicine is required. A person who finds he has taken cold should bundle up unusually warm in bed, with a bottle of hot water at his feet. The object is to create a mild perspiration the entire night. Before dressing in the morning take a sponge bath in cold water and apply friction to the skin until it is in a glow. The cold, probably will then have disappeared, but if not follow the same course another night. But this remedy must be applied promptly after noting the first indications.—such as sneezing or running at the nose; if left a day or two the cold will be sure to run its course. Often toasting the feet the whole evening by the fire will answer the purpose.

For Diarrhea.—Stir lightly into teacupful cold water the white of one egg not beaten. This forms a coating on the stomach, and is also nourishing, and is good in any disease where patient can not eat. Another delicate preparation for a weak stomach is slippery-elm gruel: Mix fine slippery-elm flour with cold water, then stir into boiling water till thickness of gruel. Charcoal crackers are of great value in assisting digestion. In diarrhea the most important item is absolute quiet on a bed. Bits of ice may be eaten and swallowed at will, but drink litttle liquid of any kind. If compelled to be on the feet, bind a strong piece of woolen flannel tightly around the abdomen, having it double in front. For diet, use rice parched like coffee, boiled and eaten with a little salt and butter. Some advise making a tea of it, and also using boiled milk and mutton broth, with crisped white crackers, for children. Or, use ice-cold enemas after each movement of the bowels—a teaspoon for a babe, increasing in that proportion till, for an adult, a bulbful is given. This is good in cases of dysentery, etc.

For Sore Throat —Rub on the outside, and wet cloth in Pond's Extract, and gargle with it also, taking from one to ten drops four times a day. Another excellent remedy is camphor diluted with water till it can be used as a gargle. Another remedy is to put on a strip of flannel thin slices of fat pork, and sprinkle *very thick* with black pepper and place around the throat, or chop fat pork and onions together, about half and half, and put in sack and put on; or bathe throat in coal oil, also, in diphtheria, some have used with benefit bits of ice kept constantly in the mouth for as long as seven hours; or gargle with lemon juice, occasionally swallowing some. Or a bran mash is excellent—that is, bran with boiling water poured over it, and put on when just warm enough to feel agreeable. In putting it on, spread the poultice in a thin cloth, and lay it on a handkerchief folded cornerwise, and the corners of the handkerchief over the head; then the poultice will touch the tender places, which it cannot do if it is simply bound straight around the throat. The sufferer from sore throat should eat nothing which could scratch it, like dry toast. Soft boiled eggs, soft toast, and diet of that kind should be indulged in, and the drinks should be merely warm—not too hot or cold.

Sleeplessness.—The loss of power to cast off the burden of the day, and find rest at night, is one of the greatest of personal afflictions; yet, it is safe to say that wakefulness at night is an acquired habit, which can be overcome, like other bad habits, if not too long indulged. Let any adult person awake, say at midnight, and "get to thinking" for an hour or two; do this the following three or four nights; he will find that it will then require a powerful effort of the will to resist doing the same thing for several nights thereafter.

A person should never give way to the dangerous habit of lying awake at nights; for that is exactly what it is, a dangerous habit, and nothing else.

Golden Ointment.—One pound lard, eight ounces beeswax, one ounce camphor gum in five ounces alcohol, one ounce origanum, one ounce laudanum; let all dissolve while melting the lard and beeswax, then stir together until cold, or the camphor will go off in a steam. Do not mix too hot. This will cure pain in the side by applying as a plaster. For enlarged neck or goitre, dilute with one-fourth iodine. For salt-rheum, apply externally, and take cathartics to cleanse the blood. For scald-head, rub together one ounce golden ointment and three drachms of red precipitate; remove the hair and rub with this twice a day, each day washing with castile soap suds. For catarrh, rub the ointment up in the nose profusely, and let it remain all night. In the morning draw cold water up the nose and throw it back two or three times to clean the tubernated bones. Also bathe the face and ears with cold water.

Chronic Inflammation of the Stomach.—This is known by a pain in the stomach, increased by the presence of food, by belching up gas, by vomiting, fickle appetite, seasons of thirst, tongue white in the center and red at tip, or sometimes red and smooth—is a disease which soon ends in ulceration of stomach, and death. Counter-irritants over the stomach, such as mustard draughts, followed by hot fomentations of hops; frequent warm or cold baths, according to patient's constitution; a tepid compress worn over the stomach at night; and the most careful diet, consisting mostly of gum water, rice water, slippery-elm water and gruel, arrowroot gruel, toast without butter, gluten mush, etc., and in two or three weeks the disease will yield under this persistent starving and cooling system.

Bright's Disease.—Dr. Arthur Scott Dorkin extols a skim-milk diet in this disease. "The first appreciable action," he says, "of skim-milk taken to the extent of six or seven pints daily, is that of a most energetic diuretic, a profuse flow of urine being rapidly produced. The effect of this in Bright's disease, is to to flush the uriniferous tubules, and to dislodge and wash out the concrete casts of diseased epithelial cells by which they are blocked up and distented. The emptying of the tubules relieves their pressure on the surrounding secondary capillaries, the blood begins to flow more freely through them, the distension of the primary malpighian capillaries is relieved; less and less albumen escapes through their walls, until the renal circulation is gradually restored, when it finaly disappears from the urine. While this beneficial change is progressing, healthy epithelium is developed in the tubules, and the urinary excrement is withdrawn from the blood. In short, a healthy nutrition becomes re-established in the kidneys through the agency of milk, which above all other substances, seems to exercise a controlling influence over this process.

For a Cough.—Simmer together a handful each of hoarhound and mullein leaves in a quart of soft water till all the strength is extracted (add more water if neccessary); then strain and add to it one quart of Orleans molasses. Dose, one tablespoonful three times a day. Or for hoarseness wet a piece of cotton batting on the inside, wrap it around a lemon, and cover with ashes and coals to roast as you would roast a potato; let it roast from fifteen to twenty minutes; take out, clip off one end, squeeze out the juice, and strain it through a thin cloth to remove any seeds or particles of pulp. There will be from four to five teaspoonsfuls of juice, which mix with an equal quantity of strained honey (to strain warm and strain throngh a thin cloth); or, instead of honey, add three teaspoonfuls of granulated sugar, place the cup in a pan of hot water, set on stove until sugar is dissolved. Take one or two teaspoonfuls every hour, or after a spell of coughing, For a child add a larger proportion of honey and sugar, and give a quarter teaspoonful every two hours.

Whooping-cough.—Children do not "whoop" for two or three weeks after taking this disease. The most reliable symptons are: eyes red and watery when they cough, and the cough clinging to the patient with a firm grasp. It lasts from six weeks to three months, according to season when taken, and can be given during the first two months. It is not carried in clothes, but when a child gets the breath of a whooping-cough patient then he will take it. Some of the remedies are, to give drinks of water as hot as they can be taken, in the evening and with first symptoms of a coughing spell—this makes the cough easier; another is, to take scant tea-cup whole flax-seed, wash it thoroughly, add one lemon sliced and quart of water, simmer gently two hours, add two tablespoons of honey, then strain when hot. It should be like thick molasses; if too thick, add water. Give one tablespoonful four times a day, and one after each severe fit of coughing. (This is also good for an ordinary cold and cough.) The system of the patient needs to be built up, and for that purpose give two oil-baths a week; also good, nourishing food, such as Graham or oatmeal mush, coarse bread, milk, etc.; and keep child out doors as much as possible, using great care no cold is taken. Some, when the breathing is very bad, put a hot mustard and oatmeal poultice on the chest. In cities, a daily visit to the gas works has been said to abate the violence of the disease. A new remedy is to fumigate patient with burning sulphur, then remove him and more thoroughly fumigate the room. Redress patient in clean, well-aired clothes and return to fumigated room. Do this twice a week if necessary.

For Constipation.—The same remedies will not effect all persons. One or two figs eaten fasting is sufficient for some, and they are especially good in the cases of children, as there is no trouble in getting them to take them. A spoon of wheaten bran in a glass of water is a simple remedy and quite effective. One or two tumblers of hot water will move almost every one, but is difficult to take. In chronic cases a faithful manapulation and moving of bowels and limbs with gentle rotary movement with the open palm, and giving all natural motions to the parts, with proper diet, will almost invariably secure the desired result. It has been known to cure a case of life-long habit, where inherited, too, and although it involves patience and perseverence, is is certainly better than to suffer the ills that result from so many patent medicines and quack nostrums. "An ounce of prevention is worth a pound of cure," and *regularity of habit* in this matter is the great thing to be impressed on people generally. Or, three tea-cups each of coarse, clean, wheat bran aud sifted flour, three teaspoons baking powder, seven teaspoons good butter and one of salt. Mix with cold sweet milk; roll third of an inch thick, cut with a biscuit cutter and bake thoroughly in a moderate oven; or, pour hot water on tablespoon flax seed, pour off and at once add three or four tablespoons of cold water, and drink. This is perfectly harmless and may be taken once, twice, or thrice a day if necessary; or, a teaspoon black mustard-seed taken every morning; or a glass of cold water taken at night and first thing in the morning. In rubbing the bowels with the hands always rub from left to right.

Toothache.—Place a small bit of zinc on one side of the gum, and a small silver coin on the other and bring the ebges together, electricity is generated and the pain ceases. Most toothache.is caused by cold. Fill the mouth full of raw cotton between the gum and the cheek and the gum and the tongue. Put a piece of cotton on the outside of the face (moistened with some good liniment if you have it), then put a hot sand bag, or hot iron, to the face. Soon the clear water will commence to run out of the mouth freely, and the pain is relieved. For *Neuralgia* apply a tuning fork, while fibrating, over the course of the painful nerve, continue about half an hour.

Inhalation of Tar for Consumption.—Mix together sixteen ounces of liquid tar and one fluid ounce liquor of pottassa, boil them for a few minutes in the open air, then let it simmer in an iron vessel over a spirit or other lamp in the chamber of the patient. This may at first excite a disposition to cough, but in a short time it allays it, and removes any tendency to it. Or the following is said to be an effectual remedy. Live temperately, avoid spirituous liquors, wear flannel next the skin, and take, every morning, half a pint of new milk, mixed with a wine glassful of the expressed juice of green hoarhound. One who has tried it, says, "Four weeks' use of the hoarhound and milk relieved the pains in my breast, gave me ability to breathe deep, long and free, strengthened and harmonized my voice, and restored me to a better state of health than I had enjoyed for years." The French method is ode-half pound finely cut up fresh beefsteak; one drachm pulverized charcoal: four ounces pulverized sugar; four ounces rye whiskey; one pint boiling water. Mix all together, let it stand in a cool place over night, and give from one to two teaspoons liquid and meat before each meal. The dose should be small at first, until the stomach becomes used to it, then gradually increased, But one of the most simple of remedies and one that has been found beneficial is the leaves and flowers of the common mullein. Make a strong tea of the fresh or dried leaves (best when gathered from plants in blossom) and drink freely. Continue from three to six months, according to the severity of the disease. This remedy is "good for the blood" also, building up the system, and making good blood, and taking away the inflamation from the lungs.

Good Cures for Croup.—Boil pigs' feet in water, without salt, and let it stand over night; in the morning skim off the fat (which will be formed in a cake on top), put in a tin pan, boil until all water is evaporated; bottle, and keep for use. Give a teaspoon every fifteen minutes on the appearance of the first symptoms, and apply freely to chest and throat, rubbing well. A celebrated physician says that a child cannot have the croup if pigs' feet oil is administered at the first symptoms. Or, warm a teaspoon with a little lard in it or goose grease; thicken with sugar, and give it to the child; it may produce vomiting, which is always desirable, thus breaking up the membrane that is forming. Apply lard or goose grease to throat and chest, with raw cotton or flannel. Care must be taken, removing only a small piece at a time of these extra wraps to prevent taking cold. Or take a knife or grate and shave off in small particles about a teaspoonful of alum; then mix it with twice its quantity of molasses, to make it palatable, and administer it as quick as possible. Almost instantaneously relief will follow by vomiting. Another remedy given by a writer of professed experience is to flrst get a piece of chamois skin, make a little bib,cut out neck and sew on tapes to tie it on; then melt together some tallow and pine tar; rub some of this on chamois and let the child wear it all the time. My baby had the croup whenever she took cold, and since I put on the chamois I have had no more trouble. Renew with tar occasionally. Or to one-half cup N. O. molasses add a teaspoon soda, beat to a white froth, and give a teaspoon every few minutes till relieved by vomiting; or, one part pulverized alum to two parts white sugar, and give in same way; or grease a cloth (made in the shape of a bib) thoroughly and dust thickly with nutmeg, and put on over throat and chest when there seems any tendensy to hoarseness in afternoon, croup generally develowing at midnight, keeping it on for several days after the child is well, and when taken off put on a flannel cloth for a few days, and then some morning take this off and bathe well in cold water and rub dry; or take four or five hollyhock blossoms, boil, and apply wet around the throat; or apply hot fermentations to the throat and chest, sponge off with tepid water, rub dry, and apply oil and ammonia; or some apply cold wet cloths over throat and chest, covering well with flannel, changing often until inflamation is sub

dued. From two years to eight is the croup period; and when a cold assumes croupy symptoms great care should be taken to keep the child indoors, in a warm, well-ventilated room, giving good food, no meats, hot bread or berries. (Raw or cooked onions are good as a preventive of either worms or croup.) A remedy said to give relief where other means fail, is to let a healthy person fill his lungs with pure air, then slowly breath upon the patient's throat and chest, commencing at the point of the chin and moving slowly down to the bottom of the windpipe.

Cure for Felon.—When a felon first makes its appearance, take the inside skin of an egg-shell, and wrap it around the part affected. When the pressure becomes too painful, wet it with water, and keep it on twelve hours; or roast or bake thoroughly a large onion; mix the soft inner pulp with two heaping tablespoons of table salt, and apply the mixture to the affected parts as a poultice, keeping the parts well covered. Make fresh applications at least twice a day, morning and evening, and a cure will follow in at least a week. Or take a pint of common soft soap and stir in air slackd lime till it is of the consistency of glazier's putty. Make a leather thimble, fill it with this composition and insert the finger therein, and the cure is certain. Or, one teaspoon of scorched salt, one teaspoon corn meal, one teaspoon of scraped hard soap, one teaspoon of beet leaves pounded up, twelve drops of turpentine, and the yolk of one egg. Mix all ingredients together in the form of a poultice, in which bind closely the swollen finger. Or procure five or six lemons, cut off the end of one, thrust the sore finger into the lemon and let it stay till the lemon is warm; proceed in the same way till all the six are used. Or, put a piece of Spanish-fly plaster over the spot affected, and that will draw the trouble to the surface; or, on first appearance, apply a poultice of the common Fleur de Lis root well mashed. It will cure in a short time. Or take equal parts of gum camphor, opium, castile soap, brown sugar; wet to a paste with spirits of turpentine, and apply like a salve. Those who have tried it say it is an invaluable remedy. Or take common rock-salt, such as is used in salting down beef or pork, and mix with spirits of turpentine in equal parts, and as it gets dry put on more, and in twenty-four hours you are cured. Or when you feel a felon is coming, put a pint tin of boiling water on the stove; then add to that a teaspoonful of saleratus and a wine glass of vinegar; heat this every little while, say from half an hour to an hour, and hold your finger in it till the pain subsides; repeat this till you see all the matter drawn to one place; then have it opened, and your finger will heal. After a felon has been lanced, apply a poultice of equal parts of flaxseed and slippery-elm flour to take out inflamation. Or use the *Buckeye Salve* made by taking two pounds of fat from the outside of ham or smoked meat, six onions, resin and beeswax, each the size of an egg (use the common dark resin and wax, and for summer use increase the proportion of both). Fry ham fat until partly done, add onions sliced, fry to a light brown, skim out onions, press through a colander, and add this to lard in skillet; add resin and wax, heat and stir until thoroughly dissolved, and pour into a pan to cool. Like all salve, it must be kept closely covered or it will lose its strength, but if well covered will keep a year. A mother writes, "I never feel safe without a supply of it in the house, and have found that my children seldom need any other medicine. I use it in *croup, whooping cough, diphtheria, colds, scarlet fever, lung fever, asthma, felons, boils, bealings* of all kinds, *burns*, and *sore* and *inflamed breasts*. For the first seven, it is spread on a fine piece of Canton flannel and placed over the entire chest, and in severe cases over the back also, joining them on the shoulders and under the arms. It should be put on thick and covered with flannel or cotton batting. Keep on until it gives relief, or if it becomes uncomfortable or rough, remove, and apply a fresh poultice if necessary. It is cooling in its nature and very quieting. For *burns*

and *bealings* it should be used in the form of a poultice, also for *sore throat*. My physicians have always encouraged its use for the above complaints. For *breasts*, cut a piece of cloth round with a hole in the center for the infant, then cover the breast entirely over with the cloth on which the salve has been spread."

Scarlet Fever, or Scarlatina.—When to the feeling of general illness which accompanies all fevers is added a very rapid pulse, 120–130 and a temperature of 100°–104°–105°, and there is a dry, hot feeling in the throat, with tonsils red and swollen, and distress on trying to swallow, it is safe to suspect an infectious disease, and probably scarlet fever. The sick person should be isolated at once in a room as much apart from the other members as possible, the higher up in the house the better, and *a good physician sent for*.

The rash generally appears about the second day, beginning on the neck and chest, and extending over the whole body, the deepest color being on the neck the outer side of the limbs, the joints, hands and feet. The cheeks are a bright, deep red. The case having been declared to be scarlet fever, all precautions given for infectious diseases, as regards isolation and disinfection, must be observed.

The room should be kept at an even temperature of 65°; light a fire, if possible, and leave the window down an inch at the top. Throw the window open and change the air entirely twice a day, covering the patient head and all at the time and until the room is again warm. Do not be afraid of fresh, dry outside air, but be sure that the patient is covered head and all, so that no cold air is breathed, while you are airing and warming the room.

Give the patient once or twice daily, a warm sponge or plunge bath, as directed by the physician, being careful that he is covered with a blanket during the bathing, thrown over the bed or tub; dry quickly with warm, soft towels, and as the patient lies in bed, rub the entire surface of the body with vaseline, cocoa-oil or whatever oil the physician orders. The old-fashioned oiling with ham rinds being very efficient. The bed clothing should be warm, but never heavy; keep the feet and legs warm.

Gruels, milk, simple broth, etc., are generally enough. When there is exhaustion from fever, the doctor will give orders as to stimulating nourishment. Cold water or weak lemonade may be given freely, unless the doctor orders differently.

Keep the patient strictly in bed; make use of the bed pan and urinal to prevent getting up. Guard in every way a check of perspiration. If the patient is proped up in bed, see that a short jacket or small shawl is put over the night-dress, but use nothing that can not be washed.

Notice the breathing at night or in sleep, whether it is even and deep, or short and labored, as if there were trouble with the air-passages. Be particularly watchful of the condition of the excretions, especially of the urine; should it become scanty or smoky colored, report it at once to the physician. Observe whether their is a free though seemingly harmless discharge from the nose; this may indicate diphtheritic trouble. See whether there is any swelling of limbs. In short there is nothing which must not be observed with care, and *reported accurately to the doctor*.

The skin becomes dry and generally begins to scale off about the fifth day after the rash appears. No patient should be allowed to leave his bed until this process is completed. The warm baths should be kept up, the least chilfiness guarded against, and the temperature of the room allowed now to be 70°. After the peeling is over the patient should still remain fn his room for two weeds, and should be separate from other members of tho family not less than a month from the commencement of the disease. Severe cases of scarlet fever may follow from exposure to light ones. See that the patient is well wrapped, with hands and feet protected, on first going into the open air.

The troubles which may arise out of an attack are frequently the result of carelessness on the part of the nurse, neglect of orders, exposure to cold, etc. There can not be too much care taken of the lightest case. A bad attack will compel attention, but "slight cases," so called, are often neglected with fatal results, or life-long deafness or other disability. Dropsy, malignant sore throat, diseases of the kidneys, weakness of the lungs, pleurisy and many other maladies, lie in wait for the scarlet fever patients.

The Treatment of Diphtheria.—The symptoms of diphtheria are much like a common sore throat accompanied by a severe cold. The sore throat is accompanied with more fever than an ordinary cold, and there is an indescribable sickish feeling, which is easily recognized by those who have once experienced it. Later, white patches appear in the throat, on the tonsils, the back of the throat, and on the arches of the palate. The throat is generally but little swollen on the outside, but in all cases when there is a suspicion of diphtheria, *it is not safe to delay sending for a physician, as the disease does its work quickly, and must be dealt with in time or it is fatal.* There are really three varieties of the disease. The first is characterized by fever, severe pains in back and limbs, and very great prostration. There may be no soreness of the throat, but small white specks will be noticed on the tonsils and back of the throat; but the glands of the neck do not become swollen. In the third, which is the true malignant diphtheria, there is swelling of the glands of the neck and under jaw, profuse and *offensive* discharges from the mouth and throat, and more or less discharge from the nostrils. In the first two varieties, the disease generally yields to simple treatment, *but the disease is too subtle and dangerous to be trifled with, and a physician should be summoned.* One of the best remedies for domestic use in the early stages of the disease, is, probably, chlorate of potash, put into a tumbler of water until no more will dissolve, and used as a gargle. If swallowed it is harmless. It is cheap —five to ten cents worth being sufficient for almost any case, and it may be kept in the house for emergencies. It is also an excellent remedy, used as above described, for ordinary sore throat. In the case of children too young to use the gargle, make a swab on the end of a firm round stick, by binding on a small piece of linen or cotton cloth; use only once and burn it, *i. e.* the rag. Take the handle of a teaspoon and press the tongue down so as to see plainly the condition of the throat; swab quickly and draw out, Do not worry the child by poking the stick down its throat a half dozen times, make a sure thing the first time, for if you touch the affected parts, well; better do it again in two hours. Dip swab in a preparation (which may also be used as a gargle) of alcohol, diluted with water, *but as strong as the patient can bear.* The alcohol acts quickly upon the poison of the disease, and is a remedy easily obtained and kept at hand. When attacked with diphtheria, the patient should be kept in bed with sufficient clothing over the body for comfort and *no more.* The room should be well supplied with pure air, and nourishment should be given in the shape of well-prepared beef-tea every two hours. Cut fresh beef into pieces, put into a bottle without water, and boil in a pot of water. To an adult give a great spoonful of the beef tea thus made, every two hours, and less in proportion to age. If this does not agree with the patient, or there is any difficulty in the patient's swallowing it, substitute the white of an egg; beat till smooth, mix with half a tumbler of water, and give a tablespoon at a time. This is very nourishing, and is often taken more readily than beef-tea. *It is particularly important to nourish the patient with proper supplies of food in the early stages of the disease,* as there is danger that the supply of vitalized blood will not be sufficient to meet the demand made by the disease. Plenty of milk is highly nutritious.

The homeopathic treatment is to *begin at once* with aconite and belladonna, alternately every hour. If after four hours there is no improvement,

and the characteristic prostration, and the patches on the tonsils are increasing, stop the aconite, and supply its place with the proto-iodide of mercurius. Let those two remedies be continted until there is a marked change for better or worse. If for the former, let the intervals be increased to one and a half or two hours; for the latter, and there is approaching unconsiousness, with frequent arousing to cough up or hawk up the detached fragments of the deposits, that brings up tough, ropy, yellowish mucus, give kali bichomicum alone every hour. When the patient becomes really better, stop and give no more medicine while the improvement goes on satisfactorily.

One reason why it is important to summon a physician as soon as the symptoms of the disease appear, is that *many cases which appear slight, at first, are really most serious and fatal*, while a common sore throat excites the greatest alarm, the judgement of the physician being necessary to decide the amount of danger in the case.

In some cases dry sulphur, applied to the tonsils and throat gives relief, and in violent cases the fumes of sulphur, burned in the close room, have been used with good effect. An outward application to the throat, of lard as hot as it can be borne, is an aid to the other remedies mentioned.

To avoid all causes of Diphtheria, keep the house free from dirt and filth of every kind from cellar to garret. See that no sewers give off gases, no drains are left filthy, and no out-house uncleaned, and bear in mind that it is not enough to destroy bad smells by disinfectants—the cause of the smells must be removed.

A lady who had the courage and coolness to treat herself, through a severe ease of diphtheria, when no physician was at hand, describes her case thus: "I first noticed spores (the characteristic white patches which appear on the throat) on my right tonsil at 9 A. M. By noon they had spread over the entire arch of the palate, and the back of the throat. Several of these were loosened before night, but during the night they had spread up the nose and down the bronchial tube. My palate and tonsils were so swollen that I could scarcely speak, and with difficulty swallow. The gland on the right side of neck was much swoollen, and ached, causing a dull pain in the ear. The breath had the unpleasant odor peculiar to the disease, and I had an intense, burning fever. *I began my remedies as soon as I discovered the spores.* I took a clay pipe, filled the bowl one-eighth full of *dry* sulphur, powdered very fine, and shook it down into the stem. I then placed the end of the stem in my throat, and held it there in front of the spore, while an attendant blew into the bowl, *and repeated this until the whole diseased surface of the throat was covered* with dry sulphur, taking care to hold my breath while the sulphur was being blown in. In half an hour this was repeated. I then made a strong gargle of chlorate of potash, and half an hour after using the last sulphur, gargled my throat thoroughly. I then alternated the sulphur with the gargle of chlorate of potash every hour. At night I mixed a tea-spoon of sulphur with water, and swallowed it slowly, and continued taking it in this way three times a day. Blowing sulphur into the throat, and gargling with chlorate of potash was kept up regularly for four days, until every spore had disappeared, exactly as at first, except making the intervals longer as the disease abated. Whenever I felt them getting down the bronchial tube, I drew breath *gently* when the sulphur was being blown into my throat. It almost chocked me to death, but I persevered. For my uose I snuffed up sulphur, just as old ladies take snuff, until satisfied that every part was reached. When the spores came off I watched for new ones, and did not relax my attention for one moment for five days. When better, I made a gargle of honey, sage and water, to heal and remove the swelling in the throat. I afterward treated my husband successfully for the same disease, in the same way." Diphtheria is a disease which springs from the growth of real fungus on some of the mucuos surfaces of the system, more generally of the throat. It may spread by con-

tact of the mucous surfaces of a diseased with those of a healthy person, as in kissing, and is, to a limited degree, epidemic. From the local parts affected it spreads to the whole body, affecting the muscular and nervous systems, vitiating the lymph and nutrient fluids, and producing paralysis. As soon as the bacterium or fungus appears on the white patches on the throat, it should no more be neglected than a bleeding gash or a broken arm, and there is almost as little need of a fatal termination of one incident as of the other.

Allopathic Treatment of Diphtheria.—One of the most successful physicians in treating this dreaded disease gives the following directions for dealing with it. Mothers should accustom themselves and their children when young to examine the throat for indications of diphtheria, and for this purpose a "tongue depresser," represented in accompanying cut is much more convenient than a spoon, especially in the case of babies who are apt to resist having anything thrust into their mouths. With this the tongue is easily drawn down, and does not slip from under it as it does from a spoon. It may be had from any druggist or dealer in surgical implements. The first yellowish white patches that indicate diphtheria appear on the tonsils on either side of palate, and mean danger and demand *immediate and unremitted attention. If within reach send for a physician.* The attack is almost as varied as is the temperament and constitution of the patient. Sometimes a slight feeling of illness is prevalent for a few days before the most serious attack. During this period drowsiness and chilliness appear, followed by feverishness, sometimes headache and aching limbs; at other times the attack comes on with a sudden faintness or an almost absolute prostration; while an almost universal symptom, and a very characteristic one, is a slightly swollen and tender condition of glands at the angle of the lower jaw. The tonsils, one or both, are red and swollen; sometimes they are swollen but are not red. In young children an almost unmistakable sign, which is very general, is that the redness is a rose color, while in older children or adults the color is a deep crimson or bright scarlet, over the whole throat as seen by opening the mouth, the throat being attacked with the inflammation so that it shows it. These symptoms may be more or less general, or to a great extent mixed or variable, according to the physical condition and temperament of the patient. After the appearance of this peculiar redness there is more or less swelling of the tonsils, at which time the false membrane first forms, and is semi-transparent. It can readily be seen by careful observation. As the disease wears on, this membrane, which is at first visible and semi-transparent, changes its color and becomes partially opaque, finally becomes thick, dark, and if blood is drawn into it turns almost black. When the change from a darkened opaque membrane commences to turn black it is one of the first symptoms of a putrid state of the disease, and when this change takes place there is little or no help and decomposition ensues. At this stage even all hope must not be abandoned, because sometimes bloody matter is vomited, which to a great extent influences the color of the membrane. According to the strength of the patient this membrane is sooner or later thrown off. This exfoliation or peeling off of the membrane sometimes takes place in every forty-eight to seventy-two hours, or about three days. At other times the progress of the disease is impeded by proper treatment. The life of the membrane is lengthy, and it may be from five to fifteen, and it has been known not to peal off under twenty days. Sometimes the membrane peels off in a few hours, forms again, each time going deeper into the tissues. In mild cases the disease shows itself in the faces alone. Whatever may be the cause of diphtheria, most medical men agree upon an important point: That it comes from a poison in the blood; and that thorough cleanliness will

not propogate it—we don't mean the use of soap or water—but of proper diet, so that the stomach as well as *the skin* of the body shall be clean.

The time to begin fighting this disease is as soon as its nature is recognized. When the patches of false membrane first make their appearance on the tonsils, give as a cathartic, to a child of one year, a tea-spoon of Epsom salts; for five or six years old, double above quantity. Next, mix thoroughly

One dram chlorate of potash,

One and a half ounces of lime water, and

One ounce of distilled water, and rub in a mortar until the chlorate of potash is perfectly dissolved; then add half an ounce pure glycerine. Give to a child one year old one tea-spoonful every hour in a little sweetened water. For a child five or six years old, or an adult, use two and a half ounces of lime water, and omit the distilled water, and give as a dose a tea-spoonful and a half for the child and two tea-spoonfuls for an adult. Do not wait for the cathartic to act before beginning with the remedy, but when it acts give the following every hour, also alternating with the above (with intervals of half an hour between doses of one or the other):

One dram chloride ferri (iron),

One and a half ounces distilled water,

One and a half ounces pure glycerine.

Mix thoroughly and give in sweetened water, and give as a dose the same quantity as the first prescription, keeping up the treatment for two days. During the night, if the case is severe, the patient should be wakened to administer the medicine, particularly if the sleep is at all restless or unnatural.

For the first two days the disease may show no signs of abatement, but under this treatment, at the end of thirty-six hours, there ought to be improvement. The tendency of the fever is to return on the third day, and if the disease is not checked and the fever returns, it will be a fight for life, but if at the end of thirty-six hours there is evident improvement, give the medicines every two hours (alternately giving one or the other every hour) for several days. For a child old enough to use it, or for an adult, gargle well, before taking medicine or nourishment, with the following, well mixed:

Fifteen drops carbolic acid,

Six ounces lime water,

These remedies may be made up, corked securely, and kept in a dark place, ready for use, in cases where a family lives remote from a drug store, as time is an important element in treating this disease. For an outward application apply a mixture made of

A tablespoonful of camphor,

A half spoonful of turpentine,

A half spoonful of coal oil.

(For a child add a tablespoon of sweet-oil.)

Apply this to the throat, high up under the ears and down to the chest; cover with dry flannels for a few minutes; remove, and if not red, apply mixture again, and repeat until the skin is well reddened. Then apply slices of fat salt pork (sewed on a piece of cloth), letting them cover well the front part of the neck and extend, up under the ears. The glycerine arrests putrefaction, while the lime-water dissolves the false membrane. A practice used by some is to blister the throat and chest of the patient suffering from diphtheria, and the ulceration which otherwise takes place in the inside, will appear on the outside while the inside becomes free. A remedy which was once successfully used in a severe case, was to burn in the room when tightly closed, a pan of half and half turpentine and tar. But as we have said before *always call a physician* as soon as possible, but *work till he comes*, and any of the above suggestions will do no harm and will certainly help.

Fever and Ague.—This, the true intermittent fever, comes on with an ague-fit, which has three stages—the cold, the hot and the sweating. In the first stage, the patient yawns, stretches, feels weak, has no appetite, and does not wish to move. The face and extremities become pale, the skin shrinks, and is covered with goose-flesh; the patient shakes, and his teeth chatter. Then, after a time, these symptoms decline, and the patient's fever comes on very violently, and with various uncomfortable sensations. As the fever passes off, the sweating stage comes on, when the prespiration is generally profuse; the body returns to its natural temperature, the pains and aches vanish, and a feeling of health comes back, and generally a vorations appetite. There is not much regularity in the time of coming on or going off of the ague-fits, though usually they are a little later each day in appearing. In this disease the spleen is very much oppressed with blood driven in from the surface, and often becomes so much enlarged as to be plainly felt by the hand. This is a malarious disease. The bowels may be opened with a gentle physic, such as salts and soda. In the cold stage, give hot and stimulating drinks, use foot-baths, hot bottles, etc., and try every expedient to promote warmth. In the hot stage, give cooling drinks and administer quinine mixture, as the following; quinine, one scruple; alcohol, four ounces; sulphuric acid, five drops. Mix. Give a teaspoonful every half hour during the fever, at the same time giving five-drop doses of veratrum veride every hour. When the sweating stage comes on, stop the veratrum, and rub the patient with dry towels. In the intermission give quinine. In mild cases, other tonics than quinine often effect a cure. The nursing of the patient, and bathing, sweating and rubbing are the most important part of the treatment, in this, as in most other diseases. In ague districts, the hot sun and evening air are to be avoided.

Or take two ounces of gum camphor and inclose it in a flannel bag about four or five inches square. Suspend the bag over the pit of the stomach by the means of a cord around the neck, and a speedy cure will be effected. When the camphor is dissolved the ague is gone. German physicians, as appears from medical journals, have found a tincture of the leaves of the Eucalyptus globulus, or Australian gum-tree, to be a remedy for intermittent fever. Dr. Lorimer gave it to fifty-three patients, of whom forty-three were completely cured. The ordinary sunflower, if planted around a house, will free the atmosphere from animal and vegetable germs supposed to contain the miasma productive of fever and ague.

Bilious Remittent Fever.—This makes its attack in a sudden and marked manner. There are no premonitory symptoms except, perhaps, a little languor and debility, slight headache, and bad taste in the mouth, sometimes some pain in the joints. Its commencement is with a chill, sometimes slight, sometimes severe and prolonged. The chill may begin in the feet, or shoulders, or back, running thence like streams of cold water. There is seldom more than this one chill, the fever coming on afterward without the cold stage. At certain periods of the day there is greater intensity of the symptoms, and possibly the chill, though probably not. Between these periods of increased fever the disease seems to decrease, though there is still some fever. Unlike fever and ague, it does not go entirely off. During the hot stage the pulse is up to 120, or still higher, and there are pains in the head, back and limbs, of the most distressing kind. The tongue is covered with a yellowish fur, and in bad cases, is parched, brown or almost black in the center, and red at the edges. The appetite is gone, and there is a general nausea and vomiting, and pain of tenderness in the upper part of the bowels. At first there is costiveness, but afterward the bowels become loose, and the evacuations are dark and offensive. This disease is produced by malaria, and prevails in hot climates, and in our summer and autumn. In the very beginning

the disease may be arrested by an emetic of lobelia or ipecac, followed by a mild cathartic. But if the disease is fully developed, sponge the body all over several times a day with water, and give cooling drinks, such as cream tartar, two scruples, in a quart of water, lemonade, etc. To allay the fever, give tincture of veratrum viride in ten-drop doses. Cold water and ice may be given the patient, if desired. Cool the head, when it aches, with cold applications, and put a mustard poultice on the stomach if tender. During the remissions between the fever, quinine and other tonics must be given, as in fever and ague.

Congestive Fever.—Another form of malarious fever is the congestive. It may be either remittent—that is, abating considerably; or intermittent—that is, having intervals of entire freedom from fever. It may have intervals of twenty-four or forty-eight hours. The first attack does not differ from that of simple intermittent, and may excite but little attention; but the second is always severe, producing great coldness, and a death-like hue to the face and extremities. The advancement of the disease brings dry, husky, parched, and pungently hot skin, followed after a time by a cold, clammy sensation. The eyes are dull, watery, and sometimes glassy; the countenance dull, sleepy, distressed; the tongue, at first white, changes to brown or black, and is usually tremulous; the breathing is hurried and difficult. Pressure over the liver, stomach or bowels, produces pain. The mind is often disturbed, and falls into lethargy and stupor, or is delirious. The treatment should be nearly the same as in bilious remittent. While convalescing, the diet must be light and nutritious at first, increasing in quantity as the strength returns. Use a mild tonic if the patient is weak. Exercise out of doors must not be neglected.

Hay Fever (or Asthma).—This very peculiar disease appears generallv as a severe attack of catarrh, with asthmatic symptoms superadded. The lining membrane of the eyes, nose, throat and lungs is all more or less affected. The patient suffers from headache, sometimes severe, sneezing, irritation of the nose and throat, with a dry, harrassing cough. The asthmatic attacks come on gently towards evening, and last from one to three hours, causing great distress. Hay fever is not a very common complaint, and only attacks those persons who, from some peculiarity of constitution, are susceptible to the causes producing it. It is supposed to be caused by the inhalation of the pungent aroma of spring grass and hay; but the inhalation of the powder of ipecacuanha will also produce it in certain individuals. In the United States, where the rose is largely cultivated, similar attacks sometimes occur; it is then called rose fever or rose catarrh. The best treatment is change of air—to the sea-side, if possible. During the attacks antispasmodics, such as sal volatile, ether, or an emetic if the patient is able to bear it, inhalations of hot steam medicated with creosote, carbolic acid, or turpentine, will be found useful. When the attack passes off, the general health should be improved by tonics, diet, etc.

Typhoid Fever.—Typhoid fever is generally preceded by several days of langour, low spirits, and indisposition to exertion. There is also usually, some pain in the back and head, loss of appetite, and drowsiness, though not rest. The disease shows itself by a chill. During the first week there is increased heat of the surface, frequent pulse, furred tongue, restlessness and sleeplessness, headache and pain in the back; sometimes diarrhea and swelling of the belly, and sometimes nausea and vomiting. The second week is oftened distinguished by small, rose-colored spots on the belly, and a crop of little watery pimples on the neck and chest, having the appearance of minute drops of sweat; the tongue is dry and black, or red and sore; the teeth are foul; there may be delirium and dulness of hearing; and the symptoms

every way are more serious than during the first week. Occasionally the bowels are at this period perforated or ate through by ulceration, and the patient suddenly sinks. If the disease proceeds unfavorably into the third week, there is low, muttering delirium, great exhaustion, sliding down of the patient toward the foot of the bed, twitching of the muscles, bleeding from the bowels, and red and purple spots upon the skin. If, on the other hand, the patient improves, the countenance brightens up, the pulse moderates, the tongue cleans, and the discharges look healthy. Give the patient good air, and frequent spongings with water, cold or tepid, as most agreeable. Keep the bowels in order, and be more afraid of diarrhea than costiveness. Diarrhea should be restrained by injections of cold water. For costiveness, give mild injections, made slightly loosening by castor oil or common molasses. To keep down the fever and produce prespiration, give tincture of veratrum viride, ten drops every hour. If the bowels are swelled, relieve them by hot fomentation of hops and vinegar. If the pain in the head is very severe and constant, let the hair be cut short and the head bathed frequently with cold water. Give light nourishment, such as milk, etc.; and if the debility is great, broth will be needed. Cleanse the mouth with very weak tea—old hyson. If the fever runs a low course, and the patient is very weak, quinine may be given from the beginning. Constant care and good nursing are very important.

Typhus fever is distinguished from typhoid by there being no marked disease of the bowels in typhus. The patient must be placed in a large, well-ventilated room, where drafts may be avoided; he should have his bed so situated that the light from a window will not fall upon his face, as this is annoying; all curtains, carpets and bed hangings should be at once removed: the bed should not be too soft, and a macintosh or india-rubber sheet should be placed under the patient. He should not be allowed to exert himself in any way, as it is absolutely necessary that he husband all his strength. The greatest cleanliness must be observed, and all excretia removed at once, and carbolic acid or chloride of lime should be mixed with them; soiled linen should be put in a tub containing some carbolic acid. Bed-sores are very liable to form on the back, and so the nurse must always be on the lookout and try to prevent them by smoothing the sheets, drying the patient, and rubbing brandy and and balsam of Peru over the part; better still to have a water cushion or water bed. The skin may be sponged down with tepid water, one part being sponged at a time, so as to prevent any undue chill of the surface from exposure; this relieves the patient and partly counteracts that disagreeble smell which the skin gives off in typhus cases. None but the nurse and doctor should see the patient; all noises must be stopped, and perfect quiet enjoined; at night there should be a small light in the room, but so placed as not to disturb the patient. Milk must be the chief article of diet, and is best given cold; an egg or two may be beaten up in it, and three or four pints of milk may be given in the twenty-four hours; this must be done at regular intervals of two hours, in equal quantities, special care being taken that it is given at night and in the early morning, when prostration is greatest. Beef-tea and broths, jellies, extract of beef, custards, etc,, may be given if the patient can take them and wants them For drinks in the early stage, lemonade, cold tea, soda-water may be given, but do not let them have too much effervescent drinks; in bad cases the nurse will have enough to do to get the milk down. Stimulants are very useful, but the quantity must vary with each case, and be left to the doctor's judgement. Brandy is the best stimulant, and may be given with iced milk; too much must not be given at first, as it causes oppression and inability to take nutrient food; but afterwards, in the stage of great prostratiou, its proper and careful administration may save the patient's life.

Yellow Fever.—This disease is most prevalent in hot climates, and southern cities of our country. It comes in the latter part of summer, and lasts till frosty weather. The disease begins with a chill, generally not very severe. Following the chill, there is moderate fever, and some heat of the surface; but rarely rises to any great height, and only continnes to the second or third day, when, in fatal cases, it gives place to coldness of surface, etc. In many cases there is sweating. The pulse is regular and often over a hundred, but feeling like a bubble under the finger, which breaks and vanishes before it can be fairly felt. The tongue is moist and white in the first and second days; but red, smooth, shining and dry as the disease advances toward the close, having a dry, black streak in the middle. The most striking symptoms are nausea and vomiting, which, in fatal cases, is very persistent; and toward the last a yellowish or greenish matter is thrown up, followed by a discharge of thin black fluid, which is called the black vomit. The bowels are generally active, with tenderness in the upper bowels or stomach. There is generally severe headache and a peculiar expression of face, in which the lips smile, while the rest of the face is fixed and sad, sometimes wild. The patient continues wakeful night and day. There are discharges of blood, often from the nose, the gums, the ears, the stomach, the bowels and the urinary passages. First move the bowels with some mild physic, such as sweet tincture of rhubarb, four ounces; bicarbonate of soda, two drachms. Mix. Give a table-spoonful once in three hours until it operates. During the chill, use all the usual means of warming the body—by hot bottles, mustard foot-bath, warm drinks, draughts, etc. A warm poultice on the stomach is useful—some would advise cupping. During the second, or *calm stage*, give gentle stimulants, warm drinks, and five-drop doses of veratrum veride, also quinine. In the third stage, brandy, quinine, and all stimulants freely. To quiet the vomiting, give this prescription; creosote, twenty drops; spirits of mindererus, six ounces; and alcohol enough to dissolve the creosote. Dose—half an ounce, every two hours.

Temperance, cleanliness, and all good habits, do much to prevent this disease. A French physician asserts that liability to yellow fever is prevented by drinking only boiled water. He believes that the fever is the exclusive result of using corrupted water, and that, if one is attacked by it, he may be cured in a few hours by drinking large quantities of boiled water. Many of our best authorities believe that infusoria is the cause of the disease.

Headaches.—Headaches are always symptoms of some derangement of the system in some of its parts, and should not be neglected. In children, they generally indicate the approach of some disease. In adults they are occasioned frequently by a bad circulation, impaired digestion, and by affections of the nerves. For the first, active exercise and a slight physic are only necessary; for the second, light diet, with exercise and a dose of some bitter alkali after meals; and for the third, the same treatment as for neuralgia, being careful about the diet. Sometimes a patient is subject to rheumatic headache, which may be treated with warm fomentations, stimulating liniment, and a gentle physic. The patient should dress warmly, and avoid exposure to cold and wet feet.

A doctor in Paris has published a new remedy for headaches. He uses a mixture of ice and salt, in proportion of one to one-half, as a cold mixture, and this he applies by means of a little purse of silk gause, with a rim of gutta percha, to limited spots on the head when rheumatic headaches are felt. It gives instantaneous relief. The skin is subjected to the process from half a minute to one and a half minutes, and is rendered hard and white by the application. 2.—Put a handful of salt into a quart of water, add one ounce of spirits of hartshorn and half an ounce of camphorated spirits of wine. Put them quickly into a bottle, and cork tightly to prevent the escape

of the spirit. Soak a piece of rag with the mixture, and apply it to the head; wet the rag afresh as soon as it is heated.—3. It is stated that two tea-spoons of finely-powdered charcoal, drank in half a tumbler of water, will, in less than fifteen minutes, give relief to the sick headache when caused, as in most cases it is, by superabundance of acid on the stomach. This remedy has been tried time and again, and its efficiency in every instance has been signally satisfactory.

Palpitation of Heart.—Palpitation and irregular action of the heart are often experienced in persons between the ages of sixteen and twenty years; they are, or have generally been, growing rapidly, are of delicate appearance, and frequently are addicted to some vicious habits. In such persons the blood is thin and poor, and the heart and nerves fail to perform their proper function for want of support. Derangement of the stomach often gives rise to these symptoms, and they may persist for a long period from this cause. A lady who for years suffered from violent paroxysms of palpitation, which many physicians attributed to organic disease of the heart, happened on one occasion to take some medicine which induced vomiting, and this act was followed by immediate recovery. Subsequently whenever she had the symptoms of an approaching attack of palpitation, she resorted to an emetic, which not only gave relief to the paroxysms, but finally relieved her altogether. In another case, a patient entered a hospital, suffering severely from violent action of the heart; he was bled and blistered and purged, without benefit; having taken a large dose of medicine, vomiting ensued, with immediate and permanent relief. Tea, and especially green tea, is very liable to disturb the heart's action when used by susceptible persons. And there is no doubt that an immense number of persons in every community suffer from minor forms of heart derangement, due to the use of tea. Tobacco, either smoked or chewed, invariably effects the heart's action, and produces irregularity and palpitation.

Jaundice.—A disease characterized by yellowness of the skin and eyes and urine, the discharge from the bowels being of a whitish or clay color. It is caused by the excretion of bile being prevented and retained in the blood, or reabsorbed and diffused through the system. It depends upon various and different internal causes. Pregnant women frequently suffer from it. Any kind of pressure upon the excretory ducts, such as by tumors, etc., or the ducts being filled up with mucus, inspissated bile, or biliary calculus will occasion it. It may also occur as a symptom of chronic or acute inflammation of the liver. Fits of anger, fear or alarm have sometimes been directly followed by an attack of jaundice. And, lastly, certain forms of it are produced occasionally by long continued hot weather. An attack of jaundice is usually preceded by symptoms of a disordered state of the liver and digestive organs, loss of appetite, irregular or constipated bowels, colic, nausea, headache, langour, etc. Sooner or later the yellow color begins to appear. usually first in the eye, then in the face, then on the chest, and finally covering the whole body. Sometimes the yellowness is the first symytom; and again, as soon as the yellow stage is reached many of the preliminary symptoms diminish. The shades of yellowness are various—from a light yellow to a deep orange hue, and, in some cases, of a greenish or even a blackish color. In the latter cases it is known as "black jaundice." The greenish or darkish varieties are considered most dangerous.

Some kinds of jaundice are absolutely irremediable, while others will pass off without any treatment. If the patient be young, and the disease complicated with no other malady, it is seldom dangerous; but in old people, where it continues long, returns frequently, or is complicated with dropsy or other disease, the condition upon which it depends generally leads to a fatal result. In general the obvious treatment is to promote secretion of the bile

and to favor its removal. In ordinary cases, a strong infusion of rhubarb root taken freely, so as to keep up a laxative action, without active purging or vomiting; a cool, light, and laxative diet (such as ripe fruits, mild vegetables, chicken and veal broth, new eggs, stewed prunes and buttermilk); free ventilation and hot fomentations twice a day, for half an hour, over the liver, in case of torpor and obstruction; or cold cloths, in case of excessive production of bile, will usually effect a cure. Some prescribe an infusion of thoroughwort, drank freely every day. Cold water should be the only drink; no coffee, tea, etc. As much exercise should be taken as the patient can stand; and if there be any spasmodic pain in the right side, the patient should sit frequently in a warm bath up to his shoulders. *Any* attack of jaundice may turn out seriously, and therefore as soon as the symptoms develope themselves a physician should be sent for. Persons subject to jaundice ought to take as much active exercise as possible, and should avoid all exhausting food and stimulating drinks.

Water Treatment at Home.—The following methods or treatment with water, etc., have been tested and we know whereof we speak when we say they work like a charm. A thermometer is needed to test the temperature, as the terms hot, cold, warm and tepid are so indefinite; what is hot to one person is cold to another, in the morbid states through which sick people pass, and the sensations of healthy people are so variable that they can not be relied upon to temper baths by the touch, for those with whom a slight change is of consequence. Generally 70° Farenheit would be considered a cold bath, 85° tepid, 95° warm, and 105° hot. The time of taking baths is from an hour to two hours after, and never within half an hour before, eating; and those who are taking treatment for chronic ailments, or for cleanliness, should not bathe when tired; but when one is suffering from acute disease, and becomes restless and nervous, a sponge-bath or, if able to bear it, a pack or a sitz or foot-bath will greatly refresh and soothe. From ten to twelve in the morning generally finds the body at the highest point of vigor, and as treatments are most beneficial then, this proves the best time; but if this can not be, take just before retiring. In all baths a cold wet cloth should be kept on head, and jug of hot water, with rubber cork, at feet (except in foot-baths), keeping *head cool and feet warm.* When baths are to be reduced, add cold water till right temperature is reached; but after foot-baths the better way is to have a pail of cold water and take what is called a foot-plunge, immersing the feet one at a time, for a moment in this pail; or the cold water may be poured right over the feet. The theory is this: whenever water is applied to any part or the whole of the body, at so high a temperature as to relax the coats of the capillaries and distend them with blood, it must be followed by an application at so low a temperature as to constringe the vessels and restore their tone. When bath is completed wrap at once in a dry sheet and *rub vigorously* with a crash towel, as the patient must not have any chilly sensations, and the skin should be left all aglow. A strong person may now take any exercise wished, so as to establish thorough and permanent reaction, but delicate persons had better rest for an hour or two.

The Sitz-Bath.—This is a very pleasant remedy for a great many ills. To take, have a sitz-bath tub, which is either of tin or wood, something the shape of a chair, the seat being the tub, and the back is hollowed out to fit the back of person; or one can be improvised by taking a large wash-tub and placing something under the back, so as to incline it. Patient undresses and sits in tub, with enough water to nearly fill it when he sits down, with a foot-tub of water for his feet; place blankets around him from the front, so as to well cover him, and tuck in carefully at the back; place a cold wet cloth on head. The general temperature for a sitz is 92°, for ten minutes; 88°, five minutes; and for foot water 100°. Now have a pail of cold water, and plunge feet one

at a time in it, then throw a dry sheet around him, and rub dry quickly and vigorously with a crash towel. These sitz-baths are good for colds, diarrhea, piles, female weakness, urinary trouble, bilious colic, and, in fact, almost every ill that flesh is heir to.

For colds—a sitz-bath as warm as can be borne (106° is good), adding hot water as it cools, so as to keep it at that temperature for fifteen minutes; with a foot-bath hot, hotter, hottest. Keep well wrapped up, a cold wet cloth on head, rub thoroughly dry, and go right to bed. Or some follow with a dripping sheet; and others who are robust, and wish to break up a severe cold, take this hot sitz, then a pack at about 85°, then a dripping sheet, and diet carefully for two or three days, remaining in bed if possible. Where it is only a slight cold a hot foot-bath, as described elsewhere, suffices; and this is also better for children under six or seven years of age, as you can not easily give them a sitz. *After all baths always wrap a dry sheet* around the person, rubbing dry with it; this prevents any chilliness. Some use a crash towel also, especially for the feet.

The temperature of a sitz-bath, in different diseases, is about as follows: Colds—hot as can be borne. Diarrhea—cool, about 90° for ten minutes, and 84°, five minutes. Piles—96°, ten minutes; 90°, five minutes. Female weakness—94°, ten minutes; 88°, ten minutes. Profuse menstruation—84, five minutes; 78°, five minutes, and 72°, five minutes. Urinary troubles—92°, ten minutes, and 88°, five minutes. Bilious colic and for all acute pains—120°, rapidly raised to as hot as can be borne, but take out patient before perspiring. Chronic pains—104°, three minutes; 90°, five minutes, and 86°, five minutes. For malaria—104° at first, adding hot water till the person perspires. For retention of urine, with a desire to urinate—a sitz-bath at 100°, ten minutes, and 90°, five minutes, with foot-bath as hot as can be borne, with cold plunge and a vigorous rubbing with damp-salt, repeated for two or three days, will give perfect relief.

The sitz-bath is of great importance in drawing the blood from the brain, and also relieves congestion of the abdominal structures. The usual length is from fifteen to thirty minutes, according to strength of patient, if an invalid, or as it feels comfortable.

The Foot-Bath.—This good old remedy for colds, etc., as given was always attended with the risk of taking more cold. This is easily overcome by the very simple adjunct of a pail of cold water in which to plunge the feet, and give bath in this way for a cold: At night have a foot-tub of hot water—110°, or *hotter if patient will bear it;* and he can be dressed or undressed, but must, either case, be well wrapped with a blanket, a cold wet cloth on head, and as water cools add hot. In ten or fifteen minutes take out feet and plunge for a moment in pail of cold water, then wipe dry and rub to a glow, retire at once, and in the morning all traces of the cold, such as head stopped up, sore throat, etc., will have disappeared. For a little child, where he can not take the plunge, wet a towel in cold water, and take his feet in your lap and rub with the wet towel and then wipe dry. The plunge or cooling of the water ought to follow all foot-baths, whether for colds, a tired feeling, headache, cleanliness, etc. Where one has had a hard day's work nothing is more restful than a foot-bath as hot as can be borne. The usual foot-bath is 104°, and hot water added to keep it at this point for ten or fifteen minutes; but where it is given with sitz, no more hot water is added. For chronic cold feet have water as hot as can be borne one minute, then plunge feet in cold, then in the hot a minute, and repeat this from six to a dozen times, ending with the cold plunge, and then rub vigorously. For a child, need not make so many changes. Take this three times a week. For a sprain, this treatment is one of the best; or a spray of hot a minute, and then a cold spray, then hot, and so on for half a dozen times

What is called by some a deep-leg bath is only an "extension foot-bath," and is of prime importance in congestion of the brain, catarrh, and, in fact, any head trouble, as it is purely a derivative bath. It is given best in a tub twenty-eight inches high, top diameter twenty inches, and bottom seventeen inches. Have patient stand in this with water to his hips, of the temperature of 108° or 110°, for ten minutes, cold wet cloth on his head, and a sheet wrapped around him: step out and spray the legs, or even the whole body, with water of the temperature of 85°, and gradually reduced to as cool as can be borne; or a bucket of water 85° can be throwu over legs, and then one at 75°. Where there is severe congestion of the brain, have two pails of water, same temperature as tub, placed on each side, high enough to come up even with top of tub, and have patient immerse his arms in these. The deep leg-bath can not be taken till two hours after eating, but the ordinary foot-bath in an hour or an hour and a half. A foot-bath may be given in bed by placing a rubber cloth under the foot-tub, and it gives great relief ofttimes.

Fomentations.—The method of giving this treatment is very simple, and yet very few give them correctly. First, have flannel cloths, made of four thicknesses white shaker-flannel (or pieces of a blanket), sewed across the center from corner to corner, and also all around the edges. Different sizes are needed: one, 10 by 13 inches, for across small of back; one, 12 by 17 inches, for over chest, stomach and bowels; and one, 5 by 18 inches, for down the spine; then one for the throat. And of course one can make any shapes wished; and where there are children, many different sizes must be in readiness in the bath-room cupboard. Fomentations are good for all pains, aches, inflammations, inactivity of stomach and liver, and are always a success, giving relief to pain at once. Where the case is acute, they should be given daily, and in severe cases oftener—if necessary, continuing for two hours at a time. (Have known them to be given for five consecutive hours.) The usual length of time is twenty or twenty-five minutes, giving four or five changes of five minutes each. For a child, if rather weak, give only two or three changes, and repeat oftener, if for pain, whenever it returns. The manner of treatment is this: Place on a bed or cot a comforter or blanket. Let patient undress entirely, as he does for a pack, and lie upon the blanket. with a jug of hot water at his feet; then wring the flannel out of boiling water—and there are different ways of doing this—as, to be efficacious, the cloth must be *very hot*—as hot as patient can bear, and he can bear it a great deal hotter than he thinks. Of course, for children, the one who gives treatment must be the judge. One rule is, what you can bear to your face; or some put one thickness of dry flannel next skin, and then the hot fomentation; or wring flannel with your hands, or have water at 150°. But, for adults, the best way is to immerse flannel in boiling water and wring with a wringer—a small one, fastened to a wooden pail, being very convenient; or, if one has a bath-room, have a sink in that, and fasten wringer to it; or a small tub can be arranged with feet, so it can be moved into any room necessary. The next best way is to place in a foot-tub a cloth of two thicknesses of heavy muslin (flour sack will do), extending over the ends of tub; place flannel folded in center of it, and have two square sticks (two feet long and inch and a half square) ready to place at each end, resting on top of flannel; pour on the boiling water, put in sticks, and let one person take hold of each, turning sticks, bringing up the muslin around it, and then wring in opposite direction; or, if only one person prepares cloth, have another dry muslin cloth, and, after boiling water is poured on flannel, lift all into this dry cloth, and then wring. This is rather severe on the hands, but can be done. Now put flannels on part to be fomented, and bring up one side of blanket, then the other, and then comforter, placing a cold wet cloth on head. (If patient is sick in bed, a piece of dry flannel can be

placed under him, if back is to be fomented or if the upper part of body, over the fomentation cloths, and then, in either case, tuck bed clothes well arond him.) Let flannels remain five minutes, wring again; or, if you have two cloths, have second one ready, and let it remain on five minutes, and so on for twenty or thirty minutes. In chronic diseases repeat this three or four times a week, and it will prove to be one of the best treatments to reduce chronic inflammation and conjestion of the stomach, liver, bowels, spleen, and kidneys. After the fomentations, sponge off part fomented with tepid water, rub dry with a towel, and oil with sweet or cocoanut oil; and if for pain or soreness, use sweet oil and ammonia, prepared by dropping ammonia into sweet oil till it becomes white (to a two-ounce bottle of oil, three or four drops.) This rubbing with oil prevents taking cold. In pneumonia nothing is better than hot fomentations given as described. In rheumatic fever, add cooking-soda to the water, in proportion of a table-spoon to a quart of water, and foment right over the heart. In rheumatism, neuralgia, bilious colic, etc., etc., fomentations avail much, giving instantaneous relief sometimes. Sickness at the stomach, a dizzy, heavy feeling, and severe pain in the head, will all be relieved at once by fomenting the stomach. For a babe who has severe colic, when fomentations are applied with two thicknesses of flannel next skin, and with care, they are just the thing. In any bronchial or lung trouble, these given over the lungs, chest and throat, extending half way around neck, have been known to in time effect a cure where the voice had been almost lost. The effect of fomentations is to bring the blood to the surface, and thus prevent inflammation and congestion. They can be taken any time, except half an hour before or an hour and a half after eating.

Female Weaknesses.—One of the best treatments for leucorrhea, ulceration, and, In fact, any female weakness, is the hot vaginal enema. The best syringe to use is one that has only side openings in the metal tube, and this is an easy way to give it: Place a blanket in the long bath-tub, letting it reach down to the hips when you lie down on your back. The temperature most often used is 110° for ten minutes, and 100° for five minutes; but it can be as hot as can be borne, as what is unpleasant to the surface is hardly felt in the interior; and by placing a folded blanket under the hips, so as to raise them quite high, and closing the opening around the tube of the syringe when inserted, a pint of water may be retained for several minutes, acting as a fomentation to the inner surface; then eject this and insert more, and so continue for ten to twenty minutes. Repeat this three times a week, and wear all the time, day and night, a compress made of three thicknesses of linen, long enough to pass well around the abdomen, wet in tepid water, with a dry flannel (about two thicknesses) over it; re-wet the compress whenever it becomes dry. Then there are the fomentations and sitz-baths, described elsewhere, which are invaluable. Another special treatment is the pelvic compress: Take two or three thicknesses of linen, about 10 by 12 inches, and have bed or cot arranged as for a pack; have patient lie down upon the blanket, with jug of hot water at feet, and cool cloth on head; then wet compress in water at 80° and place over abdomen, extending well over the affected parts; bring up blanket and comforter, and in five minutes wet cloth in water at 74°, in three minutes 70°, in five minutes 64°, in three minutes 60°, in five minutes cold, and after five minutes take a towel and rub dry. This, repeated three times a week, is very strengthening. In pregnancy, tepid sitz-baths, the wearing of the compress around abdomen, and a diet of fruit, grains and vegetables, with oil-baths occasionally, if one is not fleshy, keep the system in a healthy state.

Compresses.—The use of compresses is good for so many ailments that one should know how to apply them. Compress cloths are made of two or three thicknesses of old linen (crash towling is good), and can be of whatever

shapes wished. The difference between compresses and fomentations are, the first is wet, and wrung so it will not drip, in tepid or cold water,—hence linen is best; while the latter is wet in hot water. A dry flannel of two thicknesses, a little wider and longer, is put on over the linen compress, which is re-wet three times a day in chronic cases, or when it feels uncomfortable. The throat compress, for chronic trouble, is wet in tepid water, and is worn day-time in summer and at night in winter; and when taken off, the throat is bathed in cold water and rubbed till red with a crash towel. The chest compress, in acute cases—such as pneumonia—should be re-wet every three hours in water at 90°; for chronic lung trouble, re-wet whenever it feels unpleasant. The abdominal compress is one of great value in fevers, kidney trouble, indigestion, weak back (for this use salt in water), female weakness, and is always a relief when one is tired and restless. For acute or chronic cases, wear till the disease is conquered. The spinal compress is used where there is pain in the spine, with sense of heat, and is given like a fomentation, only with the linen compress: 70° for five minutes; 64°, five minutes, 60°, five minutes; 54°, five minutes; 50°, five minutes; and sometimes the last changes are ice-cold. For weak back caused by a sore place, use a hot flannel compress five minutes across the small of back, then a cold linen one, then hot, and so on for half an hour, with cold last, rubbing dry with crash towel. Another remedy for simply a weak back, is to first sponge with hot water one minute, then cold one minute, for two or three times, rubbing dry, and then use oil and ammonia. Compresses are very much used after giving fomentations, and, in that case, no sponging off in cool water or oiling is necessary, but immediately put on the wet girdle and cover with dry flannel.

Packs.—First, it is much more convenient if you can have what is called a "packing cot" made. A good proportion for the frame-work is thirty inches wide, twenty-five inches high, with the slats placed on a slight elevation, about three and a half inches, at head. Then a mattress made to fit (it can be straw or whatever you wish); on that place an oil-cloth, then a comforter, then a blanket, stripes at side, and a jug of hot water, with a rubber cork, at foot. Now have the patient undress. Take a sheet, and with one hand pleat up the side of it, and with the other double it at middle seam and dip it in a pail of water of the temperatune of 96° or 100° (you must allow five or six degrees for cooling off in wringing out sheet), wring and spread over the blanket. Have patient lie on his back in center, with hands over head; bring one side of sheet over the body, tucking it under the near shoulder and up close to the neck, and then between the legs; put arms down at side of body, and bring other side of sheet over the patient and tuck in closely under the side of the body down to the feet, then one side of blanket, then the other, then comforter in same way. In folding the blanket and comforter around neck bring it with one hand, in shape of a V, over the breast, and then fold corner up to the shoulder and tuck in. This saves so much bulk close up to the neck. Now fold a dry sheet across the middle and put over the patient, tucking it in well around the neck, so that no air can get in. The reason of using this extra sheet is, it is so much easier tucked closely around the neck and less bungling than the comforter. *It is of great importance that all air be excluded and the work done quickly.* Place a cloth wet in cold water on the head, extending over the eyes. If the patient does not warm up quickly, put an extra comforter or blanket over him, and, if necessary, jugs of hot water at the side; for unless he becomes warm soon, the pack will do no good, and he should be taken out. The usual length of a pack is from forty minutes to an hour, for an adult; for a child, from ten minutes to half an hour—according to age and strength. There must be perfect quiet in the room, for much better results are obtained if the patient will sleep.

he certainly must not talk, In taking him out unloose comforters and blankets, and pull the wet sheet out quickly and throw over the dry sheet or, in winter, bring up the blanket. There are several different treatments that follow a pack. If convenient to a bath-room, one can slip in and take a wash-off, or a spray, or *Pail-pour*. The latter is given by having four pails of water—two of one temperature, 90°, poured over feet and then two of 80°: then wrap around him a dry sheet and take a crash towel and wipe dry, taking, in rotation, arms, breast, back, and legs. Or a dripping sheet can be given right in the room by putting an oil-cloth on the carpet; on that put a foot-tub of water at 104°; the patient stands in this, and a sheet is dipped in a pail half full of water at 90°, or less, taken up by two corners, squeezed slightly, and put around him from the front, lapping behind and then rub him (over the sheet) vigorously for a minute; re-dip the sheet (water may be cooler or some cold may be added to make it about 6° or 8° less than at first), and put it around from behind, and rub again; then remove ,and cover with a dry sheet and rub vigorously. This bath is a good treatment taken alone as well as after a pack. It acts as a tonic, and a well person can take it himself, Or, if an oil-bath, sponge or dry rub is given, let him remain on the cot, and, for an oil-bath, rub an arm dry with a crash towel, then rub with oil, and so on; for a sponge-bath, take a sponge (or a towel) and tepid water, and sponge off, rubbing dry with a crash towel; for a dry rub, simply rub dry with a crash towel, rubbing hard to create good circulation. The temperature of the room should be about 75°; and when the patient is taken out of the pack, let no cold air come to him. The temperature of the water in which sheet is dipped, for adults generally, is not so important, as within two or three minutes it becomes of the same temperature as the body; from 90° to 100° is a good range, but for children and delicate persons it should be from 100° to 110°, so as not to shock them. Packs are of great value in reducing fever, in breaking up a cold, in malarial diseases, such as fever and ague, etc.; and also in poor circulation and where the system is weakened and run down it acts as a tonic. In the spring when the system needs building up, just try a few packs instead of the sulphur and molases of old times.

Oil-rubs.—This treatment is one that gives perfect satisfaction to all who try it; indeed, too much praise can not be given to it. To see the effects of oil-rubs, one would say as did the Queen of Sheba, "The half has not been told." To give it, have the patient undress, with a sheet or blanket around him, sitting up or lying down; take either cocoanut, pure olive or sweet oil, whichever can be obtained the purest; pour some in palm of hand, rub hands together, then take an arm and rub in the oil thoroughly, rubbing up and down, using more oil if necessary (as much as skin will absorb); cover this arm; take more oil and rub the other arm, then breast, back and legs; cover each part when finished. Repeat from three to six times a week, as the case may demand. One who is greatly reduced can take with benefit six a week. Once a week take a wash-off, or an acid sponge, by putting a scant tea-cup vinegar in a gallon of warm water, and using a sponge or towel, then rubbing dry. This is especially good for consumptives, dyspeptics, and persons who, from any cause, have been reduced in flesh and strength. It acts as a tonic,—thus it is of twofold value where one is recovering from sickness, as it is also nutritive to them, and to those who are cold-blooded it warms up the system. So for children it is especially good in winter, as an oil-rub at night will assist in keeping them warm; so, in the day-time, if going on a long drive, or to be exposed to the cold for awhile, it is a good "send-off." For colds it works to a charm, for young or old, acting as a preventive, as it builds up the system, and renders it less liable to disease. Or when a cold is taken, it is easily broken up

by a pack, followed immediately by an oil-rub, and the next two nights simply oil-rubs, a hot foot-bath, 108° then cooled down, and followed by a complete oil-rub. Where adults or children are delicate, the oil-rub gives good, healthy flesh; and where it is given as described, the result is perfect. For constipation it is invaluable, working a perfect cure after a month or two. It can be given at any time, without reference to eating, as it is a nutritive bath. The following description—given by Dr. James H. Jackson of "Our Home on the Hillside," at Dansville, N. Y., where these rubs have been used many years—tells in forcible language their use and value: "Oil-baths are given by rubbing the body all over with some kind of oil. It is not necessary to use more than two or three table-spoonfuls at one bath, but it should be rubbed in thoroughly, especially over the abdomen, inside the arms and thighs, where it can be absorbed to the best advantage. They may be taken at any time during the day. It is as well, perhaps, to take them before going to bed as at any other time. They may be given to meet any one of three conditions:

"1st. To supply waste of tissue and to introduce a very inportant element of nutrition into the body. Many persons will absorb oil to advantage nutritively, who can neither take it nor fats by the stomach without great distress or disturbance.

"2d. To improve the functions of the skin, which may become dry and hard, and lacks proper circulation in its capillaries.

"3d. To allay nervous irritation and reduce fever. Persons in paroxysms of fever, in typhoid, measles and scarlatina especially, may be freely anointed with oil to great advantage. In my practice I have often seen the temperature of the body, when in a febrile state, reduced from one to three degrees by an administration of an oil-bath. I like the cocoanut oil better than the olive, it is more likely to be genuine; it penetrates better, it does not turn rancid on the body, and I think it furnishes more nutriment to the body. Olive oils, as a general thing, are impure." From the above you can see it is "multum in parvo," as it can really be depended upon for use in almost every thing the flesh is heir to; and the great beauty of it is, any one can give it without feeling fear as to the results. It can do no harm unless the patient is very fleshy; then it is not needed. It is so easily given that a child can give it to younger children. Its use in reducing fever is of untold value. A lady, who had had extended experience in using it, says: "I have known an oil-bath given a patient, in scarlet fever, with fever raging, and in a little while the temperature was reduced, and he was quietly sleeping."

For little babies it is really a blessing, as it nourishes and strengthens them; and given every other day, with a sponge-off in warm water the intervening day, an infant will do much better than when bathed daily.

It is also a great help in supplying nourishment where the mother has not sufficient nurse, and aids, too, in preventing the little colds, snuffles, colic, etc., that hover around the little one the first two or three months, needing our most watchful care to ward them off. Then, where there is any constipation, it is a perfect panacea—so much better than physic or enemas. It acts as a preventive to croup; and when a child is weakened by that dread disease, cholera infantum, nothing so helps to give tone to the system as the oil-rub. It certainly is the best of baby medicines, a baby can "grow up" without any other remedy.

Diphtheria.—This dreaded disease needs all the knowledge one can possibly obtain, so we give below the hygienic treatment as prescribed by Dr. J. H. Jackson, of "Our Home," Dansville, N. Y. First, he says, to tell a genuine case, make a swab and apply to patches on the throat; common ulcers will rub off, but diphtheritic patches will not. A good gargle is to make a solution, as strong as will dissolve, of chlorate of potassa, and bottle

for use. When needed, take in proportion to one-half solution and one-half soft water, and one-half grain permanganate of potash to ounce of mixture. For a stronger gargle, take two-thirds solution to one-third water, and one-half grain permanganate of potash to ounce of mixture. In case of diphtheria, keep the room at 80°, and have boiler of water on stove, or hang wet sheets in room, in order to keep the room saturated with warm vapor, and also have fresh air in the room. His treatment is as follows:

"When the person is attacked, in cases where the epidemic is present in the vicinity, with a sore throat, pain in the head, in limbs, in back—in other words, the symptoms being very much like those of a hard cold—I begin by putting the person at once into a hot bath, covering him up and giving him warm water to drink, so as to produce a thorough sweating, the object being to fight febrile conditions and establish and aid processes for throwing off the disease by means of the skin, bowels, etc. This sweating is all the more necessary, in most cases, because of the inattention which is usually given to keep the pores of the skin open, and it will relieve the fever, if not at once, as a secondary result. After the person has been in a state of perspiration for some time, I take him immediately from the hot bath and give him a thorough washing with a sheet wet in water at 80 degrees, in a warm room, and after wiping see that he is sent to bed with a cool cloth upon the head, and in many cases an abdominal compress wet in cool water, which shall cover entirely the abdomen, with a dry flannel cloth over it. In all febrile conditions of the body this application of the cool abdominal compress is of great value, because it is in the abdomen that the vital processes are carried on to large extent, the amount of blood existing there being much larger in proportion to the surface of the body than in any other portion of the frame except the brain. In order to keep the temperature of the body down below fever heat, that the fermentative process may not go on, or be held in check as far as possible, it is necessary to use with caution all the best means for the purpose, and among them I certainly esteem the abdominal compress as of great use. After this, and in addition to it, the febrile conditions may be met by means of wet sheet packing or sponging frequently as may be necessary to keep the temperature to its normal standard. Of course, if the fever is not high, it will not be necessary to make strenuous efforts in this respect; but if it is, it should be fought sharply. The great need is to make the applications early and vigorously in the outset of the disease, because the effects to be produced are needed then more than at any other time, and because in the later days or stages of the disease attention must be directed to measures which support the strength of the body rather than those which, while reducing fever, tax its vitality to some degree. At any rate watch the temperature carefully, and keep it down. Great attention should be paid to nourishing the patient, and the best article for this purpose, both for adults and children, is milk, taken cool or warm, as the patient may fancy, and at as frequent times and in as large quantities as can be borne. To this may be added, later in the disease, nutritious soups or the juice of meats; but under no circumstances, except toward the very last stages and in the septic form, are alcoholic stimulants admissible, in my judgement. The bowels should be kept open and the kidneys active, and for this purpose enemas should be given to effect the former if sluggish, and sitz-baths occasionaly—perhaps one each day—for fifteen minutes, at a temperature of 85 or 90 degrees, to stimulate the latter. The feet must always be kept warm and the head cool, and in case there is any tendency to collapse or lowering of temperature below the normal standard, heat must be applied to the body by means of warm blankets and hot water bags and jugs.

"In addition to this general treatment, treat the throat direct with moist heat, as that is the great prompter of suppuration. Hence, as soon as the membranes are formed, or as soon as it is known that the disease is diph-

theria, the patient should be put upon the inhalation of steam as hot as can be borne, and as often as may be wise, considering the strength of the patient and the severity of the disease. The inhalations ordinarily should be pursued for the first twenty-four or forty-eight hours, as often as once in each half hour, and continued for fifteen minutes, and the patient should be allowed only three or four hours of sleep each day during this period, because the coustant presence of the vapor is necessary to hurry up the suppurative process, and the earlier this can be produced the sooner the case will recover. The inhalations may be made by means of the common steam atomizer, now sold by all dealers in surgical and medical instruments, and which may be used without filling the medicine cup ordinarily, the steam being taken direct from the boiler through the mouth piece. If this is not convenient, a tea- kettle with a long conducting spout, which shall carry the steam to the patient, or any apparatus which will answer this same purpose, can be used. The air of the room may be saturated with warm vapor by dropping hot stones in a pail of water or of lime water. Care must be taken in any event to see that the steam is not *too hot*, and at the same time that the heat is as great as can be well borne. This process may be aided by application of warm poultices to the neck. A long, narrow bag may be filled with hot mush or any substance which will retain moisture and heat well, and neck enveloped in it, a dry flannel being put over, and changed as often as is necessary in order to maintain the warmth. Thus moist heat on the inside and moist heat on the outside aids to establish the necessary process of suppuration. This constant inhalation should be kept up until the membranes cease to spread, and those which are formed become well marked in outline, and grow yellowish or a dirty gray in color, and seem to be shriveled or wrinkled, after which, generally about the third day, the inhalations may be decreased in frequency, but still should be kept up as often as every hour in the daytime, the patient being allowed six or eight hours' sleep at night, until the membranes are thrown off and the secretion of pus upon the mucous membrane of the mouth entirely stopped. The constant inhalation of steam through the atomizer, which generates it with some force, furnishes a means of washing the parts pretty thoroughly."

The Vapor-Bath is one of the most efficacious remedies if taken when a cold is *first realized.* It can always be very readily and successfully administered with such conveniences as every family possesses. Place the patient in a cane-seat chair, having first taken the precaution to spread over the seat a dry towel. Surround the patient and the chair first with a woolen blanket, and then with two or three comfortables, drawing the blanket close around his neck, and allowing them to trail upon the floor so as to exclude the air as perfectly as possible. Now place under the chair a large pan or pail containing two or three quarts of boiling water. Let the blankets fall quickly, so as to retain the rising vapor. After a minute or two, raise the blankets a little at one side, and carefully place in the vessel a very hot brick or stone, dropping the blankets again as soon as possible, to avoid the admission of cold air. Before the first brick or stone has cooled, add another, and so continue until the patient perspires freely. The amount of perspiration must be judged by the face and forehead, as much of the moisture on the skin beneath the blankets is condensed steam.

Should the bath at any time become too hot, a little air may be admitted by raising the bottom of the blankets a little, being careful to avoid chilling the patient in so doing. The bath should seldom be continued more than half an hour, and fifteen to twenty minutes will usually accomplish all that is desired by the bath. If too long continued, it induces faintness. A too high temperature will be indicated by a strongly accelerated pulse, throbbing of the temples, flushed face, and headache. The head should be kept cool

by a compress wet in cool water and often changed. The temperature of the bath should be from 100° to 115°. Unpleasant effects are sometimes produced at 120°. After this bath, apply a tepid spray, rubbing, a wet-sheet, pail douche, or full bath. No time should be allowed to elapse after the blankets are removed before the concluding bath is applied or the patient will chill. He should not be allowed to become chilly by exposure to cool air before the application of the spray, douche, or bath, which should be followed by vigorous rubbing. For "breaking up a cold," "breaking chills," relieving rheumatism, soreness of the muscles from over-exertion and relaxing stiffened joints, this is a valuable agent. It may also be used to advantage in chronic diseases in which there is inactivity of the skin, liver, or kidneys, being a powerful diaphoretic; but great care must be exercised to avoid excessive use, as too frequent repetitions of the bath produce debility. In institutions where the bath is in daily requisition,, a permanent arrangement for giving the bath is usually employed. It generally consists of a box in which the patient sits upon a stool, his head being alowed to remain outside by a suitable opening. A wet towel is placed around the neck to prevent the steam from rising about the head. Steam may be generated by boiling water in the box with a large spirit-lamp or a gas-burner, or it may be conducted into the box by a rubber tube connected with a tight boiler.

ACCIDENTS AND SUDDEN SICKNESS.

It is no longer considered a mark of the highest type of the feminine mind to faint away at the smallest fright, and to sink into helplessness at the first appearance of danger. Indeed, self-possession in emergencies is evidence of a clear brain, which, at the critical moment, asserts its supremacy over physical weakness, and takes command of the demoralized forces; besides, fright and confusion are a confession of ignorance as well as want of self-control. Those who know exactly what to do in emergencies rarely become panic-stricken. And it is particularly important for women, who are, doubtless, constitutionally more timid than men, to fortify themselves against danger, by learning what to do in such accidents and emergencies as are likely to occur in the life of every one. It would prove a rare case, indeed, if such knowledge did not, at least once in a life-time, enable the possessor of it to save a valuable life, perhaps one infinitely dearer to her than her own. Of course, within the limits of such an article as is permissible here, only a few hints can be given, rather to suggest further investigation than to be a complete guide,

A Life-Preserver.—A felt or silk hat, held so has to keep the crown full or air, will sustain a person above water for a great length of time.

Panics.—If in a public hall in a panic, keep your seat; even in case of fire the chances of life is greater if free from the crowd.

Stings of Insects—Are relieved by the application of ammonia or common salt, well rubbed in, or a slice of an onion, to the part.

Runaways.—In all runaways it is safer to remain in the vehicle, and to stop with it, than to jump while the horse is running. The vehicle helps to break the shock of the final stop.

Poisonous Wounds.—Wounds by which poison has been carried into the system, require instant treatment. The wound must be burned out by a stick of lunar caustic, or by inserting a large, red-hot iron.

Burns by Alkalies, such as lime, caustic potash, soda, ammonia, etc., are stopped in their progress by applying vinegar, lemon-juice, or other dilute acid; they must then be treated like other burns.

Burns from Acids, such as oil of vitroil and aqua fortis, may be checked by the free application of water or handfuls of moist earth. The first dilutes the acid, and the second contains alkali enough to neutralize the acid.

Choking.—A piece of food lodged in the throat may sometimes be pushed down with the finger, or removed with a hair-pin quickly straightened and hooked at the end, or by two or three vigorous blows on the back between the shoulders.

Fracture.—Send at once for a Physician, and simply make the patient as comfortable as possible. If he is to be conveyed to some distance, the fractured part should be supported in its natural position by handkerchiefs loosely tied. Allow no more handling than is absolutely necessary.

Chilblains.—Are the result of a chilling of the part. To cure, keep away from the fire, and at night, before going to bed, wash in cold water, or rub in snow, and apply the compound resin ointment, made by all druggists, with a little oil of turpentine added to it.

Swallowing Pieces of Broken Glass, Pins, etc.—By no means take a purgative. Rather partake freely of suet pudding, or any solid farinaceous food, and it is possible that both may pass away together without injury being done.

Bites of Serpents.—When bitten by a rattlesnake or other poisonous serpent, pinch the skin, and, if the wound can be reached, suck out all the blood possible; if the skin of the lips and mouth is sound, no harm will be done. Whiskey or brandy should, however, be administered freely, to intoxication.

Fainting.—Debility of the nervous system favors fainting. The head should be kept low; and if the patient faints in a chair, the simplest treatment is to grasp the back of it and depress it until the floor is reached, while another holds the knees so as to prevent slipping off the side. The patient will usually recover by the time the head has reached the floor.

Shock from Cold Water.—Prostration from drinking or bathing in cold water while exhausted by heat or exercise should be treated as described for shock from other causes. Cold water should be taken in small quantities when the body is heated and exhausted, and a cold bath is often fatal under such circumstances.

Epileptic Fits —In these there is nothing which a by-stander or friend can do, except to keep out of reach such articles as may injure the patient during the convulsive movements; to loosen the clothing about the neck and throat, and to assist to some place of safety when the semi-consious state returns. Other convulsions are treated in the same manner.

Lightning.—If the person shows no signs of life, strip and dash the body with cold water, dry and place in bed with bottles of hot water at the pit of the stomach and extremities, keeping up artificial respiration until the natural breathing is restored; a tea-spoon of brandy in a table-spoon of water may be given every few minutes. Burns from lightning should be treated like burns from any other cause.

Breaking Through Ice.—In assisting persons who have broken through ice, get a long pole, or stick, or board, to distribute the weight over a greater surface of ice. In attempting to get out of water upon the ice, after having fallen in, the best way is to approach it sidewise, and roll out rather than to attempt to raise the body up by the arms alone, as the weight is more widely distributed.

Hanging.—Death is from the same cause as in drowning. Cut down the body without allowing it to fall, place on face, press back tongue with finger to allow any accumulation to escape from the mouth, place on the back, and treat as directed for the drowned. If body is still warm after the removal of clothing, stand off six feet and dash several times with a bowl of cold water, the face, neck and chest.

Foreign Body in Nostril.—Children often push foreign bodies up the nostril. To remove it, make the child draw a long breath, and then, closing the other nostril with the finger, and the mouth with the hand, expel the air from lungs by a sharp blow on the back. If it can not be removed in this way, compress the nostril above it to prevent its going back any further, and hook it out with the bent end of a wire or bodkin. If this fails, call a surgeon.

Burning-Houses.—When a house is on fire, close all the doors and prevent currents of air. If the fire could be entirely shut in, it would smother and die out. The check will give time to get help, or, at least, to remove furniture and make all lives secure. If up-stairs when the stairway below is on fire, tear clothing to make cord to let yourself down by. If a room is full of smoke and flame, crawl on the floor, as the lower air is the cooler and more free from smoke.

Freezing.—Keep the frozen person or part away from the heat. If the person is insensible, take him to cool room, remove clothing, rub with snow or cloths wrung out of ice-water. The cold friction should be kept up for some time; and when the frozen parts show signs of life, the patient should be carefully dried and put into a cold bed in a cold room, and artificial respiration used until the natural is restored; and then brandy, beef-tea, and ginger-tea administered. The patient must be brought by degrees into the warmer air. Parts frozen should be treated by the same rule.

Bites of Dogs—The only safe remedy in case of a bite from a dog suspected of madness, is to burn out the wound thoroughly with a red-hot iron, or with lunar caustic, for fully eight seconds, so as to destroy the entire surface of the wound. Do this as soon as possible, for no time is to be lost. Of course it wil be expected that the parts touched with the caustic will turn black. If, unfortunately, it should chance that any one is bitten by a dog that is said to be mad, it is worth while to chain the animal up, instead of shooting it instantly, for if it should turn out that it is not mad—and a false alarm is frequently raised—the relief to the minds of all concerned is indescribable.

Foreign Bodies in the Ear.—Take the head of the child between the knees, face downward, and insert a stream of warm water into the ear, holding the nozzle of the syringe outside, so as to allow the foreign body to come out with the water. Probing with any substance whatever is very dangerous, and may inflict permanent injury. When the above plan does not succeed, call a surgeon. Kill insects that get into the ear by pouring in sweet-oil or glycerine, which drowns and brings them to the surface. *In the Eye* the particle almost invariably lodges under the upper lid, adhering to it. If that lid is grasped by the thumb and finger, drawn outward and then downward, and then released, the lashes of the lower lid act as brush, and sweep off the intruder. If, however, it adheres to the eye-ball, it may be removed by rolling the upper lid over a knitting needle, and holding it there in such a position as to expose the surface, when the particle can be removed by the corner of a handkerchief. Sometimes it may become imbedded in the membrane which covers the eye-ball, or eye-lid, and require the aid of a surgeon. Never use any of the eye-waters, lotions

or salves advertised as popular. A particle of lime in the eye is very dangerous, and vinegar diluted with water should be applied at once; even when done immediately the eye will be seriously inflamed.

Shock or Collapse from lightning, sudden and severe injuries, burns extending over a large extent of surface, or powerful emotions, produces something analogous to fainting. Place the patient flat on the back, with the head raised not more than an inch, and give a teaspoon of brandy in a tablespoon of water, every minute for six or eight minutes. If the temperature of the body has been raised, and the action of the heart is restored, enough has been given. Application of heat to the stomach and extremities is useful. The nausea and vomiting that sometimes accompany it may be allayed by swallowing whole small chips of ice, split off by standing a piece with grain upright and splitting off a thin edge with the point of a pin. Ammonia applied to the nostrils is often useful, and cologne on a handkerchief is sometimes of service.

Punctured Wounds need a pad at the surface to cause clotting of the blood in the wound, but are otherwise treated like cuts, If pain follows and inflammation ensues, the pad must be removed to permit the results of the inflamation to escape. Thorns and splinters, when run into the flesh, should be removed by cutting in far enough to get hold of and draw them out. Slivers under the nail, when not reached from the end, should be removed by scraping the nail thin, and cutting through it to the foreign body, and so withdrawing it; the part should then be tied with a cloth wet with water, in which a few drops of laudanum have been mixed. A puncture, by a rusty nail or some such substance, of the finger, toe, hand, or foot, frequently causes inflammation, and yet there is no room for the foreign matter left in the wound to escape through the tough skin, and lock-jaw results; in all such cases the wound should be cut open to provide a way of escape for the blood, etc., and a piece fo linen wet with laudanum inserted. Wounds from bruises and lacerations especially demand careful treatment, on the same general principles given above.

Suffocation.—This often occurs from carbonic acid gas, or "choke-damp," on entering wells or old cellars; this gas being heavier than air, falls and rests at the bottom. Before entering such places, test by lowering a lighted candle; if the flame is extinguished it is unsafe to enter until the gas has been removed, by throwing down a bundle of lighted shavings or blazing paper sufficient to cause a strong upward current. When a person is overcome by this gas, he must be *immediately* rescued by another, who must be rapidly lowered and drawn out, as he must do all while holding his breath; a large sack is sometimes thrown over person who goes to the rescue. As soon as brought out, place the person on his back, bare the neck and throat, loosen clothing and strip as quickly as possible; if he has not fallen in the water, dash cold water freely over head, neck, and shoulders, standing off several feet and throwing it with force; artificial respiration should be used meantime, as in case of drowning, with as little cessation as possible. If the person has fallen in the water when overcome by the gas, place in a warm bed, and use the means of artificial respiration.

Suffocation from burning charcoal, from anthracite or bituminous coal, or from common burning gas, or the foul gases from drains and cess-pools, is treated as if from carbonic acid.

Accidents in General.—The first and most important thing after sending for a surgeon, when an accident has occurred, is to keep off the crowd. No one, except one or two in charge, should be allowed nearer than ten feet; and the kindest thing a by-stander can do is to insist on such a space, and to select such persons as are willing to go for whatever is needed by the surgeon or

physician, so that there may be no delay, if anything is needed. If there has been a "shock" from a fall or blow, although there may be no fracture or external injury, the person is "faint," and should be placed flat on the back, with the head, neck, and shoulders *slightly* raised; the limbs should be straightened out, so that the heart may act as easily as possible; the cravat, collar, and clothing, if in the least tight, should be loosened. A sup of cold water will bring reaction soon if the injury is slight; a tea-spoon of brandy, in a table-spoon of water, every two minutes, gentle friction to the extremities, a handkerchief wet with cologne-water held to the nostrils, a fan, if the weather is hot, will all aid in restoring full consciousness. If thought best to remove the patient to his residence, or to a more favorable place for treatment, place on a stretcher, settee, or shutter, slipping him on gently, taking care that the body is supported along its whole length; throw a handkerchief over the face to prevent the unpleasant sensation of the staring crowd, and let the stretcher be borne by persons of uniform gait, if possible. A policeman's services, if in a city, are invaluable in keeping off a crowd. When a surgeon arrives, his directions will suffice.

Burns and Scalds.—First put the fire out, if the clothing is on fire, throw the person on the ground and wrap in carpet, rug, or your coat if nothing else is at hand. Begin wrapping at the head and shoulders, and keep the flames away from the neck and face, so as to prevent breathing the hot air and consequent injury to the lungs. If prostration and shock or fainting is produced, a little brandy, repeated often until there is a revival of strength, should be given. A superficial burn, covering a large surface is often more dangerous than a deeper one confined to less surface. If there is any cause for apprehension that the hot air has been inhaled, send for a physician at once. If the burn is slight in character, apply the water-dressing, by placing two or more thicknesses of old linen (from table-cloth or sheet), slightly dampened over a surface a little larger than the wound; fasten on by slips of sticking-plaster, or on with bandages, and keep it wet by frequent applications of water. When the pain has moderated, a dressing of *pure* hog's-lard is one of the best. It may be purified, when doubtful, boiling in water until the salt and impurities have settled, and then set away to cool until the floating lard hardens; this is gathered, placed in a bowl, set in hot water, and kept hot until all the water in the lard has passed off, when it is ready for use. The common soda used for cooking purposes may be employed as a dressing. A thick layer should be spread over the part and covered with a light wet bandage, keeping it moist and renewing it when necessary. A good dressing for a slight burn or scald is the white of an egg, applied with a soft rag or brush, applying fresh as the first layer dries; a lather of soap from a shaving-cup often allayes pain, and keeps out the air. If so serious that a physician has been sent for, it is better not to apply any thing, as it may intefere with his examination and treatment of the case. In cases too severe for the mild treatment given above, send at once for a physician.

Drowning.—Death is caused by cutting off the supply of fresh air from the lungs, so that the process of purification of the arterial blood ceases. Life is rarely restored after an immersion of five or six minutes, but recovery has been recorded after twenty minutes. Efforts to restore should be continued for at least two hours, or until the arrival of a physician. What is done must be done quickly. The body should be recovered without loss of time, from the water, and laid face downward for a moment, while the tongue is pressed back by the finger to allow the escape of water or any other substance from the mouth or throat (no water can ever by any possibility get into the lungs). This may be done while the body is being conveyed to the nearest house; on arrival, strip off clothing, place on a warm bed, with head raised very little, if any, apply friction with the dry hands to the extremities,

and heated flannels to the rest of the body. Now breathing must be artificially restored. "Silvester's ready method" is most favored by physicians, and consists in pulling the tongue well forward, to favor the passage of air to the lungs, and then drawing the arms away from the sides of the body, and upward, so that they meet over the head, and then bringing them down until the elbows almost meet over the "pit of the stomach." These movements must be made, and persisted in at the rate of sixteen to the minute. Another method is to place the body flat on the face, press gently on the back, turn body on its side or a little beyond, and then, turning back upon face, apply gentle pressure again, repeating at the rate of sixteen times a minute. As soon as vitality begins to return, a few drops of brandy, in a little water may be administered, and, in a few minutes, some beef-tea or light nourishment. Persons at all weakend by debility, especially by any thing that effects the nervous system, or those recovering from sickness, or in the least indisposed, should never venture into water beyond their depth, as such conditions predispose to "cramp," against which the best swimmers are helpless.

Sunstroke.—This is favored by intemperance, and by debility brought on by work in a heated atmosphere. Those who sleep in badly ventilated apartments are most subject to it. Most cases are preceded by a pain in the head, wandering thought and loss of mental control, disturbed vision,, irratibility, sense of pain, and weight at pit of stomach, and labored breathing. The skin is hot and dry, or covered with profuse perspiration; the face bluish; the breath rapid and short; and the action of the heart "flutteriug." In many instances the patient does not move an eyelid, from the beginning of the main attack until death ensues.

Carry the patient attacked at once to a cool, airy spot, in the shadow of a wall, or to a large room with a bare floor, remove clothing gently, place patient on the back, raise head two inches by a folded garment, dash entire body with water profusely, supplying basin with cold water from two buckets, one of which is filled with water and finely pulverized ice while the other is supplying the water used by the attendant. Dash on water with force, particularly on head and chest. Two persons may also rub the entire body, particularly the head, with a towel in which is wrapped pulverized ice. As soon as a *decline in heat* is noticed remove patient to a dry place, and wipe dry. If heat comes on again when consciousness is restored, renew cold applications. As soon as the heat declines, artificial respiration must be resorted to until the natural takes its place. There being real asphyxia, as in drowning, no medicine is of use, and alcohol stimulants should be carefully avoided. To prevent sunstroke, use no malt or alcoholic liquors, avoid overwork and exhaustion, take plenty of sleep in a well-ventilated room, bathe every night, avoid drinking large quantities of water, especially at meals, wear loose-fitting garments, protect the head with a covering that will shelter from the sun and yet permit free circulation of air over the scalp; a straw hat of loose texture, with a lining that may be wet when going out, and a broad brim to protect neck and shoulders, is best.

Hemorrhages.—Bleeding from the nose may be stopped by lying flat on the back, with the head raised and the hands held above it. The nose must be covered with a cloth filled with powdered ice, or wrung out of ice-water. The head should never be held over a basin, as the position encourages bleeding. The blood may be received in a wet sponge.

When any one coughs or spits up blood, the first thought is that it must be from the lungs. A slight knowledge of the characteristics of the blood from different parts that may come through the mouth will sometimes save much needless anxiety.

Blood from the lungs is always bright red in color, because it has just been purified by contact with the air. It is frothy, mixed with mucus, in small quantity, and is usually coughed up.

Blood from the stomach is dark red, almost black, is mixed with particles of food, comes in large quantities, and is vomited.

Blood from the mouth and gums is of a red color and usually mixed with saliva. Unless it has first been swallowed, it is not vomited or coughed up.

In hemorrhage from the lungs the head and shoulders must be raised. Some physicians recommend a table-spoonful of table salt to be given in a tumbler of water. It is always safe to give cracked ice.

Bleeding from the stomach may be checked by the application of a mustard plaster over the stomach; cracked ice should be given and the doctor sent for.

In bleeding from wounds of recent amputation there are three things that may be done:

First, press the finger or the hand over the bleeding point.

Second, press on the main artery supplying the wound, or, if this can not be found, applying a bandage as tightly as possible above the wound. An excellent tourniquet may be improvised by knotting a handkerchief loosely around the limb, thrusting a short stick through it and twisting it tight.

The blood from an artery is bright red and comes in spurts with each beat of the heart, while that from the veins is a dark purplish color and flows in a steady stream. When the bleeding is from an artery, the pressure should be applied between the wound and the heart; when from a vein, the limb must be compressed beyond the wound.

Third, raise the part above the rest of the body, that the blood may drain out of it and support it on pillows. It should be bathed in ice-water and have ice wrapped in cotton cloths laid on it.

If fainting ensues, the sufferer should not be immediately roused, as this is natures remedy, and acts by lessening the force and activity of the circulation. If any part of the body has been cut off, it should be cleaned of foreign matter, and at once replaced, wrapped in cotton to retain warmth, and a gentle pressure kept on to retain it in place. Circulation is often restored and the union made complete.

ANTIDOTES TO POISONS.

The first thing to do is to cause their rejection by vomiting, to do which place mustard mixed with salt on the tongue, or give large quantities of luke warm water, or tickle the throat with a feather. These failing, instantly resort to active emetics, like tartar emetic, sulpate of copper, or sulphate of zinc. After vomiting has taken place with these, continue it if possible by copious draughts of warm water till the poison is entirely removed. Of course, if vomiting can not be induced, the stomach pump must be employed, especially if arsenic or narcotics have been taken. A brief table, formulated as follows, may be useful for emergencies.

POISONS.	ANTIDO .
Acids.	Alkalies—Soap and milk, chalk, soda, lime-water.
Alkalies.	Vegetable Acids—Vinegar, oil in abundance.
Alcohol.	Common salt, moderately.
Arsenic.	Send for the doctor and his stomach pump.
Antimony.	Oak-bark, strong green tea.
Baryta or Lime.	Epsom salts, oils, and magnesia.
Bismuth.	Whites of eggs, sweet milk.
Copper.	Whites of eggs, or strong coffee.

Gases.	Cold douche, followed by friction.
Iodine.	Starch, wheat flour in water.
Creosote.	White of eggs, sweet milk.
Lead.	Lemonade, strong, epsom salts.
Opium and other Narcotics.	Emetics—Cold douche, exercise, and heat.
Phosphorus.	Magnesia, in copious draughts.
Zinc.	Whites of eggs, sweet milk.
Mad-dog Bite.	Apply fire in some form to the wound, thoroughly and immediately.
Bite of Insects.	Ammonia, applied freely.
Bite of Serpent.	Same as for mad-dog, followed by whisky to intoxication.

The foregoing are the more common and important poisons and their antidotes.

THE ARTS OF THE TOILET.

Beauty and health constitute a royal inheritence. The child born with such a heritage, and brought up by a mother who has the good sense to discard soothing syrup, narcotics and cordials, and carefully trained up to cleanly habits, proper exercise, plenty of air and sunshine, and wholesome food, starts in life with a capital that will in the long run tip the balance against the largest fortune in dollars. To keep health and beauty, or to restore it when lost, it is necessary to observe the laws of health, discarding quackery and panaceas of all kinds as superstitions, and inventions of the devil. Pure air and plenty of it, free sunshine and plenty of it, are better restoratives than all the patent medicines under the sun. Too often the doctor brings the medicine only to have the medicine bring the doctor again. The sunlight will give a lady's cheek a fresher tings and a more delicate complexion than all the French powders and rouge in Paris.

For the Hair.—Wash in cold sage-tea.

Camphor—put in drawers or trunks will keep away mice.

The Neck.—Too tight collars and neckerchiefs are apt to produce permanent swelling of the throat.

Cocoa Butter.—Apply at night, to face and hands, and wash off in the morning. This is excellent for the skin, and keeps it soft and clear.

To Clean Light Kids.—Put the glove on the hand, and rub thoroughly with white corn-meal, using a piece of cotton flannel.

To keep Pearls' Brilliant.—Keep in commor, dry magnesia, instead of the cotton wool used in jewel cases, and they will never lose their briliancy.

Tonic for the Hair.—Ounce best castor-oil, two ounces each of French brandy and bay rum; scent rosemary and rose-geranium.

To Cure Chilblains.—Soak feet for fifteen minutes in warm water, put on a pair of rubbers, without stockings, and go to bed.

Cement for Jet.—Use shellac to join, then smoke the joints to make them black.

Mother's Marks—should never be interfered with, except by the advice of a physician.

Tetter or Ringworm—of the face is caused by a disordered stomach, and must be cured by proper diet.

Pimples—are caused by improper diet, and can never be cured except by correcting the habits. Cosmetics only injure.

To Restore Color to Kid Shoes.—Mix a small quantity of good polish blacking with the white of an egg.

Hair Oil.—Two tea-spoons each of castor oil, ammonia and glycerine; and alcohol enough to cut the oil, and put in a four-ounce bottle half full of rain-water. Shake before using.

Black Heads.—To remove "black heads" in the face, place over the black spot the hollow end of a watch key, and press firmly. This forces the foreign substance out, so that it may be brushed off and is a cure.

To Keep off Mosquitoes.—Rub exposed parts with kerosene, or essence of peppermint. The odor is not noticed after a few minutes, and children especially are much relieved by its use.

The Breath.—Nothing makes one so disagreeable to others as a bad breath. It is caused by bad teeth, diseased stomach, or disease of the nostrils. Neatness and care of the health will prevent and cure it.

The Skin and Complexion.—Washing in cool, but not excessively cold, water, and general cleanliness, keeps skin healthy and complexion clear.

Ivory Blacking for Shoes.—Four ounces ivory black, three ounces coarsest sugar, one table-spoon sweet-oil, one pint small beer; mix well together.

Castor-oil for Shoes.—Take a teaspoon of it and rub in thoroughly by a fire. Do this when the shoes are new, and several times afterwards, and they will last twice as long.

Dandruff.—One ounce flour of sulphur to one quart of water. Shake well at intervals, for a few hours, and, when settled, saturate the head with the clear liquid every morning.

For Chapped Hands, Face and Lips.—Ten drops carbolic acid in one ounce glycerine; apply freely at night. Pure mutton tallow is also excellent.

Cologne Water.—Thirty drops each oil of lavender, oil of bergamot, oil of lemon, and orange-flower water, half pint deoderized alcohol. Cork and shake well,

Corpulency.—An excess of fat is a disease. To reduce the excess, eat little or no butter, fat meat, gravies, sugar, vegetables, or other articles containing large amounts of starch and sugar.

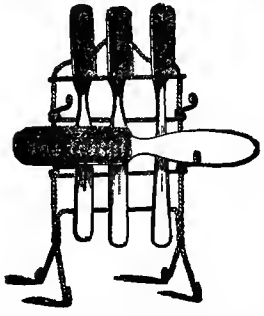
Dandruff in the Hair.—There is no simpler nor better remedy for this vexacious appearance (caused by a dryness of the skin) than a wash of camphor and borax—an ounce of each put into a pint and a half of cold water, and afterwards rub a little pure oil into the scalp.

Moth Patches—may be removed from the face by the following remedy: Into a pint bottle of rum put a table-spoon of flour of sulphur. Apply this to the patches once a day, and they will disappear in two or three weeks.

Boston Burnett Powder for the Face.—Five cents worth of bay rum, five cents worth of magnesia snow-flake, five cents worth of bergamot, five cents worth of oil of lemon; mix in a pint bottle and fill up with rain-water.

To Clean Jewelry.—Any gold jewelry that an immersion in water will not injure, can be beautifully cleaned by shaking it well in a bottle nearly full of warm soap-suds to which a little prepared chalk has been added, and afterwards rinsing it in clear, cold water, and wiping it on a towel.

Brush Stand.—A toilet convenience is a white wire stand for hand and tooth brushes. It is so contrived that the brushes are kept in place and are always within easy and convenient reach. The stand is not expensive, and is ornamental as well as useful.



Brush Stand.

Freckle Cure.—Take 2 oz. lemon juice, or half a dram of powdered borax, and one dram of sugar: mix together, and let them stand in a glass bottle for a few days, then rub on the face occasionally.

Bloom of Youth.—Boil 1 ounce of Brazil wood in 3 pints of water for 15 minutes; strain. Add ¾ oz. isinglass, ¼ oz. cochineal, 1 oz. alum, ½ oz. borax. Dissolve by heat, and strain.

Cologne Water.—Oils of rosemary and lemon, of each ¼ oz.; oils of bergamot and lavender, each ⅛ oz.; oil cinnamon, 8 drops, oils of cloves and rose, each 15 drops; best deodorized alcohol, 2 qts.; shake two or three times per day for a week.

Food for the Hair.—This, if regularly used, will prevent hair turning grey. One part of alcohol to two parts of castor oil. Rub in once a week well about the roots.

Stains on the Hands—from nitrate of silver, may be removed by a solution of chloride of lime. Fruit stains are removed by washing the hands without soap, and holding them over the smoke of burning matches or sulphur.

To Remove Sunburn.—Scrape a cake of brown Windsor soap to a powder, add one ounce each of *eau de Cologne* and lemon-juice; mix well and form into cakes. This removes tan, prevents hands from chapping, and makes the skin soft and white.

Warts.—Wash with water saturated with common washing soda, and let dry without wiping; repeat frequently until they disappear. Or pass a pin through the wart, and hold one end of it over the flame of a candle or lamp until the wart fires by the heat, aud it will disappear.

Moles.—To remove, moisten a stick of nitrate of silver, touch the moles, and they will turn black and sore, and soon they will dry up and fall off of themselves. If they do not entirely go, repeat. It is better, however, never to attempt their removal without consulting a physician.

Cold Cream for Chapped Lips.—One-half ounce spermaceti, twenty grains white wax, two ounces pure oil of sweet almonds, one ounce pure glycerine, six drops oil of rose; melt first three ingredients together, and, when cooling, add the glycerine and oil of rose, stirring until cold.

Yankee Shaving Soap.—Take 3 lbs. white bar soap; 1 lb, Castile soap; 1 quart rain water; ⅜ qt. beef's gall; 1 gill spirits of turpentine. Cut the soap

into thin slices, and boil five minutes after the soap is dissolved, stir while boiling; scent with oil of rose or almonds. If wished to color it, use ½ oz. vermilion.

Bad Breath.—Bad breath, from catarrh, foul stomach, or bad teeth, may be temporarily relieved by diluting a little *bromo chloralum* with eight or ten parts water, and using as a gargle, and swallowing a few drops just before going out. A pint of *bromo chloralum* costs fifty cents, but a small vial full will last a long time.

Fruit Stains.—may be removed from the fingers in the following manner: Mix together half an ounce cream tartar and half an ounce of powdered salt of sorrel; apply a solution of this to the fingers, and the stains will disappear. Diluted sulphuric acid may be used, but care should be taken that none of it touches any fabric, as the acid will destroy it.

Flesh Worms.—Black specks on the nose disfigures the face. Remove by washing thoroughly in tepid water, rubbing with a towel, and applying with a soft flannel a lotion made of three ounces of cologne and half an ounce of liquor of potash. Or press out by putting the hollow end of a watch-key over each speck.

Lips or Hands Chapped by cold weather or wind, should be rubbed with glycerine generally when about to be exposed to the air, or rubbed with honey after washing. Never kiss the lips of persons not in health, as disease is sometimes contracted in this way, as well as by the use of towels, cups or tumblers used by unhealthy persons.

Bay Rum.—Ten cents worth of magnesia, two quarts each of soft water and alcohol, one ounce oil of bay. Dissolve magnesia in rain water, then add other ingredients. Wrap filtered paper in form of a funnel, and filter carefully through into a bottle and cork tightly. When used, dilute with rain water to whatever strength desired.

Leanness—Is caused generally by lack of power in the digestive organs to digest and assimilate the fat-producing elements of food. First restore digestion, take plenty of sleep, drink all the stomach will bear in the morning on rising, take moderate exercise in the open air, eat oat-meal, cracked wheat, Graham mush, baked sweet apples, roasted and broiled beef, cultivate jolly people, and bathe daily.

Superfluous Hairs.—Are best left alone. Shaving only increases the strength of the hair, and all depilatories are dangerous and sometimes disfigure the face. The only sure plan is to spread on a piece of leather equal parts of galbanum and pitch plaster, lay it on the hair as smoothly as possible, let it remain three or four minutes, then remove it with the hairs, root and branch. This is severe but effective. Kerosene will also remove them. If sore after using, rub on sweet oil.

The Face.—To wash properly, fill basin two-thirds full with fresh, soft water, dip face in the water and then the hands; soap the hands well and rub with a gentle friction over the face; dip the face in water the second time and rinse off thoroughly, wiping with a thick but soft towel. Pure soaps do not irritate the skin. The best are castile, curd, glycerine and other neutral soaps. Medicated or higly colored or perfumed soaps should never be used.

Food.—A good complexion never goes with a bad diet. Strong coffee, hot bread and butter, heated grease, highly spiced soups, meats or game, hot drinks, alcoholic liquors, fat meats, are all damaging to its beauty. Strong tea, used daily, will after a time give the skin the color and appearance of leather. Coffee affects the skin less but the nerves more, and a healthy

nervous system is necessary to beauty. Late suppers, over-eating at meals, eating between meals, the use of candies, sweetmeats, preserves, etc., produce pimples and blotches.

The Hands.—The use of gloves, especially kids, help to preserve the softness of the hands. Cleanliness and sprinkling with orris-root counteracts excessive perspiration. Warts are removed by steeping the hands in warm water for half an hour, and then paring away the white and insensible surface. The nails should be cut frequently, always in oval shape. The nail-brush should be full and soft. It should be rubbed on a cake of soap and then used vigorously. Biting nails is a bad habit. To break it up, in children, dip the ends of the fingers in a solution of aloes.

The Nose.—Excessive wiping, snuffing, and blowing, especially in children, deforms the nose, and should be practiced only when necessary for cleanliness. A nose leaning on one side, caused by wiping in one direction, may be cured by using the handkerchief with the other hand, or by wearing occasionally an instrument surgeons employ for that purpose. Large, fleshy noses are reduced by wearing at night a contrivance which compresses the artery that supplies the nose. Red noses become so by exposure to heat or the sun, by alcoholic drinks, or by debility of the blood-vessels of the skin. The latter cause is removed by gentle friction and cold bathing of the feet.

To Clean Jewelry, Silver, Etc.—To one pint of stale beer, add one-third pint strong ammonia, let stand for ten days, keep well corked. Put a little of above in a saucer, in another dish some cream of tartar, say one-half teaspoon, then take stiff brush, dip in solution, then in cream of tartar, and apply to the article to be cleaned. Striking with the brush is better than brushing, as thereby you can get into the corners and crevices. Wash the articles with soap and warm water after cleaning, and dry in saw dust. For Roman gold and frosted jewelry, also silver ware, it is especially recommended, and will make the article look like new goods. Keep cream of tartar in box or bottle well corked.

The Bath—Not only promotes cleanliness, but is a tonic. The skin does one-third of the work of breathing, and if the myriad of pores are closed, the lungs are overburdened, or else the work is left undone. The tonic effect is caused by the contraction of the surface blood vessels, driving the blood back to the larger blood-vessels and the heart, bringing on a reaction which rushes the blood back to the skin, causing a glow, freer respiration and more vigorous action of the whole muscular system. A sponge or hand bath are the simplest forms, and should be taken in a moderately warm room. As a rule, the more rapidly a bath is taken the better, and it should always be followed by friction with the hand or with a not too rough towel.

The Ear.—The outer ear should be well cleaned and the passage wiped out daily with a rag on the end of the little finger, but nothing should be inserted further. The insertion of a pin, or any hard substance, frequently ruptures the ear. When cleansing is necessary on account of accumulation of wax by cold, or other cause, it should be done by syringing with warm water, having dropped in two or three drops of glycerine the night before to soften the substance to be removed. This often cures sudden deafness. Cotton-wool stuffed into the ear is injurious and is seldom necessary. In conversing with deaf persons, it is important to remember that clearness, distinctness, and a musical tone of voice is understood much more easily than a loud tone.

Sponge Baskets.—A sponge, when damp, is a nuisance. If hung up it moistens the wall, and if laid down it gets in every body's way and gathers dirt. The simple, neat and cheap wire basket which hangs on the wall is a

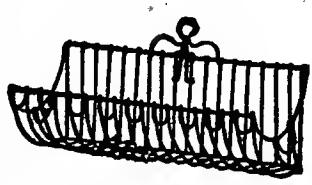
good receptacle for it, or a three-cornered piece of oil-cloth, sustained by a string fastened to each corner, is a good makeshift for the same purpose.

Collars that do not Fit.—Few gentlemen have philosophy enough to endure an ill-fitting collar with patience, but not many understand why they do not fit. The fact is, the laundress stretches them the wrong way. Damp linen is very pliable, and a good pull will alter a fourteen-inch into a fifteen-inch collar in the twinkling of an eye. She ought to stretch them crosswise, and not lengthwise. Then in straightening out shirt-bosoms, she makes another mistake of the same sort. They also ought to be pulled crosswise instead of lengthwise, particularly in the neighborhood of the neck. A lengthwise pull draws the front of the neckband somewhat directly under your chin, where it was never meant to go; and, of course, that spoils the fit of your collar. With the front of the neckband an inch too high, and the collar an inch too long, you have a most undesirable combination.

Cutting Teeth.—The time the first teeth make their appearance varies but the following dates approximate the time: Central incisors from five to eight months after birth; lateral incisors from seven to ten; first molars from twelve to sixteen; cuspids, or eye-teeth, from fourteen to twenty; second molars from twenty to thirty-six. The first teeth should be protected from decay as far as possible by careful cleaning daily; if decay makes its appearance, the cavity should be promptly filled, and the tooth saved until displaced by the permanent teeth. About the sixth year, the first molars of the permanent teeth make their appearance. They are generally supposed to belong to the first or milk-teeth, and are frequently lost for want of care. A little more attention given to the first teeth would save parents and children sleepless nights and suffering.

The Eyes—Damp, foggy weather, the reflection of the bright sunshine intense cold, dusty wind, reading on cars in motion, reading by gas or lamplight when the light falls directly on the eyes, sitting before a glowing fire, wearing of glasses when not needed, wearing veils, and all indulgences that weaken the nervous system, injures the eyes. The most pleasing light for work is from a northern exposure. A shade that protects the eyes from the light that falls on paper, book or work is an advantage. The light should not come from different points, but that from behind the worker is best. A very weak or very bright light should be equally avoided. Diseases of the eye are often the result of general weakness, and in such cases local treatment has little effect. In fitting glasses to the eye great care should be taken to adjust the lens to the eye with accuracy. Crown glass is preferable to flint on account of its superior hardness, its entire want of color, and its non-decomposition of light. Scotch pebbles are unobjectionable except as to cost.

Dress.—The first object of dress is protection of the body, second to enhance and bring out its beauty. Dress which does not enhance the beauty of the wearer, or which attracts attention from the wearer to itself, is out of taste. To be in correct taste it must be "becoming," and in this sense dressing is an art worthy of the attention and study of the most intellectual and accomplished woman. The beauty of dress, to a cultivated eye, does not lie in its money value, but in its perfection in detail and perfect adaptation to the wearer and the occasion for which it is intended. Any simpleton in petticoats, who has plenty of money, can order her clothes from Worth, in the latest Paris styles, but some quiet woman, with brains and taste, in simpler costume, will be sure to outshine her in "society." Low-necked dresses, dragging skirts, corsets and stays, paddings, heavy skirts which rest on the hips, heavy veils, high-heeled boots and every other unphysiological abomination in dress, mars beauty and destroys health.



Brush and Comb-Rack.—A very neat white wire rack, for holding the hair-brush and comb, which usually lie in the way in the vicinity of the mirror, may now be had for a few cents, and is a great convenience for the toilet.

Cheap Toilet Table.—When a wash stand can not be afforded. procure a large three-cornered piece of board, large enough to comfortably accommodate a wash bowl, pitcher, etc., and fasten it in a corner of the room where the light is good. Cover it suitably with colored cambric, tack on the edge a slightly full flounce of the same, long enough to reach the floor. Over this place plain book muslin with box pleatings across the edge and along the bottom. The frame of the mirror over it may also be draped with book muslin. Neat paper boxes covered with fancy paper or zephyr work may be added for holding brushes, combs, etc. A neat drawer may easily be fitted under the board, and will be found convenient for many purposes.

Freckles.—Grate horse-radish fine; let it stand a few hours in buttermilk, then strain and use the wash night and morning. Or, squeeze the juice of a lemon into half a goblet of water and use the same way. Most of the remedies for freckles are poisonous, and can not be used with safety. Freckles indicate a defective digestion, and consists in deposits of some carbonaceous or fatty matter beneath the skin. The diet should be of such a nature that bowels and kidneys, will do their duty. Daily bathing, with much friction, should not be neglected, and the Turkish bath taken occasionally, if convenient. The juice of a lemon, in which there is as much sugar dissolved as the juice will hold in solution, is an excellent remedy for freckles. This should be applied with a camel's-hair brush several times daily, until they disappear. It must be understood that all acids are astringents in their nature, and *their too frequent use is as injurious as many apparently more deleterious cosmetics;* for, by too frequent and violent contraction of the pores, they become overworked, and finally refuse to respond to the action of any application; wrinkles result, and are generally ineradicable, except after a tedious dietetic and medical course of treatment.

Teeth.— Cracking nuts, biting thread, eating hot food, especially bread and pastry raised with soda, very cold drinks, alternate contact with cold and hot substances, highly seasoned food, alcoholic liquors and tobacco, metal tooth picks, and want of cleanliness, are injurious to teeth. After eating, the mouth should be rinsed with lukewarm water, and such pieces of food as are not thus washed away removed by a quill toothpick. Toothbrushes should be elastic and not too hard. Those with hairs not too close together are best and most durable. A brush that is too hard may be permanently softened by dipping in hot water. Rub up and down as well as across the teeth. Teeth should be often examined by a competent dentist. A great many, while attentive to their teeth, do more injury than good by too much officiousness, daily applying some dentrifrice, or tooth-powder, often impure and injurious, and rubbing them so hard as not only to injure the enamel by excessive friction, but also to hurt the gums even more than by a tooth-pic. Tooth-powders advertised in newspapers are to be suspected, as same of them are not free from corrosive ingredients. Charcoal (which whitens the teeth very nicely), pumice-stone, cuttle-fish, and similar substances, are unfit for use in tooth-powders, as all are to a certain extent insoluble in the mouth, and are forced between the margin of the gums, forming a nucleus for a deposit. Below will be found a few good formulas for dentifrices: Three and one half pounds of *creta preparata,* one pound each

of powdered borax, powdered orris-foot and white sugar, and two ounces cardamon seeds; flavor with wintergreen, rose or jasmine. If color is desired, use one pound of rose-pink and as much less of *creta preparata*. Tooth-powers should be thoroughly triturated in a wedge-wood mortar and finely bolted. The following is a simple and cheap preparation, and pretty good. Take of prepared chalk and fine old Windsor soap pulverized well in proportion of about six parts of the former to one of the latter. Soap is a very beneficial ingredient of tooth-powder.

The Hair.—Professor Erasmus Wilson, of London, who is authority on the subject, condemns the washing of hair; but advises that it should be kept clean by brushing, this being a more effective stimulant than water. In cases of ordinary falling out of the hair, he prescribed the following: Liquid ammonia, almond oil, and chloroform, of each one part, diluted with five parts of alcohol or spirits of rosemary, which can be made fragrant by the addition of a drachm of the essential oil of lemons. The head should undergo a thorough friction with the hair-brush, after which the lotion may be applied. It may be diluted, if necessary, and can be applied daily or otherwise.

For removing scurf, he advises a lotion of borax and glycerino, two drachms of each to eight ounces of distilled water. This is cooling, and allays dryness of the skin.

In cases of baldness, a lotion of the following can be used with effect: Camphor, ammonia, chloroform and aconite, in equal parts, to be rubbed on the bare place daily, or twice a day.

A barber recommends ladies to have their hair shampooed once a month. This will bring out the natural luster, soften it, clear it of dust, and rob it of that musty smell which comes of having long hair wound up closely for any length of time. It will also remove that itching of the head which some ladies find so troublesome.

For Complexion.—Blanch one-fourth pound best Jordan almonds, slip off the skin, mash in a mortar, and rub together with best white soap, for fifteen minutes, adding gradually one quart rose-water or clean, fresh rain-water, may be used. When the mixture looks like milk, strain through fine muslin. Apply, after washing, with a soft rag. To whiten the skin, and remove freckles and tan, bathe three times a day in a preparation of three quarts water, one quart alcohol, two ounces cologne, and one of borax, in proportion of two tea-spoons mixture to two table-spoons soft water. Bathing the face in pure buttermilk, clear whey, sour milk, new or sweet milk, is soothing and healing after walking, riding, driving, rowing or sailing. Do not plunge the face into cold water, neither dash the water over the face when suffering from sunburn or exposure to wind or water; the sudden shock is not only injurious to the whole system, but has been known to permanently deface the complexion by a species of tanning which left a brown or yellow tinge impossible to efface. Or use *Queen Bess Complexion Wash.* Put in a vial one drachm of benzoin gum in powder, one drachm nutmeg-oil, six drops of orange-blossom tea, or apple-blossoms put in half pint rain-water, and boiled down to one tea-spoonful and strained, one pint of sherry wine. Bathe the face morning and night; will remove all flesh-worms and freckles, and give a beautiful complexion. Or, put one ounce of powdered gum of benzoin in pint of whiskey; to use, put some in water in wash-bowl till latter is milky, wash with it; allowing it to dry without wiping. This is perfectly harmless.

The Hair.—Combs of tortoise-shell, bone or rubber, with not very sharp teeth should be used Sharp teeth injure the scalp and produce dandruff. Two brushes, one hard, to clean the hair and scalp, and the other soft, to smooth and polish, are best. Clean brushes by rubbing them with bran, or wash with one part ammonia and two of water. Combing or brushing

should be done in the natural direction of the hair, and never against it. In the proper way it can not be brushed too much. To keep the scalp clean wash in tepid water with a little pure soap in it, rinse in pure water, dry with towels, and then in the sun or by the fire. Oily hair may be washed once a week, light hair less often, Some occupations require that it should be washed much oftener. All preparations for the hair are more or less injurious. Healthy hair has enough oil of its own, and the application of foreign oil destroys its vitality. Preparations containing alcohol fade hair, and make it brittle. The only time oil is admissable is after washing. The best preparation is one part of glycerine to three of rose-water. Powders made of starch, when used, must be washed out of the hair to prevent injury. Those made of colored glass are very injurious, cutting and otherwise damaging the hair. At night, the hair should be loosened and left free. Night-caps are a relic of barbarism. Hair-dyes are very injurious, as they contain more or less sugar of lead, nitrate of silver, and other ingredients, which affect the brain, produce paralysis, inflammation of the eyes, and impairment of sight. Gray hairs are an indication that the hair-producing organs are weakening. When found they should be cut down to the healthy part, and the head should be exposed as much as possible, except in the middle of the day, to the sun and air. When hair falls out, it indicates a disease of the scalp. To cure, dip the head twice a day in cold water and rub with a brush until a glow is produced. In case the hair is too long to wet, brush until a glow is produced, and then rub into the roots a wash made of three drachms of *pure* glycerine and four ounces of lime-water.

The Feet.—The largest pores in the body are located in the bottom of the feet. For this reason the feet should be frequently and thoroughly washed, and the stockings changed often. If great cleanliness is not observed, these great pores become absorbent, and the poisons given off are taken back into the system. The nails ought to be cut squarely. Blisters may be prevented by rubbing the feet after washing, with glycerine. Bunions are caused by wearing shoes too tight or too short. They are difficult to get rid of, but may be alleviated by wearing easy-fitting shoes, poulticing and putting a rubber ring around the spot. Corns, which are caused by continued pressure on the foot, may be prevented by wearing woolen stockings and shoes that fit well. They are known as hard and soft, but their difference is entirely owing to locality. If a corn is situated between the toes, where it is kept moist by perspiration, it is of the soft variety; but, if located on the outside of the toe, where it could get no moisture, it would necessarily be hard. They are produced by pressure or friction, and are simply a protective growth thrown out for the purpose of preventing the tissues being injured. They are sufficiently painful at all times, but they are the most unbearable when an accumulation of pus takes place beneath them. The escape of this drop of pus is prevented by the hardened and thickened outside, which must be poulticed or soaked in warm water, and then removed by a sharp pointed knife, The entire corn can be taken out with a little care and patient work, without drawing a drop of blood. The application of caustics should be avoided in the treatment of corns, especially in old people, as fatal gangrenous inflammation may be the result. Temporary relief from a painful sore corn may readily be obtained by applying strong carbolic acid. Take the cork out of a small bottle of carbolic, and apply it (the cork) to the corn. Relief will come at once, and you will be enabled to walk with comparative comfort till you can find time to remove the corn with a knife. Hard corns may be treated as follows: Take a thick piece of soft leather or felt, cut a hole in the center. Upon going to bed at night, fill the hole in the center of the leather with a paste made of soda and soap; wash it off in the morning, and repeat the process for several nights and the corn will be removed. Half a cranberry, or a piece of lemon, bound upon a corn will soon kill it.

Perfumery.—The following receipts are of choice perfumes, and are made by compounding the articles in each receipt, and then adding as much distilled water as can be mixed, and *not have it become milky*, which will vary from two to eight ounces, according to the perfume; then add deodorized alcohol until there are two quarts of perfumery:

Essence Bouquet.—Four ounces extract musk, two of extract tube rose, one drachm otto rose virgin, and one-fourth drachm otto bergamot, one-half drachm each otto neroli super and red cedar wood, eight minims otto verbena (true), ten of bimento, three of patchouly, twelve of English lavender; add water and alcohol as above.

Jockey Club.—Five ounces extract jasmine, twenty of extract orris, seven of extract musk, one and one-half extract vanilla, one and one-half drachms each of otto rose virgin and *santal flor*, two and one-half otto bergamot, and two of benzoic acid, forty minims otto neroli super; water and alcohol as above.

Patchouly.—Two drachms each otto pachouly and styrax, eight ounces each extract musk and orris, four of vanilla, and forty minims each *santal flor* and rose virgin; water and alcohol as above.

Wood Violet.—Twelve ounces extract orris, two of tube rose, and of jasmine, four of musk, two drachms otto of bergamot, one of English lavender, ten minims verbena (true), twelve minims amygdala amar (any druggist will have it), six minims coriander, and four minims sweet flag, and one and a half drachm benzoic acid; water and alcohol as above.

West End.—Twelve ounces of extract orris, four extract of jasmine, eight of extract musk, four of extract cassia, one of extract styrax, three drachms otto bergamot, one and one-half neroli super, and one each of otto rose virgin, red-cedar wood (true) and benzoic acid; water and alcohol as above.

Tube Rose.—Twenty-four ounces extract tube rose, four of musk, one of jasmine, one drachm otto rose virgin, two of benzoic acid, and ten minims of otto neroli super; water and alcohol as above.

Stephenotis.—Four ounces each extract cassia and tube rose, eight each of musk and orris, two of jasmine, three of tonka, one drachm each otto rose virgin and benzoic acid, one-half drachm otto neroli super; water and alcohol same as above.

Rondeletia.—One ounce otto English lavender, two each of musk and vanilla, four of orris, half ounce each otto cloves and bergamot, two drachms otto rose geranium (Turkey), one of benzoic acid, twenty minims true otto cinnamon, ten minims otto rose virgin, one of *santal flor;* water and alcohol as above.

New-Mown Hay.—Twenty-five ounces extract tonka, six of musk, eight of orris, one of vanilla, one drachm each extract styrax, bergamot and *santal flor*, and one and a half of benzoic acid, fifteen minims otto neroli super, ten each of otto rose virgin, lavender (English) and patchouly, and six minims otto of cloves.

Simple—Garden perfumes are charming in linen when put away in drawers. For the handkerchief the perfume is more delicate, and much more desirable than the stronger odors so freely used. Always preserve the trimmings of rose-geraniums, in envelopes, for such purposes, and lay in plenty of sweet clover when in blossom.

THE FLOWER GARDEN.

By R. Rennie McGill.

The culture of flowers is the most interesting occupation in the world—a never-ending source of delight. Where else can we find for the body and mind a recreation so beautiful, so instructive, or that will afford more lasting pleasure, than that of tending for the floral emblems of God's love? What would the world be without flowers? Thanks to the all-wise Creator we find them everywhere. On mountain top, in shady dell, midst towering rocks and along the banks of rippling brooks. They are as free as the air we breathe, and who shall say they do not teach of our Father's love, wisdom and wondrous power? Whose head but His could put this exquisite coloring into the Jacqueminot Rose, or design the curious petals of the Passion flower? Beautiful objects as these are to the naked eye, how much more so do they become even under the simplest form of a microscope. We may take the keenest razor that can be obtained, place it under a microscope, and the edge will appear jagged, coarse and rough, and full of imperfections. Not so with Nature's handiwork, for the more critically it is examined, the more its hidden perfections surprise us, and we are forced to exclaim: "O Lord! how manifold are thy works; in wisdom hast thou made them all.

The culture of flowers teaches industry, patience and hope. No one expects flowers to grow on hard, uncultivated ground; hence we must spade it or plow it, then industriously weed it, or else our plants would soon be choked up. We sow the seeds in hope that they will spring and reward our care by producing beautiful flowers, and we must cultivate the virtue of patience because some plants are great sluggards, while the tendency of men and things in this age is to be in a hurry. The industry with which this recreation has been pursued, shows itself plainly in the great number of the highly improved plants which adorn the gardens of the present day in contrast to those

which were cultivated some fifty years ago. Take, for instance, the Pansy, a flower that is universally known and loved the world over. It is only a little more than half a century ago that the improvements began in this little flower. A few years ago there were but few books or magazines published devoted to flowers; now there is hardly a periodical but that has at least one or more columns relating to the subject, while floricultural books, magazines and catalogues are scattered broadcast all over the land. Many of these are highly embellished with beautiful engravings and colored plates which create a desire for possession of plants thus pictured. In this way the florist's business has assumed enormous proportions so that it is quite common to meet with a greenhouse in a town of very few hundred inhabitants. It is a wholesome occupation. Ladies who fancied themselves so completely broken down in health that they have wished for death, in several instances which have come under my observation have been induced to take a little exercise daily among the flowers. The desire to do something took possession of the patient, the effort of setting out a plant here, pulling a weed there, scratching the surface of the soil with a light rake became a pleasure, and while they were doing this they were slowly and surely returning to health. The slight action necessary to labor with the few tools needed for ladies' gardening operation is just sufficient to set the blood into proper activity, and in every instance that I recommended it, I have been told that it worked wonders. A few years ago it was considered unwholesome to have plants in the house, but it has been proved by the most positive demonstration that such is not the case. And here let me introduce a few lines from a correspondent. "Flowers form one of the most important factors in civilization. It seems to have pleased the all-wise maker of the universe to beautify the hillsides, the valley, the forest, and even the low ground that is nearly or quite covered with water with lovely and beautiful flowers. Then why should not man, who was made after the image of his Maker, and has some of those longings for the beautiful and the perfect follow such a pleasing example and cultivate the flowers that have been given him so plentifully and thereby beautify his home?" Flowers are associated with all that is bright and beautiful on earth. They have a language and they speak to us of Nature and Nature's God. The following beautiful lines so thoroughly echo my feelings that I feel safe in advising all to make use of the sentiments conveyed in them:

Make your home beautiful—bring to it flowers,
Plant them around yon to bud and to bloom;
Let them give light to your loneliest hours—
Let them give light to enliven your gloom.

If you can do so, O make it an Eden
Of beauty and gladness almost divine;
'Twill teach yon to long for that home yon are needing,
The earth robed in beauty beyond this dark clime."

THE OUT DOOR GARDEN.

As to the exact situation for a flower garden, it is not always in our power to choose. A level spot, however, is preferred, for if it slopes to any extent, heavy rains will wash away the soil. The *best* location is one having a southern aspect, sheltered from the north and west winds. A location which lies to some other aspect, the east for example will answer, but an inclination to the north or west or any point between these should be avoided if possible.

The soil must be rich. In our western country it is abundantly fertile, but if it is not so, it must be brought into that condition by heavy manuring and deep working. If it is clayey and heavy, sand will make it light, and if it is too sandy, wood ashes and well rotted manure will be of great benefit to it. Have it made deep, rich and dry—not too dry—and you have what is wanted for your flower garden as far as soil is concerned. If the ground is very poor, it will pay to cart it off altogether and replace it with better. That which may be obtained from an old cow pasture is the best for this purpose I have ever found. Where decayed forest leaves can be had, a portion may be advantageously mixed with the soil.

The best time to commence a flower garden is in the Autumn, so that by the middle of October the beds may be in readiness to receive the bulbous and many of the herbaceous plants and such shrubs as are usually set out at that season. The work therefore may for this be commenced in say September; if it must be deferred until Spring let work be begun then at the earliest moment the soil will work without sticking to the spade. But as Autumn is decidedly the best time, we will proceed to the laying out of the flower garden. The writer is not what is known as a landscape gardener, nor is it his design to give elaborate plans, for those who can afford to lay out a garden in a luxurious manner will be likely to call in the services of an expert. As to the style, it may be either square, round, oblong or irregular, and in such manner as the taste of the owner may suggest. It is usually most convenient to lay off the ground into beds, or walks may be made and the adjoining ground planted with shrubs or low ornamental trees for a background and in front of these tall-growing herbaceous perennial plants may find a place. Let the garden be leveled, the walks laid out, and dug out as well if it is proposed to fill them in with gravel, broken bricks or small stones; the next thing in order will be the edging. For this purpose there is nothing to my mind so neat as box, but it is seldom seen now-a-days, indeed I can not call to mind having seen a garden in the West where the edgings are made of box. Grass makes a neat edging where it is well kept; pinks, too, make a pretty and fragrant edging, and one of the Sedums which bears a star-like yellow flower is very pretty, but needs frequent trimming to keep it within bounds,—any or all of these may be used by way of a border.

There are some who will not go to all the trouble to lay out a flower garden. A simple way then is to make one upon the grass, as the beds are simply cut out of the lawn, then raised in the middle so that water will run off and then planted. This system can be elaborated to a wonderful extent, as those who may have seen the so called "carpet beds" in the South Park of Chicago will admit. The plan is wrought out by putting together various low growing plants so that when grown they represent the design of the artist, sometimes a dial, again some prominent man. Indeed there is no end to what may be done in this way, although it requires a great many plants. The little star and ribbon beds are made by first cutting the bed, to the proper shape, and then filling in with plants whose flowers will produce the colors desired. One of the most beautiful stars of an azure blue was wrought out with sky blue pansies. A graceful ribbon bed had tall growing asters for the back ground, followed by lines of verbenas and phloxes of var-

ious colors. Two beds that I made years ago were constructed thus: For centre of circle, a white foliage plant, *cineraria maritima*, around that a ring of golden phyrethrum, next a circle of Master Christine geranium, (light pink), the whole edged with blue lobelia. The ribbon bed had dahlias for the back ground, then a line of perilla, a dark level foliage plant, next a row of scarlet flowered geraniums, then a line of dwarf yellow coleus, and the outside row of all, verbenas. In addition there should be other beds reserved for planting of choice bulbs and the small annuals that are not showy except in masses. Three feet square is a fair size for such beds, though they may be proportioned to the size of the garden, but above all things do not contract the walks at the expense of the appearance of your garden,

WHAT TO PLANT.

The garden being prepared in the fall of the year as suggested, roots of herbaceous plants may be procured and set out. Among those which now occur to me are Hollyhocks, Sweet Williams, Phloxes, Canterbury-bells, Red-hot Poker Plant, Columbine and Golden Rod. The common or popular name is purposely given. All are easily cultivated for as a rule they will grow where anything will. Once in three years they should be divided and transplanted. Division should be done either at the end of Summer or at the time of making garden in the Spring.

ABOUT LILIES.

All lilies should be moved in the fall, say October, and when they are to be grown in beds let these be about three feet wide and as long as you please. Put the lily bulbs in deep—not less than six inches—and keep a mulch or covering of straw over them the first year. Old, half-decayed leaves from the woods is the very best for the purpose, but when these can not be obtained straw will do very well. Lilies form two sets of roots; the first start from the base of the bulbs shortly after planting and remain as long as there is life in the bulb. When the flower stem is formed another set of roots grows on top of the bulbs whereby the species is increased, for among these the young bulbs are found. Nearly all of the hardy lilies thrive best in a cool, moist soil, one that does not become hard and dry in Summer. It is not necessary, however, to plant them in wet, boggy soils, but a soil that is constantly moist is preferable to one that parts with all its moisture in time of drought.

Some lilies do better in boxes than in the garden, particuly *Auratum*, *Candidum* and *Brownii*. The pot, box, or tub should be large enough to hold at least one peck of soil, which should be good garden soil, rather sandy. Set the bulb at least six inches below the surface of the soil, and press firmly with the hand. Give water enough to keep them from drying away—little while resting—plenty when growing. Set anywhere until severe cold weather, then remove to the cellar. If kept too warm, a spindling growth will result. When mild weather comes bring them to the air and light.

The so-called "Easter Lily" (L. Candidum) and Lily of Purity (L. Harrisii), the latter being an improvement of the old *L. Langiflorum*, bear forcing, that is by a certain treatment are made to bloom outside of their natural season. These two varieties are most extensively grown by commercial florists to produce cut flowers for Easter. Mr. Peter Henderson, who probably stands at the head of the florist's profession in America, says that the method is to pot the Candidum bulbs in six-inch pots any time from September until the fore part of December, sinking the pot containing the early potted bulbs out of doors in a sheltered warm spot, and covering with leaves as cold weather approaches, so they shall not get frozen at any time.

Those that are potted later, say from the middle of November, should be plunged in the same way in a cool greenhouse or in a cold frame. This last is simply an ordinary hot-bed frame having a glass cover. When the pots are filled with roots, they may be brought to a higher temperature, say 55° at night, and 10° to 15° higher in the day-time. If the pots are well filled with roots, the bulbs will come into bloom from eight to ten weeks after being placed in that temperature. The treatment as given will answer also for the Lily of Purity, except that it should first be put in four-inch pots and remain there until the plant is three or four inches high. Then change to a six-inch putting the ball on the bottom, so that all or nearly all of the new soil is on top of the bulb. Soon after flowering this variety will show a disposition to rest, and it may remain in the pot or box until September. Then repot and treat as before, but after two years of this forcing the bulb will have become exhausted that it will be advisable to plant it in the lily bed out-doors to recuperate.

There are so many lilies in cultivation that the inexperienced are often unable to decide upon what they should purchase. Let such by way of a beginning get a bulb of each of these, Auratum. Candidum, Lancifolum-rubrum and album, Harrisii and double Tiger. When one has learn to grow these successfully then money may be invested in the more costly, but beautiful Brownii and the California lilies.

HOLLAND BULBS.

The person who would have a beautiful flower garden from the earliest days of returning spring, must procure and plant in the fall, some of the so-called Holland Bulbs. These consist of Hyacinths, Tulips, Narcissuses, Crocuses, Snowdrops and others. The soil for bulbs should contain a liberal proportion of sand—at least one third. In planting, always measure the depth from the top of the bulb. Small bulbs and tubes, such as crocus, snowdrop, Spanish iris, ranunculus and anemone, should be planted about two inches deep; tulips and narcissuses, three inches; hyacinths, four inches; and crown imperials, five. The cost of these bulbs has been so greatly reduced in late years, that an almost nominal sum put into them will amply repay for the very slight labor that is required to bring them into bloom. Cover the buds thoroughly after the frost sets in, with four or six inches of old manure, hay, straw, or dry leaves. Plant the bulbs where they need not be disturbed for several years, especially the narcissuses and snowdrops. Hyacinths, crocuses and tulips should be taken up every third year. This should be done after the bulbs ripen in the summer.

What has been said will bring us up to the closing months of the year, a time when little or no further work can be done in the flower garden, so try head work during the winter. Make a definite plan of the arrangement of the beds for next summer, and the effects your proposed combination are likely to produce. It is customary in the larger gardens to draw diagrams of the flower beds upon paper, and color these with such tints as they will be likely to assume when in flower. Read up all good literature bearing on this subject; decide upon what you want to purchase in the way of trees, shrubs, plants, bulbs or seeds; make out your order early, and place it in the hands of some reliable person, for execution. Deal always with principals;—no agents,—then if any thing turns out contrary to expectations; a pleasant letter to the person or firm, from whom you purchased, will generally bring about a satisfactory settlement.

SPRING FLOWERS.

The advent of spring is usually announced by the bloom of the crocuses and snowdrops; indeed they are often seen pushing their pretty flowers

through the snow. As soon as may be after this, remove the litter which has lain upon the bulb beds, not all at once, lest a severe frost kill the tender shoots just peeping above the ground. Soon the other bulbs will appear, the narcissuses, the hyacinths, and the tulips will add their beauty and fragrance.

While the bulbs are coming rapidly forward into bloom, preparations for the garden which is to be the summer glory and autumn pride, may be attended to. We will assume that the seeds of annuals have been obtained; let us take some of the more tender varieties and sow them in boxes in the house, so that they will be stout plants when wanted to set out in the open ground in May and June. To fill out some of the beds, verbenas, pansies, phloxes stocks, petunias, and the various kinds of Japan pinks will be in order, and all of these can be much forwarded into early bloom by being sown in the house. Cigar boxes are very handy, but the bottom must first be perforated, and broken pots or shells put in the bottom for drainage. Then take good, rich earth and rub it through a sieve, or your fingers will answer, to take out all the lumps. Fill the boxes and then carefully sprinkle the seed over the surface of the soil; sift on enough soil to cover the seed, sprinkle with water very gently, and then set in a rather dark place. If it is warm, the seed will start earlier. A pane of glass laid over, or even a sheet of oiled paper, is a great help. If you can give them a warm place, the seeds will start sooner. We might here sugest the use of a *Hot Bed*, but this requires more care in construction and operation than an amateur can be supposed to bestow. This is the way to proceed, however; You take an old box, say about five or six feet long and three feet wide, and with an old window sash for a covering, you have what gardeners call a *Cold Frame*. A hole the size of the box is dug two or three feet deep and filled in with strawy manure which should be well trampeled down until full. Put about six inches of soil over the manure, and on this set your box, carefully heaping the earth around the outside and put on the glass cover. In a few days the heat will be up, when the top must be opened some to allow the firey heat to escape. This done, put in the seed boxes. But whether you have a hot bed, or not, once the seeds are sown let them remain in partial darkness several days, for the seeds to swell, and keep the earth moist; if the seedlings get dry even once, they are ruined. As soon as you see them sprouting give light and air; if not too cold; or else the seedlings will spindle and die. When the tiny little plants have four or more leaves; transplant into small pots and there let them grow until wanted to set in the beds. To do this, first dig a hole and pour a little water into it, then turn the pot over, strike it a smart rap and the ball of earth will come out with the plant; place it in the hole and press the earth around it. Plants set out with balls go right to growing, and seldom need any shading; but it is well to transplant in the evening or on a clear day. In the open air towards the last of April may be sown asters, balsams, candytuft, phlox, petunias, zinnias, cockscomb, larkspur and indeed almost any of the hardy annuals. These mentioned will bear transplanting. Those who admire sweet peas should get the seed of these in the open ground as soon as it can be worked. Plant about three inches deep, and give brush for support. Then there is the Escholotz, a (California poppy), very showy, having a long tap root, and Mignonette, which, with the sweet peas, must be sown where they are to bloom, as they do not take kindly to transplanting.

CLIMBING VINES.

Vines, while they are the most graceful of plants, are very easily cultivated. The Maderia vine is one of the easiest grown, and a very rapid climber. In the spring put a tuber in the ground as you would a potato, and

in a very short time it will cover a large space. Dig up the roots in fall and winter, same as potatoes in a cellar.

For a most graceful climber and a rapid grower, as well as beautiful bell-shaped flowers; there is nothing equal to the cobea. The seeds are very thin, almost flat, and require to be planted on their edges. Needs considerable heat to start the seed. Florists usually supply young plants for less than amateurs can raise them for. Being tender, the cobea must not be set out doors until the weather is quite warm.

The cypress vine, both red and white, with their lovely foliage, are very beautiful trained upon strings. I remember of a post with a bird-house on top. At the base the ground was spaded up in a circle some three feet across, and cypress vine trained from there upon strings to the alighting board of the bird-house. It was much admired. The seeds of the cypress vine, canna and other hard shelled kinds may be hastened in germination by soaking for 24 hours in warm water.

Maurandia is a somewhat delicate vine that comes readily from seed. It does well on trellesis or even brush, such as given to support peas. A few maurandia seeds placed in a cow's horn, previously filled with soil, has given us a most beautiful living screen in the parlor window. Strings were woven backward and forward for it to run upon, and it has done well.

Nasturtiums,—the tall growing kinds, are pretty grown upon strings or trellesis during summer.

Gourds, with their curious and wonderful forms, are worthy of cultivation. One of the most singular is what is called the "nest-egg", from the fact that the fruit makes an excellent substitute for the nest-egg in the poultry-house. The fruit is in shape, size and color, as near as can be, a counterfeit egg. The dipper gourd is made by cutting away the side of Hercules club. The so-called sugar-trough variety is useful for many purposes.

There are one or two other climbing vines which once grown are sure to become permanent favorites. These are the Balsam Apple and Pear and Bryonopsis Laciniata. The fruit of the latter is very attractive and the foilage as graceful as can be imagined.

The vines that have been spoken of are all annuals, that is, the seed is sown from which plants spring up, bloom, mature their seed and then die all in one season. There are a few vines whose roots are perennial, and which may be grown from seed sown in Autumn. One of these is the Allegheny Vine, or Mountain Fringe. It is quite common in the woods in Eastern States, but I have never seen it wild elsewhere. For beautiful featherly-like foliage and gracefulness it has no equal. It stands our severe Iowa winters with impunity.

The Everlasting Sweet Pea is another beautiful plant which grows to a wonderful size with age. Its flowers much resembles the ordinary Sweet Peas only that they are firmer, and, I think, more fragrant.

For covering a wall there is nothing equal to a well-established Wisteria. It produces lovely purple flowers in great clusters which hang down like bunches of grapes. It has the disadvantage of being rather a slow grower, requiring from five to seven years to get thoroughly established, Those who can patiently wait, however, will be amply rewarded, for it is a most magnificent vine.

The Trumpet Creeper and Honeysuckle are hardy as oaks, and are not excelled as vines to cover porches, outhouses, etc.

BEDDING PLANTS.

The plants that are chiefly used for this purpose are geraniums, coleus, verbenas, and roses. There are others which are admirably adapted, but are not near so popular as these I have named. The shapes of the beds may

be as previously given; but while beds constructed after those plans are very handsome, I am more in favor of oblong beds, say ten or fifteen feet long, and five or six feet wide. The center will afford space for tall growing plants, while those of dwarf habit can be planted in the front. To my mind, the prettiest flower beds are those which have plenty of clean bright grass around them for a back-ground.

Most people make it a rule to have some house plants in winter, and of these, geraniums, as a rule, will be found in the greatest proportion. When spring comes it is customary to plant them out of doors just as soon as the days begin to grow warm, and often many plants are lost because they were not sufficiently hardened to undergo the change of temperature from the house to the open air. A better plan is to wait until the nights are warm, and in a northern latitude, from the middle to the last of May is early enough to put them out of doors, and it is well even then to place them on a covered porch for a day or two.

Coleus, more popularly known as foliage plants, are in great demand for bedding. They are cultivated for the beautiful leaf markings, the flowers being insignificant. There are some hundreds of varieties, some differing as much in habit and color as day and night, while there are other sorts which require the practical eye of an expert to detect any difference.

Heliotropes and Lantanas make excellent bedding plants. They bloom freely, are easily grown and need no particular attention.

The Verbena is one of the most popular bedding plants in cultivation. It is grown readily from seed, and embraces nearly every shade of color in its flowers. They do best in a piece of new ground, such as can be cut out of a grass plot in front of the house, removing the sods and digging the ground thoroughly, One plant in ground so prepared will cover from three to five feet of space,

The Pansy is a splendid bedding plant. It does best in a partially shaded situation. The north side of a house, for instance.

For brilliancy in color and duration in bloom, nothing can equal Phlox Drummondi. The Candytuft, in mixture, Clarkia and Nemophila all look pretty each grown in a mass. This is done by sowing the seed where it is intended they should bloom.

One of the most beautiful beds the writer possessed was composed of Balsams in many varieties. Another beautiful one was composed of Germantown week stock.

I have in mind a garden in New Jersey which was a mass of flowers from early Spring until late Fall, and nearly all were what one calls herbaceous perennials. The roots of these live over winter and go on increasing with great rapidity. All the care needed is division of the roots once in two or three years. Of these, I have in mind a dozen or more varieties of Pœnies, Phloxes, Lychnis, Columbines, Canterbury Bells, and some others whose names I do not now remember. The Sweet William and the China Pink were there, too, in great abundance.

SHRUBS.

There is nothing which can impart a greater charm to the yard about the house, than a few well grown shrubs. They need not be many, and they need not be of expensive varieties. Some of the old kinds are still the best for general use. because they are quite as beautiful as the newer sorts and we know how to treat them so that there will be no experiment in undertakiug their cultivation. The deutzias are all fine, so are the spireas and weigelias. For places where a large bush is wanted, there are the lilacs, the mock orange, the hawthorns and viburnums. For trellesis, you can get nothing better than the hardy honeysuckle; they will give flowers all the

season, both beautiful and fragrant. If you want the best effect from them, plant the red and white varieties together, and let the branches of the two mingle over the trellis. They are excellent plants for an arch over the gate or porch. The clematis is another hardy plant suitable for arbors, etc.

SUMMER BLOOMING BULBS.

A bulb is really an underground bud which contains within itself the leaves and flowers of the future plant. Further back we spoke of planting the Holland bulb as they are called. In the early spring aaother planting of bulbs and tubers will give us beautiful flowers in summer.

DAHLIAS.

These have been much improved of late years and are very showy flowers which is all the recommendation we can give them, Still they have their admirers. Dry tubers can be had quite early in the spring and then are planted iu pots or boxes in the house or a hot bed, if it is to be had, to start them. In May they may be planted out in the bed or border where they are to bloom. The tall growing kinds will require tying to sticks. The dwarf or pompone varieties are much in demand now-a-days.

GLADIOLUS.

These produce nowers or various colors and are well worthy of the very slight attention they require. They are natives of the Cape of Good Hope and are sometimes known as the "Corn Lily," By hybridization and cultivation of the seedling there are thousands of distinct varieties and the cost is very slight, some florists selling them as low as 50 cents per dozen. The bulbs should be set in the ground as soon as the weather is settled, in good soil, that which will grow good corn or vegetables will answer. Put the bulbs in deep—about 6 inches for the larger ones, and the smaller ones proportionately less. In a short time they will throw up spikes which will grow two feet high and upwards and to prevent a sudden gust of wind from breaking the spikes off, neat stakes should be provided and the spikes tied to them. When done blooming cut away the flower spikes—not the leaves—and allow the bulb to ripen. It will be ready to dig when the leaves have turned dry and yellow. When dug it will be found there are at least two and often three bulbs in place of one planted, so rapidly do they increase. Keep in the house over winter in a dry state and plant out again the following spring.

TUBEROSES.

The best bulbs for flowering are those which are large and plump. Those which are wanted to bloom very early should be started in April or May in pots or boxes of earth set in a green house, hot-bed or even a warm room. In about four or five weeks later they may be put in the garden, where they will usually bloom in August. But supposing you, by some means, had no opportunity to start them in the manner suggested, proceed as follows: Prepare the ground by deep digging and apply old manure liberally, then first having removed all the offsets which are clustered around the large bulbs, plant the bulbs in rows twelve inches apart, and six inches apart in the rows, setting them three inches deep. Keep the ground at all times free from weeds, and well stirred up by the use of a hoe. After the first frost, which usually occurs in October, the bulbs should be lifted and allowed to dry in the sun a day or two, being careful to protect from frost at night. When thoroughly dried they should be cleaned, removing the leaves and

allowing two or three inches of the stalk to remain; then store in a warm closet until wanted for planting.

The very small bulbs or offsets are planted like peas in rows one foot apart, six inches between every two bulbs in the row, and three or four inches deep. Cultivate the same as the full-grown bulbs, and these offsets with two years' cultivation will form bulbs of blooming size.

CANNAS.

To my mind these are the handsomest and most stately of all the summer blooming bulbs. They are chiefly used as ornamental plants at the backs of borders on lawns. They grow readily from seeds, which are very hard, and should be soaked in tepid water before sowing. The most common way to get these plants, however, is to buy a tuber from a florist in the spring; Do not put it out in the open ground until the weather has become warm—say the first of June. At that time make a hole about eighteen inches square, and put in a good supply of old manure, cover with an inch or two of soil, and on this place your canna tuber. If the weather is favorable by August, this tuber will have produced from four to six stalks, usually about six feet high, surmounted by lovely flowers. There are several varieties, and in nearly all of them both the foliage and the bloom is different. The roots are difficult to keep over winter, but where one has a real warm room, dig up the roots after first frost and set in a warm place to evaporate the moisture. In the greenhouse we keep these by the sides of the flues and even then loose some to rot. The seedlings usually bloom the second year.

CALADIUM ESCULENTUM.

Where one wants a really odd plant, and one with most beautiful foliage, let them purchase a root of the above. In appearance it will remind you of a turnip, but one never knows the beauties that are hidden away in a dry bulb. Let us suppose it is May and your caladium has arrived. You want a good large hole dug, as much as three feet across the top, and about two feet deep; put about a foot of old manure in, then your bulb, and cover it, say six inches deep; give it plenty of water at all times; seemingly it can never get enough, and in a few weeks a stalk about a foot high will have grown, this will soon unfold and show you a leaf that from a fancied resemblance to an elephant's ear, has caused this plant to be so named. I have grown these plants close by a wall so as to supply them abundantly with water and one year got a single leaf which measured thirty-three inches across. It bears a yellow flower, but very seldom produces one. In winter care is about the same as recommended for cannas.

OXALIS.

One more bulb is the summer blooming oxalis. For the border of a bed or a walk there is nothing so economical and beautiful. A hundred bulbs of these can be bought for ten cents, and these planted in a row about three inches apart, will by fall have increased to thousands. There are two varieties, Lasindria, the largest with a light green leaf, and a pretty pink upright flower, does not increase so rapidly as Dieppi which has dark foliage and a dwarf creeping habit.

None of the summer bulbs will endure our northern winters. All must be dug up in fall, carefully dried, and kept free from frost until planting time comes again.

Floral Hints.

To Kill Earth-Worms.—Ten drops of carbolic acid in a pint of water, poured over earth in flower-pots will kill all earth-worms.

Sure Shot for Rose Slugs.—Make a tea of tobacco-stems and a soap-suds of whale-oil or carbolic soap, mix and apply to the bush with a sprinkler, turning the bush so as to wet the under as well as the upper part of the leaves; apply before the sun is up three or four times.

Lily of the Valley.—Those who have this in their gardens may secure flowers of it in the house late in the winter by lifting a bunch late in fall. Pack closely with earth in a box and leave out of doors till after frost, giving only a slight watering now and then. Bring into the house about holidays, place in a sunny window and the flowers will soon develop. They then need an abundance of water.

Freesia Refracta Alba.—Among new bulbs none have so quickly won their way to popularity as quickly as this. Its perfume is delicious, not objectionable as are tuberoses. The flowers are a tube-shaped, pure white, with a yellow blotch on the lower petal. Plant the bulbs in fall in sandy soil and keep in the light, water and give little more until growth begins. When done blooming, withhold the water, and when the bulbs are ripe, store away in a dry place until next Fall.

Chinese Primrose.—For a neat, flowering plant for the window, there is nothing better than this. It is not suitable for outdoors, but in a greenhouse or even in a window it will with proper management bloom the year round. Usually, however, the blooming period is in winter and early spring. It needs a moderately warm place, quite near the glass, and good drainage in the pots. If, as is generally the case, the plant grows top-heavy, it should have a few small sticks placed around to support it. It is raised from seed, and florists supply young plants quite reasonable.

Flower Pots.—Take common red clay flower pots, scrub them until all spots are removed and they are of one color. Then get a package of *silhouttes* and paste them not too thickly over the pot. Then give a coat of varnish. They are quite ornamental, and when suspended by a red cord they make a very nice hanging basket. In handsomely or even moderately well furnished room the plain red pots seem shabby.

Ivies.—A successful cultivator of ivies feeds them with iron and cod-liver oil; the iron in form of rusty nails, mixed into the earth. Another produced a luxurious growth by watering once a week with tobacco-water; making a tea of refuse tobacco-leaves and stems, or of coarse tobacco. The water from the washing of fresh beef or fish is also of great benefit to ivies. Moisten the leaves with a sponge wet in tea, or simply wash with tepid water; as to have success with them they must be kept free from dust. Tea-leaves placed around ivies are good for them.

To Keep Plants Without a Fire at Night.—Have made of wood or zinc a tray about four inches deep, with a handle on either end, water-tight—paint it outside and in, put in each corner a post as high as the tallest of your plants, and it is ready for use. Arrange your flower-pots in it, and fill between them with sawdust; this absorbs the moisture falling from the plants when you water them, and retains the warmth acquired during the day, keeping the temperature of the roots even. When you retire at night spread over the pots a blanket or shawl, and there is no danger of freezing. The tray may be placed on a stand or table and easily moved about.

Crab Cactus —This is one of the nicest plants for winter bloom. It is easily raised from the slip and requires but little watering or care. It blooms about Christmas, the flowers last for several weeks, and after they are gone the plant can be set away in the cellar, or cupboard and be watered rarely until spring, when, if placed in a somewhat shady place it will need no further attention. It grows through the summer and the buds set on in the fall.

Window Gardening.—All the varieties of English ivy, the hoyacarnosa, the passion flower, the jasmine, the pilogyne suavis, and begonias are especially sustable for winter culture. Very pretty effects may be produced at the cost of a few cents, by planting verbenas, morning-glories, cobea scandens, and the maurandias in baskets or flower-pots, which may be concealed behind statuary or bronzes. The best fertilizer for them or any other house plants is that afforded by the tea-pot; the cold tea-grounds usually thrown away, if poured as a libation to these household fairies, will produce a miracle of beauty and perfume.

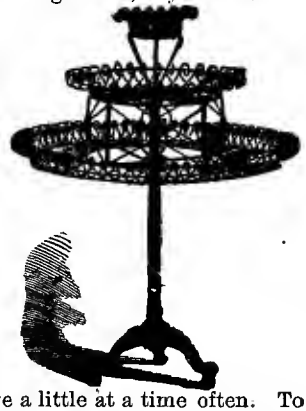
To Prepare Autumn Leaves and Ferns.—Immediately after gathering, take a moderately warm iron, smear it well with white wax, rub over each surface of the leaf once, apply more wax for each leaf; this process causes leaves to roll about as when hanging on the tree. If pressed more they become brittle and remain perfectly flat. Maple and oak are among the most desirable, and may be gathered any time after the severe frosts; but the sumac and ivy must be secured as soon after the first slight frost, as they become tinted, or the leaflets will fall from the stem. Ferns may be selected any time during the season. A large book must be used in gathering them, as they will be spoiled for pressing if carried in the hand. A weight should be placed upon them until they are perfectly dry; then, excepting the most delicate ones, it will be well to press them like the leaves, as they are liable to curl when placed in a warm atmosphere; these will form beautiful combinations with the sumac and ivy.

Soot as a Fertilizer.—Tie some in a bag and dip up and down in two or three gallons water much in the way blueing is used in laundry. It is applied directly to the house-plants in the usual way with a watering pot, taking care not to get it on the leaves.

Flower-pot Covers.—Where one wishes to use plants in decorating a dining table or any place, knit or crochet a cover of green yarn or zephyr to slip up over the crock and around base of plant with a cord and tassel run in top of cover. A piece of round pasteboard, size of bottom of crock can be placed inside of cover before putting in the crock. These covers are very useful as they hide the crock and enable one to enjoy the flowers without spoiling the plant. It is nice to have two or three of them as they are inexpensive and very easily made.

Fuschias.—When the leaves have fallen off fuschias it is better to allow the plants to complete their rest. Give just enough water to keep the soil from getting dusty, and let them remain dormant until after the first of January. Then repot in fresh soil, water liberally; when they commence growth, give them all the light and air the rooms afford. It must be remembered, however, that the fuschia is by no means a winter-flowering plant, though two varieties, Speciosa, and Mrs Marshall come into bloom very early in the year.

Wire Flower Stand.—There are few ladies who are willing to forgo the pleasure of having growing plants or flowers in living rooms, any contrivance that makes the care of them less burdensome, that disposes of them in a more compact space, out of the way of the men folks, most of whom care more for comfort than flowers, is worthy of consideration. There are many designs in flower stands now made in wire, very strong and durable, and yet light, neat and convenient. All are set on strong castors, so as to be easily moved, and the form represented here is so planned that all the plants may be easily turned to the light on all sides. It also gives room for a large number of plants in a small space.



Hints about Plants.—Few things are necessary for the successful cultivation of house plants. A patient, untiring spirit is most important. The other requisites are plenty of sunlight, fresh air and water when they need it. It is better to give a good supply of water when called for by drooping leaves, than to give a little at a time often. To repot, turn plants upside down on the left hand, rap pots sharply with stick; this will loosen it from the ball of earth; lift it off, and place the plant in a pot two sizes larger, or in the ground. Do not leave the soil too rich with manure but well mixed, and composed of sod-soil, wild or leaf-mold, and well-rotted stable manure. Cut plants back pretty closely when you change them, and they will thrive better afterwards. Water well at first, then only moisten slightly until they begin to grow. A good rule for watering plants is once a week in winter if the weather is mild, or when it has moderated, have a gallon watering-can filled with blood-warm water, stir in a tea-spoonful of aqua ammonia, and as you set the plants in a convenient place (kitchen floor will do), pour in pot a plentiful supply of this warm water, and after this, sprinkle well with warm water without ammonia. In summer two or three times a week is the rule. Ivies need large pots, and should be repotted every year in the summer time.

Starting Slips.—A good way is to partly break off the slip, but not entirely sever it from the parent stock, leaving it hanging for ten or twelve days; then remove, and plant in a box of half sand or brick-dust and half leaf-mold, and it will be well rooted in a week. Do not water too freely, or the slip will rot. This is better for both slip and plant, as the slip will get nourishment from the plant while healing over, and its removal will not weaken the plant so much. Hyacinths are very attractive flowers for window-gardening, and at the same time require very little care or trouble. Get the bulbs in the fall before frost, from any good florist, and keep in a cool place until December, then plant each one in a four inch pot with soil one-fourth sand, one-fourth well-rotted manure, one-fourth garden or sod-soil, and one-fourth broken bits of moss and leaf-mold; water thoroughly at first, and set in a dark closet until the first of January, then bring to light and give plenty of water. A very good way is to set half a dozen or more pots in a large dripping-pan, pour hot (not boiling) water in pan, and let set for one hour. After they are done blooming, let them dry out gradually. They will not bloom the second season as well as the first.

Keeping Cut-Flowers Fresh.—Cut-flowers soon droop and fade. Here are some of the ways in which they are preserved: Add to the water a few drops of camphor or ammonia, a little salt, a lump of charcoal, or immerse the

stems in hot water when a bouquet is first made, and then as they commence to wilt repeating it, first cutting off the ends. Have a skillet or pan on the stove with boiling water, in depth from half an inch to an inch, hold the stems in the boiling water for a few seconds, make into bouquets and place in water; or if you wish to send to a distance, pack in a box, and send by mail, or any way you wish. When placed in the water a little salt or a rusty nail dropped in helps to keep them fresh. In making bouquets, be careful not to crowd too many flowers into one vase. They will last longer, to say nothing about their improved appearance, if they stand loosely. Never use cold water. Let it be lukewarm, and soft if possible. Sprinkling flowers in vases at night will help to keep them fresh, and, better still, lay them out on the grass where they will receive the dew, being careful to take them in early in the morning in summer, before the hot rays of the sun have wilted them.

Florists in sending cut flowers any distance put them in air-tight boxes; and in keeping corsage bouquets one can keep them much longer by above method. Flat bouquets, made in plates or glass platters, can be built up with a foundation of sand. Flowers will last much longer if their stems are thrust into wet sand than they will in water. The sand can be covered with moss, the flowers can be arranged in any fanciful shape that suits, and they will not be likely to become disarranged, for the sand holds them in place firmly. Instead of moss, leaves can be used to cover the surface and make a ground-work for the design, or bits of geranium branches, which often put out roots in the damp sand, and most of them grow right along as if nothing had happened to them. In making button-hole bouquets, or arranging flowers such as roses, camellias, etc., for the hair, cut the stems off at right angles and immediately apply hot wax to the end of the stock, then wrap in tin-foil, or to keep them, after applying the wax: place each one in a paper cone or cap so that the leaves do not touch the paper. The cap should be sealed up with glue to prevent air, dust or moisture from entering. When the glue is dry it should be placed in a cool place. When wanted, cut off the wax end and place in water, where it will bloom for a few hours.

Glass or tin forms for decorations for table are convenient and elegant. They may be filled with water or wet sand, and may be made in any fanciful form. The flowers are so placed that they conceal the form entirely. Small forms, made in form of letters, are often used to indicate the initials of the guest at whose plate they are placed, and the custom is a very pretty one.

House Plants.—Plants that require a high or low temperature, or a very moist atmosphere, and plants that bloom only in summer are undesirable. Procure fresh sandy loam, with an equal mixture of well rotted turf, leaf mold and cow-yard manure, with a small quantity of soot. In repotting use one size larger than they were grown in; hard burned or glazed pots prevent the circulation of air. Secure drainage by broken crockery and pebbles laid in the bottom of the pot. An abundance of light is important, and when this can not be given, it is useless to attempt the culture of flowering plants. If possible they should have the morning sun, as one hour of sunshine then is worth two in the afternoon. Fresh air is also essential, but cold, chilling draughts should be avoided. Water from one to three times a week with soft luke-warm water, draining off all not absorbed by the earth. Do not permit water to stand in the saucers, as the only plants thriving under such treatment are called lillies, and even for these it is not necessary unless while blooming. Dust is a great obstacle to the growth of plants; a good showering will generally remove it, but all the smooth-leaved plants, such as camellias, ivies, etc., should be occasionally sponged to keep the foliage clean and healthy. Plants succeed best in an even temperature ranging ftom sixty to seventy degrees during the day, with from ten to twelve degrees lower at night. If troubled with insects, put them under a box or barrel and smoke

from thirty to sixty minutes with tobacco leaves. For the red spider, the best remedy is to lay the plants on the side and sprinkle well or shower. Repeat if necessary. The soil should be frequently stirred to prevent caking. If manures are used give in liquid form. Some of the most suitable plants for parlor culture are pelargoniums, geraniums, fuchsias, palms, begonias, monthly roses, camellias, azaleas, oranges, lemons, Chinese and English primroses, abutilons, narcisus, heliotrope, stevias, bouvardias, petunias, and the gorgeous flowering plant *poinsettia pnlcherrima.* Camellias and azaleas require a cooler temberature than most plants, and the *poinsettea* a higher temperature. Do not sprinkle the foliage of the camellias while the flower-buds are swelling, as it will cause them to droop, nor sprinkle them in the sunshine. They should have a temperature of abont forty degrees and more shade. By following these rules, healthy flowering plants will be the result. When plants are frosted, sprinkle with fresh cold water, and place under a box or something that will exclude the light and prevent too great a change in temperature. Keep them thus for two days. After sprinkling, be careful to put them where they will not chill again. Horse-manure. two years old, is best for carnations. For begonias good drainage is indispensable. The whole family thrive in a compost of one-half loam and one-half leaf mold, with a slight portion of sand. From September to Februery give pelargoniums only enough water to keep them from wilting; then water freely, and when they begin to bud, apply a little liquid-manure, or add ammonia to the water twice a week. Double geraniums should be kept in small pots, as they will not bloom well until the roots become compact. They require a higher temperature than the single varieties. During warm weather the foliage of fuchsias should be well sprinkled every evening to prevent its becoming seared too early. To obtain plants of the greatest beauty in form and color, plenty of light and space is essential. Do not allow the foliage of one plant to overshadow another.

DRESS MAKING AT HOME.

Tnere are many women who spend but a small sum yearly on dress, but only a few on that little contrive to dress neatly, and closely enough to the prevailing fashion to make a ladylike appearance. Some are so mistaken as not to care how they look. This is a serious mistake, for a well-dressed person not only commands respect and consideration from others, but, from the consciousness of being becomingly dressed, feels better, has better command of all her faculties, and makes a much better appearance in any circle. It is worth while for a man even to take special note of his dress when he has any important business on hand, and a thousand times more so for woman whose success depends in a larger degree on an attractive exterior. In a man, genius may cause slovenly garments and habits to be overlooked, but no genius can make a slovenly or even carelessly attired woman attractive or successful. There is, among people of small means, too much neglect of personal appearance. The happiest people are those who make the best of adverse circumstances, instead of magnifying trouble and brooding over small miseries until they become mountains of tribulation. Because one can not afford the richest fabrics is no reason for dressing shabbily, or even out of taste. Taste costs no money, only a little study, a little exercise of the brain.

It is a great mistake to suppose that economy in dress means shabbiness; the one is commendable, the other odious. It is unpleasant to see elegant dresses worn after they have reached a point beyond neatness, but it is positively disgusting to see dresses which were poor in the beginning continued in service after they have become ragged and dirty. Ragged is a hard word to use in connection with ladies' apparel, but it is unfortunately true, that some of the dresses worn in home life are far more neat than whole. Worn sleeves, torn breadths, and a fringe of ragged braid upon the bottom ought to condemn a dress. But when it reaches that state, some women think it is in just the condition to wear when there is no risk of its being seen by any other than the members of the family. Wise matrons, it is said, advise their sons to select rainy evenings for calling upon their young lady friends, so that they may find out who are fit to be seen when not expecting visits. The visitors who find a charmer who is, on state occasions, beautifully clothed, wearing a slouchy, dirty wrapper, with trimmings half worn off and pinned up in places,

no collar or ruffle, but a tumbled lace handkerchief knotted around the throat, and hair still in the torture of crimping-pins, and slipshod boots, with missing buttons, may be excused if they make a short call and never repeat it. Many a slatternly girl has lost a lover by allowing careless habits to fasten upon her. The time spent in keeping garments in perfect order, and thus preventing shabbiness, is well bestowed, for besides the comfortable self-respect conferred upon the wearer, the clothes reward the efforts by lasting twice as long.

Gratifying good taste in dress does not necessarily involve a great expenditure of money, for good effect depends less upon a costliness of materials than on the graceful and becoming designs into which they are wrought and the pleasing way in which colors are combined.

Women should make a study of the *art of dress;* instead of extravagance it would promote economy. If each would study her individual style, she would make few mistakes in buying, and find less temptation in the passing novelties and fleeting fashions that constantly ensnare shoppers with whom dress is a matter of expenditure rather than a science. Mistakes in dress consume a great deal of money, and purchases made without careful study are seldom satisfactory, and are sooner thrown aside than an article of dress which gratifies the sense of fitness in both wearer and beholder.

Fitness is the foundation of correct taste, and dress should always be in harmony with its surroundings and with the age and condition of the wearer. A velvet dress with rich lace trimmings might be elegant and becoming upon a wealthy young lady at a reception, but a dress of the same kind would look strangely out of place at a country sewing society, worn by a young lady whose ordinary dresses were of calico. Its inconsistency at such a time and upon such a person, would be striking enough to hinder its exciting admiration.

Poverty has no more galling sting than the fancied necessity for keeping up appearances; in other words, for sailing under false colors, and presenting an appearance which imitates that of richer acquaintances. It is pitiful to see women, whose good sense in other matters is unquestionable, wearing out brain and muscle in the agonizing struggle to give themselves and their families a look of ease and style that comes naturally to their richer neighbors. It takes not a little courage to say, "I can not afford it;" but it is nobler and truer to say it than to hide behind subterfuges, or more cowardly still, to incur unwarrantable expense rather than confess to poverty.

"Put the best foot foremost," but never do it at the cost of self-respect. One who is poor should not degenerate into carelessness and shiftless ways; for if ever thrift and good management is needed, it is where money is scarce. There are some people who can make a dollar go twice as far as others, and this faculty, though natural to many, is as often an acquirement as a gift. It is the result of care, thoughtfulness, and an unceasing watchfulness, which is irksome enough until it is looked at in the right light and set down as a duty. Economy is not parsimony, although it has fallen into disrepute by being falsely so-called, That there is no disgrace in saving and no merit in wastefulness is a fact that should never be forgotten, and wise mothers who wish to fit their daughters for any sphere should carefully inculate that idea. In older countries economy is a most commendable virtue. It is only here, where large fortunes are won with such magical rapidity, that a few weak-minded people pretend to despise it.

There is a bald economy which shows its pitiful bareness in every point of dress, and there is an economy which struggles to conceal its devices and makeshifts by making everything appear to the best advantage. No one can dispute the fact that of the two the latter is far the most graceful and praiseworthy. It costs more thought and effort to make garments stylish and pretty. but the well-dressed woman has her reward in increased self-respect. One

woman will make over a hard worn dress into a dreary gored wrapper unrelieved by trimming. Another will convert the same material into a jaunty skirt and basque, and from the apparently unusable portions decorate them in some tasteful way. Certainly the lady who wears the latter costume will be better pleased with herself, and grace the family table more satisfactorily to her friends than the other

There are people who pretend to be too good to care for dress, and despise others for being fond of what they please to call frivolity. A close analysis of the character of such people would often bring to light far graver faults and weaknesses than a love for dress, which, kept within proper bounds is not reprehensible, but rather commendable.

It can hardly be repeated too often that quiet dressing should be the rule for those who are enable to procure a variety of clothes. The wearer of a showy dress is so soon recognized by it, and she, as well as her friends, grows sick of it long before its term of usefulness is over. A plain black or dark dress can be made stylishly and will be as dressy as a figured one, and will not be remembered from time to time, even if it is worn on every occasion for a long while. Bright ribbons and fresh ruffles and laces will change and beautify the plain quiet dress, and gives one a reputation for becoming and tasteful toilettes without its occurring to any one that the same old dress forms the basis of all the pretty changes. It is in making over an old dress that fancy material can be used to good advantage to freshen and piece out. but in buying and making a new dress, when the event is a rare one, it is infinitely wiser to buy it of a solid color and make it in an inconspicious manner, not forgetting to get a sufficiently ample pattern to allow of a large piece to lay aside for future alterations and improvements.

Even a very poor lady may dress with taste, and a working-girl may show more of it in her simple dress than an extravagant and wealthy lady will in hers. In fact the ability to buy finery of all sorts, and gratify a strong fancy for decoration often leads to bizarre effects, which destroys the beauty of expensive costumes. One need hardly be afraid of offending good taste by dressing too plainly, provided the plainess is the perfection of neatness. That, indeed, should belong to all styles of dress; for nothing so entirely takes away one's reputation for being well-dressed, as torn, soiled or shabby apparel or trimmings. Not only that, but other unfavorable deductions as to character and habits are apt to be drawn of those whose habitual appearance is other than neat.

People who are not rich can not afford to be careless, because clothes that are not taken care of will not last as long as those which are kept in order. A small outlay of money and a liberal expenditure of time and patience will keep even a meager wardrobe in good order, and will forestall the outlay of considerable sums. Eternal vigilance is the price of decency for poor folks. Garments often wear out faster when not being worn than when they are in use. Dresses crowed into a closet, and allowed to hang for days under the weight of a cloak or two or three other dresses, will not pass the ordeal without injury. Lingerie carelessly tossed into a drawer, where there is a confused assortment of other articles, will not come out in good order for wearing again; and torn flounces, mended with pins, do not add to the durability of a dress any more than does putting it away with an accumulation of dust on the bottom.

Handsome dresses that are not often worn should be folded with extreme care, with every ruffle and plaiting in place. This plan is supposed to prevent the sagging of the drapery that is sometimes given by constant hanging. Another way to prevent this is to hang it upside down occasionally by tapes pinned upon the bottom of the skirt; this reverses all the customary folds, and freshens the general appearance. Of course every bit of dust should have been previously wiped off, and for this purpose nothing is better

than an old silk handkerchief. The dress should be pinned up in towels or pieces of old muslin, and laid away upon a shelf, or in a drawer, if an empty one sufficiently large is available. The importance of keeping dresses in shape when they are off the person is so well understood in France that many ladies who do not have maids of their own hire a professional expert to fold away their more elegant dresses. When, unfortunately, the closets of a house are not roomy enough to contain good dresses without folding too much, large pasteboard boxes may be ordered from any box maker or book bindery, which will soon save their cost by preventing injury to costly garments. As a rule, put away every article of apparel as soon as it is taken off. Dresses must be shaken and brushed, and if they have been worn in the street, thoroughly cleaned upon the bottom, then they should be hung up by loops sewed on the back of each armhole, and if possible allowed the full possession of the nook or nail, as hanging under or against other garments is no advantage to a dress.

Shawls should be carefully folded in the original creases and pinned up in a square of clean linen before laying away in a drawer. *Cloaks* must be brushed. and either laid in a long drawer or trunk and subjected to no pressure from other garments, or hung up by a loop on the back of the neck; or better still, cut a piece of wood something in the shape of a wooden yoke, such as is sometimes used across men's shoulders to suspend milk pails to, and fasten it up by a string tied in the middle and hang the cloak upon that. It will keep the shoulders in good shape. It is a good plan, in a large closet that is oftened opened, to have a calico curtain to protect that part of it devoted to cloth and woolen goods, as by contact with dust they soon grow gray and dingy.

Throwing a dress carelessly upon a chair with other clothes taken off at night, because it is only a common one is a very bad habit, Ordinary dresses are worthy of care, and pay for it by presenting a better appearance to the end. They should be brushed, shaken, turned wrong side out, and hung up in a closet which has a door to shut out dust, and above all they should be kept in good repair. Every rip and rent should receive attention as soon as it occurs, or a condition of shabbiness will ensue that will be a great obstacle to making the dress over when the time comes.

A clothes brush, a wisp broom, a bottle of ammonia, a sponge, a hand brush, a cake of erasive soap, and a vial of alcohol should form a part of the furnishings of every toilet. After all dust has been removed from clothing, spots may be taken out of black cloth with the hand brush, dipped in equal parts of ammonia, alcohol and water. This will brighten as well as cleanse. Benzine is useful in removing grease spots. Spots of grease may be removed from colored silks by putting on them raw starch made into a paste with water. Dust is best removed from silk by a soft flannel, from velvet with a brush made specially for the purpose, or a piece of crape. Shawls and all articles that may be folded, should be folded when taken from the person in their original creases and laid away. Cloaks should be hung up in place, gloves pulled out lengthwise, wrapped in tissue paper and laid away, laces smoothed out nicely and folded, if requisite, so that they will come out of the box new and fresh when needed again. A strip of old black broadcloth four or five inches wide, rolled up tightly and sewed to keep the roll in place is better than a sponge or a cloth in cleansing black and dark colored clothes. Whatever lint comes from it in rubbing is black and does not show. When black clothes are washed, as they may often be previous to making over, fresh clean water should be used, and they should be pressed on the wrong side before being quite dry. If washed in water previously used for white clothing they will be covered with lint. In securing clothing against moths, if linen is used for wrappings no moth will molest. Paper bags are equally good if they are perfectly tight. and so are trunks and boxes closed so tightly

that no crevice is left open for the entrance of the moth fly, As the moth loves darkness, it will not molest even furs hung up in light rooms open to air and sunshine.

Bonnets and hats also merit tender care, and should not be allowed to lie about and gather dust; but, after being taken from the head, should be dusted, the bows and trimming straightened, and laid away in boxes. If the feathers seem limp and slightly uncurled, sometimes holding them over the hot air of an open register will restore them. Veils, neck-ribbons and cravats will also keep fresh much longer if carefully folded up and laid away under a weight sufficient to keep them in place. Soiled ribbons, in most colors, can be restored by washiug in alcohol and water, and, instead of being ironed, smoothed by being stretched tightly upon a board, held in place by pins, and wiped gently with a soft handkerchief once or twice in drying.

Shoes even pay for good care. On taking them off do not leave them in the shape of the foot, but smooth them by stretching out the wrinkles and bending the soles straight. If buttons are lacking, sew them on immediately, and if other repairs are needed, have them attended to at once. Never wear a shoe with a single button off, as it destroys the shape. On old shoes the fit is greatly improved by setting over the buttons as far as comfortable for the foot. If the heels become worn down on one side, straighten them without delay, or the shoe will take a permanent twist.

Gloves with many are greatly abused, which is a mistake, because to be well gloved contributes very much towards a lady-like appearance, and unless one can afford a constant possession of new gloves it is desirable to keep the old ones in order. When taken off they should not be rolled together in a lump, as it is the custom with many, but pulled and stretched lengthwise, and laid away in a box, like new gloves without any folding. They should also be kept repaired, for if rips on the finger ends are neglected they soon get so large that in mending them it is impossible to restore the proper shape of the fingers.

Kid Gloves should be turned and the tears mended upon the wrong side, they can be sewed more neatly than upon the other side. Use No. 70 cotton thread with a very fine needle; some take No. 50 and splice it, thinking it better; either is preferable to silk. When gloves are of poor kid, or where there is a weak portion, which parts easily, it is well, instead of darning them, to work an elastic stitch, with silk of the same color. This is done by making a succession of button-hole stitches, catching one to the other till the rent is filled up. When soiled they can be cleaned at home as well as at a professional cleaner. Wash them in benzine, using quite a quantity, as it is cheap when bought by the quart or half gallon, being very careful to keep a good distance from the fire or any lamp, as benzine is very inflammable and dangerous. The common benzine is best. Perhaps the best plan is to let them soak for ten minutes in the benzine, then squeeze out the gloves, wash them out in a fresh cupful until the dirt has made the liquid quite dark, then rinse in a clean cupful This last may be put away in a close bottle to use for soaking the next pair that is to be cleaned. Now pull them straight and rub with a sofl handkerchief until dry. Place over them thin, soft white paper and iron them hard with an iron not hot enough to draw them. This puts a polish on them and makes them look like new. If too large they may be shrunk a little by using a hotter iron. Now place them in a towel and lay near the stove for two or three hours to remove all smell of benzine, and then place in the glove box with sachets of violet between them.

It is an excellent plan, when one glove of a pair has unfortunately been lost, to preserve the odd one to mend with. It is not usual to patch gloves, but it often happens that a misfit can be remedied by inserting a V shaped piece in the palm; for this and other contingencies a supply of odd gloves often proves valuable.

One of the most important things is economy in the manner in which money is spent for work. Many an over tasked woman, feeling it impossible to accomplish all her sewing without assistance, will employ a dressmaker to make and make over dresses, and herself wrestle with the weary, never ending accumulation of plain family sewing and repairing which could be done by cheap help. This is not good management, for professional skill is always expensive to procure, and the price paid for making one dress would be enough to hire a large amount of plain sewing done. Cutting and fitting dresses is not difficult with good patterns at command, and there is no reason why any one should hesitate to undertake her own dressmaking. It is an art one soon acquires and becomes very expert in after a little practice. Let a woman feel herself capable of making a dress fairly well, and what a vista of possibilities opens before her. Old garments that are not worth spending a penny upon can be put to good use if the owner knows how to fashion them herself. It is commendable to work over old clothes, and make them look as new and stylish as taste and industry can contrive. Never be contented with a simply decent old dress; but, if you cannot afford a new one, take the time to make the old one tasteful and as near the fashion as can be. Perhaps some one will say you are foolish to spend time and strength on old material, but judge for yourself if it is not judiciously spent when it brings as a result a costume which gives you that comfortable feeling of self-respect that a pretty and becoming dress does not fail to confer upon the wearer. Even the most showy fashions of the present time favor remodeling and making over dresses. Two or three materials still enter into the composition of street and house dresses, and the greatest liberty of taste is allowed in the shape of overskirts and the modes of trimming. Basques, round waists, jackets and polonaises, all are seen upon new dresses. No one style seems to reign in any department of dress cutting, which is a great blessing to those who make their new dresses out of old ones. Another point which is of especial advantage to those who have real genius and skill in making over dresses is the fancy for individual novelties in costume. Ladies of fashion boast of having designed a dress which is unique and unlikely to meet its counterpart. Dressmakers rack their brains to invent styles which they can assure favorite patrons shall be repeated upon no other dress.

If abandoned garments, for which there is no immediate use in any form were always wholly, or partially taken apart and laid away carefully, instead of being tucked away at random, they would make a better appearance when their opportunity for usefulness occurs.

In these days of mixtures and combinations there are few things which cannot be made serviceable as trimmings or to assist in composing some of the costumes expert economists make up out of odds and ends; everything of the sort in a family should be saved with a view to usefulness in the future. There should be a receptacle in garret or store-room where large and small pieces may quietly bide their time out of every one's way. It is quite a treat to visit such a receptacle when the dressmaking time of each season draws near, and look over its resources. Many hidden and forgotten bundles will come to light, and be greeted as so much saving of money. Some old breadths may make a sham skirt to build a new dress upon, another fragment will perhaps make a facing or waist lining. A great deal of money is spent for such minor details of a dress, which might be saved and spent in a more showy manner, if strict attention were paid to treasuring up old possessions. Every thing of the kind should not only be saved but put away in good order. If an old dress is abandoned, do not hang it up in its worn out condition, but rip it all to pieces, clean the breadths, for if they are worth using at all, they are worth cleaning, and fold them neatly, Select all the best portions of other parts of the dress and serve in the same way.

It is very disheartening to find material in a dirty condition when the occasion comes to use it, and if it is needed in a hurry, the chances are that something new will have to be bought to take its place. The best parts of old cotton underclothes may be dyed with family dye, and used for linings for dresses and children's clothes. For waist linings cotton cloth had better be left undyed. White linings are not in the least objectionable where corset covers are worn; on the contrary, they are the choice of many dressmakers.

In altering over old *black silk dresses* do not use a hot iron on them; sponge the pieces with a sponge dipped in clear coffee, and then fold and lay away under a pressure as heavy as possible. The silk will come out looking almost like new.

An *independent polonaise*, for wearing with different skirts, is not an article of dress much advised now by dressmakers, because a certain uniformity is considered desirable in dress, but economical people can not afford to give up the useful garment which creates such a pleasing variety in a slender wardrobe. A black cashmere polonaise, for instance, or even a gray flannel one, can be worn over several skirts, and thus supply street and house costumes at little cost.

Black is handsome, lady-like and irreproachable; and she who is not the fortunate possessor of one good black dress is really worthy of pity. The black dresses of to-day are frequently gay with colored trimmings, and the Persian cashmeres and brocades that in decoration really light them up wonderfully well; but if the purse allows but one nice dress, that one should, by all means, be all black, and depend for illumination upon the little accessories of ribbons, fichus, etc., which will make it more or less dressy as required. Every woman who cares for appearances—and every one should do that—ought, if she can possibly afford it, to own a good black silk dress. Alpaca is good; cashmere is better; other black materials are very satisfactory; but nothing gives one such a comfortable feeling of self-respect as black silk. Silk is still very cheap, and fancy makes particularly so. It would cost a good deal to get a really rich plain black silk, for such a dress requires to be richer than one with a stripe, dot, or figure, and will also need richer trimmings. Better no silk than a poor, flimsy, plain one, which soon turns shabby and betrays the purchaser's trust. One will find black silk to be the most economical dress for the best dress, and with it one does not need any other, lighting it up as above directed, when wearing in evening, or on dress occasions. Besides this, a pretty cashmere or novelty suit for street wear and a dress or two for home wear gives a sufficient wardrobe. As they wear, take the silk for second best, supplying a new one, and in this way one may always have all that is necessary and yet not have so many dresses to become out of fashion. The one-suit idea is fast gaining ground and wisely so, as one can thus be better clothed, and in later style and at less expense than where a dozen different best dresses are hung in the closet, worn only now and then, thus making it too expensive to have a new suit very often. Patience and practice work miracles in dressmaking, and the amateur will, in cultivating both, learn to study her own figure and bring out its good points in a way that no professor of the art will be likely to do.

INTELLIGENT SHOPPING.

There are a few things that every shopper ought to know. She should, for one thing, know exactly how much money it is proper or expedient to spend for a certain article. Of course she is not obliged to expend the entire sum, if she has the good fortune to find what she wants at a lower price, but the limit being fixed, she should have resolution enough not to be tempted to exceed it. In all probability the sum has been determined with reference to other needs, and if one purchase is allowed to overstep the margin,

there will be inconvenient curtailing in other directions. With the stern fact of a slender purse to be kept in mind, it is weak in the shopper to spend her own time and the salesman's, looking at expensive goods which are beyond her reach. The sight of such fabrics, contrasting with the more humble ones which must of necessity be her choice, will be apt to produce dissatisfaction.

Quite important it is also, for the economical shopper to be aware of the quantity of material she will need. Rapid calculations made at the time of purchasing are very unreliable, and an appeal to the salesman will do little good, because the desire to make a sale will often prompt that person to suggest a smaller quantity than is needful. On the paper patterns sold by dealers the quantity of goods required is usually set down, but an economical cutter can often make the garment from a smaller number of yards than that given. A liberal quantity is mentioned, to allow for inexperience and more or less wastefulness upon the cutter's part. It would be wise, after selecting a pattern, to measure it, and decide by turning the pieces about till every advantage gained by dovetailing them in and out may be taken note of. There are many ladies who manage to reduce the amount of cloth usually required for a dress, so greatly, that the saving thus made is quite a consideration. In expensive goods the saving of a yard or two will go a long way toward the purchase of another dress.

Very excellent managers have been known to cut all the required parts of a polonaise, jacket, or whatever form the pattern is in, from paper, (in cases where the pattern does not give duplicate sections,) to better enable them to make the closest calculation as to the amount required. Such painstaking is sometimes laughed at and termed fussiness, but, depend upon it, any method which enables a woman in narrow circumstances to save a dollar, even, should be above derision. To show that the sum thus saved may be of some magnitude, the case of two ladies in New York may be named, who bought silk dresses from the same piece. The silk was four dollars a yard, and the dresses were to be made in the same style. One lady referred to her dressmaker for the amount of yards necessary, and the other made her own calculation in the manner just spoken of, and bought two yards less, Her dress appeared after being made, to be as ample as her friend's and she had the reward of her deliberate forethought in the saving of eight dollars. Probably the other dress was honestly made, for the quantity supplied was far from exorbitant, but less careful cutting made the difference.

How much, or rather, how little, material will it be safe to purchase for making into a silk dress, is a question often asked by ladies who are obliged to count the cost of every thing very narrowly. It is a question that could be answered more accurately regarding a single individual that in the abstract, but it is safe to say, that with careful cutting, a polonaise and simply trimmed skirt can be made from thirteen or fourteen yards of silk, according to the height of the lady. The upper part of the skirt can be of black lawn, or, instead of continuing the silk to the bottom of the skirt, it may be pieced down with lining, begining where the ruffle is put on, Even if more material is purchased, it is more prudent to piece out the skirt with other goods, and save some of the silk to use when the time for making over comes.

For ladies who live out of town, the present facilities for selecting from samples sent by mail simplify shopping greatly. Almost all merchants in large cities are very obliging about sending samples, and, even if the express charges on the goods ordered adds something to the cost it is a trifle compared to the expense of visiting the city. With the samples before one at home, one can make a cooler choice and use better judgment than when in a store, and country buyers have on this score, a great advantage over town shoppers.

Among the many points to be considered in the selection of a winter dress, is its possibility for turning upside down and wrongside out, when its future destiny may demand such transformation. It is also desirable to have goods that can be dyed, and, on that account, mixtures of silk and wool should be avoided. There are also other objections to this class of goods. They are liable to change color when exposed to dampness, and will sometimes shrink and "cockle up" in a way that makes them unsightly, and often useless. All-wool material, such as serge, cashmere, flannels and debeges, and all the goods of similar nature sold under various names, are far more satisfactory, and are often cheaper, even at the first cost than the fancy mixtures.

For those ladies who are obliged to follow some out-of-door avocation, such as carrying a subscription book, selling some article from house to house, or any pursuit which requires them to brave all weathers, the most serviceable winter dress will be one of camlet, linsey or frieze-cloth. Either of these will be satisfactory, if a grade is selected which is woven of pure worsted, with no mixture of cotton or any other fabric. If the material is bought at a reliable place, the dealer will be willing to point out the difference between the mixed and unmixed worsted material, but (the former not always being easy to find) irresponsible persons will sometimes attempt to palm off the latter upon the inexperienced. A jacket or sacque like the dress can be wadded and lined, and, if neatly made after a stylish pattern, will complete a walking costume that any lady might be willing to wear. Such a suit in dark gray, or "pepper and salt," made with emigrant skirt bordered with three or five rows of black braid, and easy fitting coat of the same, similarly trimmed, will be more stylish, and command more respect for the wearer than a half-worn silk or cashmere whose trimmings show stains of travel and dust, whose draperies have the dejected look common to long worn ornamentation. It is not to be supposed that the economist must never take advantage of a special bargain; but she must be wary, lest she is dazzled by cheapness and tempted into buying something that she could have gone without, and saved the money for a better use.

The habit of making a list, every season, of the things obsolutely needed, with their probable cost, will assist an economical shopper very much in making her purchases, and dispose her to shun showy so-called bargains, unless she sees one that will supply some item set down in her list, or can be profitably substituted for something therein. Even then she should use very deliberate judgment, and carefully refrain from buying in haste to regret at leisure.

Merchants in cities are, at certain times, in the habit of offering, as bargains, the fragments of the last season's stock to clear them out before new goods are exhibited. These bargains are sold (very often) for anything that they will bring. Experienced economists find their golden opportunity, and rarely fail to take advantage of its coming. Remnants of summer goods are to be found often at a quarter of the price asked for them on their first appearance, and, with a little taste and a clever knack at securing an imitation of some of the many fashions of the day, it is an easy thing to effect an ingenious arrangement of a few yards of new goods upon an old dress that will delude the public into the belief that the whole costume is as new as it is elegant. The point having been thoroughly settled, that close following of passing styles is incompatible with systematic economy, the woman of small means will not hesitate to make her dollar do double duty by spending it for some of these kept-over goods without troubling herself with anxious doubts and fears lest they should not be in the latest of the ruling modes. Her choice among them, if her taste and judgment are good, will be those that are quiet and inconspicuous in color and pattern. Such dresses be the fashion what it may, are always ladylike and in good style. There are some

standard goods that are never obsolete; but because each season brings its own trivial variation in the shade of color, and thickness of a twill, or some such unimportant feature, the infinitesimal change depreciates, in the eyes of large dealers, the materials of last year. Narrow stripes, fine checks and small dots, are all unremarkable, and, not coming within the range of arbitrary fashions, are never out of date, and no one need ever be ashamed of wearing them. Prints, calicoes, ginghams, and all the great varieties of the previous year's supply of cotton goods, are generally to be found among the bargains shown at such times; and there is no better opportunity for laying in a stock for children's summer dresses, or for their mothers and older sisters. Always make up cotton dresses without lining. They can be washed and ironed easily, and look almost as well as new after each time of laundrying. With a waist lining there is apt to be a shrinkage and drawing out of place in either the lining or the outside that hinders the iron from doing its work nicely. For those who have to do actual hard work, such as washing, scrubbing, etc., it may be well, now that the material is so much thinner than of old to make dark calico working dresses with waist linings of unbleached muslin to help to resist the strain produced by constant motion of the arms; but for ordinary housework a loosely-fitting unlined waist with simply a stay or facing under the arms, is quite strong enough. It would also be sufficiently so for the hardest work if people were in the habit of making the calicoes worn for such use, simply with a skirt and half-fitting saque. Many ladies make the calico skirts of working dresses of straight breadths and no gores in order that, when partially worn out, the front may be turned around to the back, thus bringing stronger breadths into the place of those which are thin and faded. The gathers are ripped from the waistband and the skirt turned upside down. After a new lease of life has in this way been secured to the skirt, there should be some way of renovating the upper portion, perhaps new sleeves, and, possibly, a renewal of the lower portions of the front if the waist is in saque form

The most economical and convenient time for making common dresses is at a season when more elaborate dresses are not in preparation. For calicoes and ginghams it will be safe to select any of the simpler styles of walking dresses. Plain percale and small checked ginghams combine well, and make very pretty combinations may be made with calicoes and prints. A very practical little English work on economy recommends keeping a little table of the widths of different materials and the respective quantities required for the ordinary garments used in the family for convenience in shopping

CUTTING.

In cutting goods, economy of material is a consideration never to be lost sight of. Make a close calculation before using the scissors at all, and do not cut any part out until you have discovered the very best way of using the cloth to advantage. It will pay one to be very deliberate and take no step without due consideration. Of course, professional hands become so entirely familiar with their occupation that it does not demand much thought, but beginners will do well to ponder and plan and calculate closely the very best and most economical way in getting a garment out of a given quantity of cloth. Large patterns are desirable for dresses and some other things, but for most garments just enough is the best quantity to have. The extra half yard, or whatever portion is found to be in excess of the right length, is often useless, and with cloth, or other costly material, adds provokingly to the expense of a cloak, sacque, or whatever the garment may be.

People who economize very rigidly sometimes argue that buying paper patterns adds too much to the cost of garments to be prudent purchases; but

that seems like faulty reasoning in most cases, for the time, strength and labor spent in experimenting, to say nothing of the eventual possible wasting of material, would more than cover the cost of the model. It is an excellent idea for two or three friends to unite and purchase paper patterns together, dividing the expense between them, and selecting medium sizes, which would be readily adapted to their different degrees of slenderness or breadth.

If the dress is being made by a person of no experience, it will be well to cut the pattern out of old material, baste it together and try it on; this not so much to correct possible defects in the pattern as to guard against the mistakes of inexperience, though even these need not be made if accurate care is used in following the patterns.

In regard to cutting-out to the best advantage, imagine that the reader of this, having, fortunately for herself, finished making her own clothes, is about to make a polonaise for her small daughter or sister. Let her select the pattern she wishes, and if it is a new one, cut a *fac-simile* of it in old cloth, baste together and try on, making any slight alteration in waist or shoulder seams that may be needed. Then let her ascertain the width of the material decided on, and calculate as nearly as possible the quantity needed—say it is three yards and a half of twenty-seven inch goods. With a piece of chalk let her mark off upon the carpet a section of that length and width, and lay the different parts of the pattern within its limits, turning and replacing them again and again till they are assuredly arranged to the best possible advantage, and the whole garment made to absorb the smallest amount of cloth that is practicable. Of course the idea must be kept in view of a right and wrong side to the cloth, or an up-and-down to the figure, if there is one, but a little study and thought, after the pieces are placed, will correct any mistake of that kind. Then it is well, before taking up the pattern and brushing the chalk-line from the carpet, to make a rough sketch or outline of the position it occupied upon the floor, and not trust altogether to memory to re-arrange it upon cloth. All this performance seems rather formidable, but if a beginner will take the trouble to go through with it for a few times, she will find it like learning a trade, and a little experience will make her so thoroughly mistress of it that she will no longer need to be subject to such preliminaries, but will, almost by intuition, lay the pieces of the pattern to the best advantage, and acquire the very desirable accomplishment of cutting well and economically. To possess such an art one should be willing to take a little trouble and make some exertion.

In cutting a dress leave the sleeves and trimming till the last, then parings of gores and other pieces can be used up. Don't be afraid of piecing. The sleeves should be whole, if possible, upon the upper parts, but the under parts may be made of patchwork, if necessary, especially where the upper part is wide. Even where both parts are of equal width care, ingenuity, and a little practice, make it possible to use up very small pieces when material is scant. The waist also may be pieced more than an ordinary dressmaker, whose time is money, can afford; but if you make your own dresses you can sometimes get one out of a surprisingly scant pattern, if you are patient and ingenious about piecing. The fronts may be faced instead of hemmed, and narrow pieces may be put under the arms without being noticed. If necessary, in a basque or polonaise, all the parts may be joined at the waist. In making over a dress quite short pieces may be used to advantage in this way. It is also possible, when sorely driven by necessity, to piece the fronts from the armsize across, and craftily cover the seam by arranging the trimming to represent a square neck. Not more than an inch, if any, of the seam need be visible between the trimming and the armsize, and that will hardly be observed.

In cutting a basque or waist from an untried pattern, cut the lining first baste it up and try it on; then, if any trifling alterations are necessary, they can be made, and the goods cut according to the improvements. Cut it as

long as the basque is to be, but if it is for a polonaise or redingote, it need be only five or six inches below the waistline. Soft twilled muslin makes the best lining; that which is stiff and unpliable is very objectionable, as it is not only hard to fit, but soon stretches out of shape and leaves the dress goods over it without proper support. Dark linings, even for dark dresses, are now less in use than light. White is much used by dressmakers, but it soils too easily to altogether unobjectionable. The best color is a pearl, or a very light gray. For calico dresses, even for winter, the waist lining should always be white, as in washing, the color of a dark lining will run into and cloud the colors of the calico. Both lining and outside of the waist should be cut the straight way of the cloth, and the seams and darts must be creased on the lining exactly by the pattern, which must be pinned evenly upon it. Lay the lining upon the length of the goods, being very particular to have it, perfectly straight, and arrange the different pieces in a manner to save as much cloth as possible. If saving is a great object, facings can be sewed on the edges of both fronts, and no hems turned. By moving the the pieces about it will be easy, where there is no up and down, to get the side pieces out between some of the larger parts. In basting the pieces together, after they are secured to the lining, be very particular to match them as the paper pattern indicates, following the creases exactly. To sesure greater precision, it is best to mark the creases with a lead pencil. One can not be too particular about these darts, as they have much to do with the fit of the dress. Having basted the side-bodies evenly to the back, tack the fronts and back together upon the shoulders and under the arms, the darts having been previously basted up by the marks on the pattern. Try on the waist, and if it is right, sew up the seams on the sewing machine and work the button-hole. Before cutting these (if the goods ravel very easily) outline each one by a row of machine stitching, leaving only room to cut the button-hole between the lines of stitching, and, in working it, take the stitches deep enough to cover the line, the same as when it is run around by hand. If it does not fit, the amateur dressmaker need not fall into despair, for, probably a judicious taking in of the seams will make it all right. If the dress is for a person with some peculiarities of figure it will be necessary to study that in fitting; if, for instance, the waist is very tapering, the seams will have to be more deeply sloped than the paper pattern, being cut for the average figure, will indicate. If the person being fitted has a hollowing back, a plait or dart laid in the middle of the back of the lining will secure a better fit.

Long seams in the back extending to the shoulder, are more becoming to stout people than side bodies ending at the armsize. If the shoulders project, an allowance can be made by leaving the back longer than the sides If one shoulder is more prominent that the other, the defect should be skillfully disguised by putting a layer of cotton upon the other side, so that the difference need not be noticed. If the arms are very thin, a sheet of cotton may be put between the outside and the lining of the upper part, Many dressmakers follow this plan, whenever the arm is not too large to admit of it, to secure a well-fitting sleeve, the short shoulders now worn to dresses requiring some adroitness in putting them in nicely, unless the material is thick like velvet, or is made so by wadding.

The next step in making the dress is to finish the sleeves. They should be slipped on the arm while the waist is on, and pinned to the shoulders. Very much depends upon the fit of the sleeves, and, even if cut from the best of patterns, they may wrinkle and set awry unless put into the armhole properly. The latter must not be too tight or cut out too much in the back.

After a basque or polonaise is finished, it should have a strong belt sewed to the back and side seams, upon the inside, to fasten the front, for

the double purpose of keeping the waist in place and relieving the strain upon the buttons.

Putting a garment together when it is carefully cut is a much easier task than when the separate pieces are not accurate, and require much measuring and trimming before they can be nicely adjusted to each other. If lining is put into either a part or the whole of an article it must be tacked upon the back of the pieces before they are basted together. Care must be taken in basting not to stretch the seams out of shape. In making up cloth, the seams, after being stitched upon a sewing machine, should be laid upon and pressed down with a heavy hot iron. Each raw edge may then be bound with a narrow ribbon or galloon. This will give a neat finish to the wrong side and keep the threads from raveling. In very thick cloth the seams, after pressing, should have a galloon laid over them, and hemmed down slightly, not letting the stitches show upon the right side; or, with a cloth with a shaggy face, the seam may be sewed up and finished at the back with a wide fell, which must be pressed flat. Thin materials, such as mohairs, grenadines, etc., if made up without lining, are most neatly finished if the pieces are stitched together on the right side and then turned and sewed again upon the wrong side. This keeps the garment in better shape than the usual running and felling.

The next thing on the programme after putting on whalebone casings, is to face the bottom of the basque. It is then ready for the trimmimg, which can be put on in accordance with the taste of the designer. Many ladies wear adjustable waist trimmings. A bias band of the material, for instance, with both edges trimmed with gimp or tiny side-plaitings, which goes around the neck and meets or crosses in front, half-way between the throat and belt. This is left off at pleasure, to make room for a dainty fichu of mull or colored silk, or for a becoming little shoulder cape of beads. These very expensive-looking little adjuncts to a dressy toilet can be made at home by ladies who have any leisure to spend in fancy work. Almost every young person has some middle-aged friend who will teach her how to make the bead fringes which, in former days, decorated the square ends of crotcheted silk purses. Those fringes were made of fine steel beads, and the netted beading done with an ordinary sewing needle. The beads now used are cut-jets of a much larger size, and three rows of the fringe are set upon a lace foundation, or even sewed together over a paper pattern, without other froundation than a row of gimp between each fringe, which is concealed by the falling strands of beads. Trimmings for the tabliers o. rich dresses are made in a similar manner by some ladies, who also imitate with their own ingenious fingers the gorgeous seventy-five and fifty-dollar fabrics which are sold in modest quantities for trimming.

In cuttiug a dress from plaid goods if the chcck is at all conspicuous, it must be arranged with care, or very ugly effects will be produced. on the waist, particularly, the plaids should match exactly where the fronts meet In cutting out goods that are striped, have a whole stripe appear in the center of the front, and have the side-forms in the back present a perfectly matched appearance. The same attention should be paid to the sleeves, having a care as in all materials, that the parts above the elbows run with the thread lengthways of the cloth. If the sleeve pattern is too short, lengthen it equally at both ends; unless this is observed, the set of it will be changed.

A round skirt is easily made with an old, well-fitting skirt, on a paper pattern as a guide. The straight side of each gore must be towards the front. The seam in the front is not to be endured, and one in the back is to be avoided, if possible, upon any skirt which is not to be worn beneath a polonaise or overskirt; but for an overskirt all things are possible in the way of piecings and joinings. In making a trained or demi-trained skirt, if it should appear scanty and hoop in the back, make a cut in the edge deep enough to relieve

it, and set in a V-shaped gore, which may be concealed by the trimming, or cut shorter slits upon each side and set in gores.

Machine stitching is used upon dresses and trimmings. Even cashmere and silk ruffles are hemmed on the machine instead of being laboriously blind-stitched, although the latter mode is is not out of date with those who do not mind trouble. It is now acknowledged by the best dressmakers that nothing equals coarse alpaca or brilliantine for a skirt facing. Nearly every color can be matched in it, and it looks well, wears well and sheds the dirt admirably. Braid is now usually not felled down as formerly. About a third of its width is allowed to project below the skirt, which is thought to hang better than when bound with the braid. It should be sewed on by hand *after* the dress is finished, *not* set in between the facing and outside, as is sometimes done. When it becomes ragged it is a simple matter to rip it off and put on a fresh one. Or, a new and very pretty way is to top-pleat the braid in small pleats and sew it just inside bottom of skirt, thus forming a little trimming as well as a protection and doing away with any other "foot pleating." It takes three bolts of braid for an ordinary walking dress.

RENOVATING.

If the silk is very dirty, spread each breadth on a large table, and sponge it upon both sides with warm water mixed with ox gall.—Rinse the silk several times in clear cold water, changing the water each time. Then sponge it upon the wrong side with a very weak solution of glue. Try the experiment first on a scrap of the goods till you find it as stiff as new silk should be. Dry the silk, and then roll it up in a damp towel and after two or three hours, iron it upon the wrong side with a moderately hot iron. Black, and some dark shades of cashmere, may be cleaned by the same process.

Where a black silk has a shiny, greasy look, its freshness can frequently be restored by sponging it with ammonia without ripping up the dress. Where a silk of any color becomes more defaced with spots than actually soiled, the spots can be removed by rubbing them with a mixture made by putting half an ounce of camphor and an ounce of borax in boiling water, and adding to it when cool a teacup of alcohol and half that quantity of ammonia.

A favorite way of *cleaning* and *restoring silk*, is by sponging it with a preparation made by boiling a large, unpeeled potato and a kid glove together for a long time. The glove should be of the color of the silk, and if the shade is very light, the potato must have the skin removed before boiling. After the mixture is cool add a small quantity of ammonia if the silk is very dirty. No glue or gum will be needed, as the glove furnishes the proper degree of stiffening. After sponging, and wiping with a dry cloth, fold the silk in as nearly as possible the form of new silk, or roll it upon a rod covered with thick cloth. Avoid ironing it if possible, as the texture of the silk is better preserved without the application of heat; but if the wrinkles do not disappear, press it on the wrong side with as cool an iron as can be efficiently used. The glove and potato treatment is excellent for restoring black of all kinds, even veils and shawls.

Another way of *cleaning black silk* is first to thoroughly brush and wipe with a cloth, then lay flat on a board or table and sponge well with hot coffee thoroughly freed from sediment by being strained through muslin. Sponge on the side intended to show, allow to become partially dry and then iron on the wrong side. The coffee removes every particle of grease and restores the brilliancy of silk without imparting to it either the shiny appearance or crackly and papery stiffness obtained by beer, or indeed, any other liquid.

The silk really appears thickened by the process, and this good effect is permanent.

The following method of *cleaning silks* has many advocates, and is said to be admirably adapted for delicate evening shades: To quarter of a pound of soft soap put a teaspoonful of sugar and a large coffeecupful of alcohol. Wet the silk all over with the mixture, then rinse it in several waters, being careful not to crease it. Let it dry partially, and iron it upon the wrong side, unless it is smooth enough after rubbing with a soft towel. There is a great difference in silks in this respect. Some that are very soft and of rich quality will be smooth and unwrinkled after cleaning, if simply smoothed with the hands and carefully folded; others need thorough pressing with an iron to put them in good shape. Heat takes the stiffening from silk, and, if it is found necessary to iron it, it is well to dry it and then dampen with water in which a little gum or glue has been dissolved. The wisest way, as suggested above, is, in any of the methods given to try the whole process upon a small piece of the silk to be cleaned. Observation will then indicate if any change is needed in the operation All these receipts have been tried with very good results; but to get a good result in cleaning silk takes time, patience and backache.

If silk, after having been done over, or refinished, as it is called, looks well enough to make up again as a dress, it is very important that new lining should be used. Save the old ones to line every-day dresses, but be sure to buy new waist and sleeve linings for the silk, or it will fall into the creases and folds that wearing has produced in the muslin, and have an old expression in spite of all the trouble that it has cost. If the silk is to be cut up for trimmings it will pay to line them. Bias frills and side-plaited ruffles can be lined with coarse Swiss and folds and bias bands interlined with old thin muslin which has been nicely starched and ironed. Attention to these small details will do much toward giving a new look the material.

Grease spots in any goods should be taken off as soon as they appear, as they yield to treatment much more readily before dirt finds a lodgment in them. Benzine is one of the best agencies in use for removing grease from woolen dresses. Some people consider it best to wet the spot first with cold water, and apply the benzine within the circumference of the water-mark, asserting that even upon colored silk fabrics no trace of the benzine will be left after exposure to the air. Taking out spots which have destroyed or impaired the original color is a difficult matter and one that will need experimenting upon in each case. Sometimes a mixture of camphor and borax is efficacious, and in others strong beer is a beneficial application. If acids have caused the trouble, a weak solution of ammonia will often have a good effect. Sometimes an application of liquid blacking upon the faded or discolored spot mends the matter, but that succeeds best on material that has a nap or rough surface. A solution made by boiling logwood chips in a little water is said to be very good for restoring the color of black cashmere and other smooth woolen goods. It should be applied to the the spot with a sponge, and the operation should be repeated several times drying the goods after each application, and finally pressing it with a warm iron.

Men have been heard to say that women never brush their dresses. However untrue that sweeping assertion may be, it is certain that too little attention is paid to freeing dresses from the dust of the house and soil of the street. It is an excellent plan, upon taking off a dress, to brush it carefully all over with a small (not too stiff) wisp broom, giving particular care to all trimmings where plaits or gathers make lodgments for the dust. If there is much upon the dress, rub it off with a coarse towel or a wad of worsted goods. An excellent brush for cleaning woolen or silk dresses can be made by covering a square block of wood with furniture plush. For all silk dresses a piece of flannel removes dust nicely. Ladies who are in mourning suffer much in-

convenience from the injury caused by drops of water falling upon their crape for each drop makes a conspicuous white mark. If, while wet, these are clapped between the hands until dry, no spots will appear. If the crape has dried without their removal, lay it upon a table and put under spots a piece of old black silk; dip a camel's hair pencil in black ink and paint the spots lightly; then wipe them off with old soft silk, and the color will be restored.

Partly worn fabrics may often be profitably renewed by calling in the dyer's art. Some people have excellent success in using family dyes, and for them it will be an object to color many useful things, for which it would not be worth while to pay a professional dyer's charge. Ribbons, neckties, trimmings and many small things which need patience and careful manipulation can be colored beautifully at home. Stockings, linings and odds and ends that might not otherwise be used, can also be advantageously subjected to the amateur process, but for material that is to be remade into dresses it would be wisdom to employ the best professional skill. Some things, like merinos and cashmere, are worth dyeing at almost any price, and will look like new when they are done. Silk dyes well for some purposes, but will never look like new after the process, even if the dyer promises that it will; hence it is a mistake to use it conspicuously after dyeing. It can be used as a basis of a costume, where the lines are broken by drapery, etc, or it will cut up admirably for trimmings, but large surfaces of it should be avoided, as giving opportunity for the eye to catch sundry symptoms, such as streaks and a general limpness, which at once reveal the secret. *Irish poplins* dye well, but have the one objection of shrinking lamentably. This should be taken into consideration in purchasing one of light color, and an extra piece, sufficient for a new waist, should be included in the original quantity. *Velvets* can be colored, but although the nap is beautifully raised when done by an expert, they lose much in appearance, and a velvet which cost ten dollars a yard will have the general expression of one which costs less than a quarter of that sum. The cost of dyeing velvet is very great, and with such a result to be expected as has just been explained, it would be much better to buy good new cotton-back, silk-faced velvet. Nearly all wool materials, unless too loosely woven, color well, but mixtures of cotton and wool will not pay for the cost of dyeing. *Japanese silks* and *silk-faced matelasses* do not dye satisfactorily. *White woolen goods* will not as some people seem to think, take every color: on the contrary, there are but few shades that they will become. Light and Mexican blue, nut-brown, slate, stone color, lavender, jacqueminot, scarlet, rose and several of the very dark new shades are those which can be most certainly obtained. The reason for this limitation is because the sulphur with which the wool is whitened in the manufacture prevents most colors from taking hold evenly, to use a technical expression.

Alpaca is an exception to most fabrics composed of two materials. It dyes well and does not shrink very much. In most materials *slate color* will dye black, brown, claret, green, purple and dark blue. *Light blue* will dye medium and navy-blue, purple, crimson, green, prune, claret and black. *Claret* will dye brown, black, crimson and bottle green. *Brown* will dye darker brown, claret, black and green. *Amber* will dye green, scarlet, crimson, black and brown. *Crimson* will dye black, brown, claret and dark green. A lighter shade of crimson will dye black, brown, claret, dark green, blue ann a darker self-shade. *Drab* will dye scarlet, crimson, green—both light and dark—purple, dark blue and claret. *Light green* will dye claret, brown, black and crimson. *Dark green* will dye brown, black and claret. *Lavender* will dye brown, black, garnet, dark blue, green, plum and prune. *Mauve* will dye dark blue, black, claret, crimson, green and purple. *Navy blue* will dye brown, green, claret and black. *Magenta* will dye purple, scarlet, crimson, azuline and navy-blue, black, browns and clarets. *Purple* will dye black, dark crimson, claret and dark green. *Pink* will dye blue in most shades, all the red-

dish tones of color, medium and dark blues, black and most of the dark colors, including greens. *Scarlet* will dye dark green and blue, black, garnet and crimson. *Straw color* will take almost any color except light blue, lavender and pink.

Black and all the dark colors, if grown rusty or faded, can be dyed again the original color. They may turn out a little darker, but unless the material has ugly spots which require more dye to conceal, the color will be nearly the same as when new.

Plaid goods, if thick and unmixed with cotton, will often take a plain color, which should be at least as dark as the darkest shade in the pattern. *Black* and *white checks* prove an exception to this; as, if skillfully done, they can be dyed scarlet or light blue, the white blocks taking the color and the black remaining black.

It is damaging to dresses and other garments to lie by in a faded and dirty state; therefore, if coloring them is in anticipation, it is best to prepare and send them to the dyers. After they are redressed they can be laid away till required, and will take no harm.

Velveteen will dye and look very well at first, but being all cotton its renewed good looks fade very quickly. For furniture or house decorations it might pay to have it done, but otherwise it is hardly to be advocated.

In *coloring* the old-fashioned, home-made preparations, requiring many ingredients and much labor in preparing, have been supplanted by the "Diamond Dyes" lately introduced and kept for sale by all druggists. They are aniline dyes, and come in the form of a powder, put up in papers, and labeled with full instructions for using. The preparations for using these dyes are very simple, and no experience is required if the instructions are implicitly followed. The color card shows the exact shade of the color you select, and there is no trouble in experimenting to get the right shade. Besides the dyes are cheap and the results are equal to those produced by the professional dyer. There are several manufacturers of aniline dyes, and inquiry at the nearest drug store will secure all the information as to prices, colors, etc., that may be desired by any lady.

CHILDREN'S CLOTHING.

Very few grown people understand the hardship it is to little folks to wear outgrown or clumsy or ill-fitting garments. Boys are not supposed to have their feelings greatly harrowed at the sight of handsomer clothes than their own, but even they are quite alive to the mortification of wearing shabby or ill-cut and ill-made coats and trowsers. The trial falls most severely upon little girls, and to them it is a bitter one, and just as hard to be borne as the afflictions of grown people are. With a keen eye for beauty, and often a natural or cultivated taste, a poor child is sometimes condemned to wear garments of such a hideous character that she loathes the very thought of them, and actually suffers the most acute mortification.

There are mothers who devote too much thought and time to dressing their children, and who, by words and acts, lead them to feel that to be fashionably and elegantly dressed is the great good of life. This is a lamentable mistake to make, but it also a mistake for a mother to attempt to imbue her child with an indifference to dress or check the love of it by depriving her of tasteful clothes. An ugly dress draws the thoughts of the wearer to itself far more than a pretty, becoming one will, and a forlorn, ill-dressed little girl will grow up with a longing for finery that neat and pretty dressing will not often develop.

There is a good deal of work about making a dress, even if it is a small one, but it is very little more trouble to make it tasteful and stylish, and it

is a pleasanter task to create a pretty thing than an ugly one. Like all other arts of the home dressmaker, it takes experience to make a success of children's dresses. Amateurs are apt to take fright at the dressy, elaborate style now in vogue, but really there is nothing appealing about them with a plate or pattern to follow, and the most complicated are frequently the most easy to copy in old material, because the elaboration helps to disguise many makeshifts in the way of piecing and eking out scanty trimmings.

A dainty little miss we know of wears a dress for her "sunday best" that looks as it might have been selected from one of the shop windows. No one would suspect it being home-made, much less made mostly of a fabric no longer new. The foundation was a plain princesse form, cut from a thin lining, which, by the by, was originally a light calico morning dress of one of the older sisters. Among the cast-off clothes of the family were small portions of two very old silk dresses, one a fine black and white check, the other a plain dark brown. There was not in either enough in quantity to do much with alone, but combined there was sufficient to make a very good result. The silk was poor and thin, but it was carefully cleaned and stiffened and wherever used furnished with a thin, coarse Swiss muslin lining. Long folds of the two silks alternating were put upon the front breadth perpendicularly, reaching from the throat to the bottom of the dress in the center. Across the back were narrow gathered ruffles of check silk bound with the plain brown. The upper part of the dress was of white Angora gauze skirting, which was but twenty cents a yard, and resembled a summer camel's hair. The fronts were made in sack form, meeting over the long center plaits at one point only, about equi-distant between the throat and waist, and cut away abruptly above and below. The back was long and looped over the ruffles with very graceful effect. The cuffs were of check silk, with brown bias binding upon the edge, and the deep round collar (almost a cape) was in the same order. The upper part of the dress was covered with brown silk that was too old and poor to be fit for any other use; but, under the polonaise, the worn places did not appear, and the flannel was so thin that it required a continuous color beneath to prevent the ugly varigated appearance that some silk and bunting toilettes present. The polonaise was edged with three rows of machine chain-stitching, done with coarse brown silk, and was not a separate garment, being sewed in with the shoulder and side seams, and buttoned in the back with brown buttons.

Another dress of the same little lady's was made from a pair of old Turkey red curtains, of the dark color and heavy quality of former manufacture. The dress was made with a full skirt gathered round the waist, with five rows of shirring. The blouse-waist was gathered in the same way. The deep collar, cuffs, wide belt, and the binding to two ruffles on the bottom of the skirt, were of Madras gingham in indigo-blue shades. The combination made a very quaint and stylish dress, and was modeled from a recently imported one of much more expensive material.

Another lady who prides herself on her ingenuity made a very neat cloak for her girl from an old pair of pants. The fronts and backs were cut of narrow pieces (it could not have been otherwise), with seams extending to the shoulder. The pockets and cuffs were in good style, but not of the same material, which was a brown basket pattern. The upper parts of the sleeves were very presentable, but the under halves were curious mosaics of patchwork, telling something of the difficulty with which they succeeded in being sleeves at all; but *n'importe*, nobody—not even a child—voluntarily offers the under part of a sleeve for inspection, so its secrets need never be revealed.

In making over children's clothes or elders' clothes for children, there is a double advantage in combining more than one material. Fresher parts of both can be used, and harmonious arrangement of colors diverts the eye

from the want of newness that might be apparent in a plainer dress. In making use of diverse fabrics, there is, however, one all-important thing to be kept in mind—there must be a certain harmony in color and method in arrangement observed, or the effect will be disastrous. There are people with artistic tastes to whom the knowledge of what is fitting and appropriate seems to come instinctively, and they need no advice; but there many busy mothers living so far from our great cities and so off from the line of travel that they have but little opportunity for cultivating their tastes or of seeing what is fashionable, and often but little time to give the subject much thought.

In reading over the ordinary articles upon children's fashions, one is constantly struck with the similarity of the materials advised for their clothing, to those used for grown people. There seem to be no especial fabrics reserved for their use. This fact should be particularly comforting to those whose circumstances compel them to prepare their children's clothing from their stock on hand, which stock is generally understood to be worn-out dresses of mothers and sisters. When there was a marked difference between the styles of child and adult, the wearing cast-off dresses of their elders was a real and bitter trial to little girls; but there is no trouble about it now. Nearly everything that is wearable can be stylishly used under the present laws which govern fashion. Plaids and large figures, which might be grotesque in whole dresses, make very nice vests and trimmings to light up dull looking costumes.

Old brown or black woolen dresses that have grown rusty and faded, but have capabilities of usefulness. can be refreshed by steeping in a weak decoction of logwood. Other colors in all-wool can be re-dyed at home with the ordinary family dyes. It should be remembered that it is much easier to re-color goods the same shade than it is to make an entire change of hue. It is best to match the color that the material was originally, and saturate it in the preparation, following the usually accompanying printed directions about drying, pressing, etc. It is a pity to spend time and trouble in making up dresses which will look forlorn in spite of the pains lavished upon them when a previous re-dyeing would have made such a wonderful change in their appearance.

The present very universal fashion of shirring dresses and trimmings is admirably adapted to make over old materials into children's clothes. Worn-out ruffles can be closely gathered, or gauged, as the term is, and all the holes and thin places made invisible by the process. If, for instance, a prudent mother has laid aside the flounces from some old skirt she has long ago taken for a petticoat or other use, she will now reap the benefit of her carefulness, and find herself able to make her child a dress at little cost. Let her cut a cambric skirt of a proper size, and cover it with the flounces, shirred at each edge with two gatherings, and a similar row through the middle. The shirrings may run around the skirt, and the lapping of the ruffles may be concealed by a row of galloon or velvet, or the flounces may all be pieced together before the shirrs are made. The gathers should be distributed evenly, and sewed firmly down upon the cambric.

Another mode of using the ruffles is to set them on the skirt perpendicularly; in this case the middle shirr may be omitted in each ruffle, unless they are over five inches wide. If that style does not meet with approval a puff (made of the flounces) may alternate with a close strip of shirring of equal width with the shirring all the way around. Again, if it is desirable to piece out a scanty pattern, it will do to make the lower part of the skirt of the ruffles closely shirred, and cover the rest of it with the dress material. Both waists and sleeves, or either one alone, or deep yokes and cuffs, may be entirely made of fine shirring, which, it will readily be seen, affords a fine opportunity for using up irregular-shaped pieces of old material, as it is of very

little consequence how many pieceings are put into any thing that is so closely gathered up, always supposing that the industrious toiler has time and patience to do the pieceing. Unlimited patience seems to be the attribute of nearly all mothers, but time, the economical ones seem, alas, to have in but a limited supply.

It is cruel to condemn little girls, with their naturally dainty tastes and love for pretty things, to wearing ugly, ill-fashioned clothes; but even made out of such materials as this article treats of, they can be as pretty, if not so durable, as if new material were used.

The subject of boys' wear needs consideration, for there is no direction in which the amateur's failures are so distressingly palpable as in boys' clothes. The unfortunate little sons of poor, industrious mothers too often are condemned to wear garments that give them a hopelessly awkward appearance. Growing boys, at their best, are not miracles of grace, but well-made clothes do wonders for them; and it it is worth while for those who have the work to do to study to acquire the tailors' style of finishing garments, without which they are certain to have on uncouth, home-made air that condemns them at once. It is quite possible to learn this art by a little practice and close imitation of the finish that is found on coats and other articles of tailors' workmanship. The secret of style in men's clothes is in pressing—not such pressing as people ordinarily do with the gentle gliding of a warm smoothing-iron over the cloth—but a vigorous bearing on with a *heavy* iron that takes all the patience and strength of the worker. The iron should be, as the phrase goes, "red-hot," and the danger of scorching the goods averted by keeping an old wet linen cloth between the garment and the iron. Later, a finishing smooth may be given with a cooler iron, through a thin dry cloth, to take out the wrinkles sometimes caused by the wetting.

It is a great mistake to suppose that when a boy's garment is made from the cast-off one of a man it is not worth while to take much trouble with it, for the cloth is generally of a better quality than that commonly purchased for boys, and the worn portions can all be cut away by care in disposing the pattern.

Before appropriating cast-of coats or pantaloons of the father's to replenish the boy's wardrobes, the garments should be brushed well and ripped up; then washed through two suds made of warm water and very strong soap. For reliable colors, a little lye can be added to the first water. Do not twist, but stretch and pull the cloth, and fold up each piece tightly, and squeeze out the water by pressure, or put it carefully through a wringing-machine. Rinse again through two waters, with a little soap in the first, and press out the water as before. After all has been squeezed out that can be, hang the cloth in the air over a line, and when perfectly dry, roll very tightly in a damp towel, and leave for several hours, or till the next day; then iron on the right side, through thin muslin, running the iron over till the cloth is entirely dry. If there are any prominent grease spots on the garment, it is best, before washing, to remove them with turpentine, potter's clay, or benzine. Stains can be treated, (though not always with success) with a mixture of ammonia, camphor, and water. For example—say that a jacket is to be cut from a sack coat; having washed the former as directed, select the simplest jacket pattern and lay each piece upon the cloth in a position to make the fronts out of the freshest parts. If the wrong side of the cloth is best worthy to be uppermost, that should have been pressed instead of the outside when it was washed. Sometimes the sleeves of gentlemen's coats are made in one piece, with but one seam, and that upon the outside. Such sleeves can often be used for the back of a jacket, while the original backs and parts of the skirt can be used for side pieces and sleeves for the jacket. In tailoring work it is necessary to maintain a rigid adherence to the pattern. Where two pieces are to be joined, and one is longer than the other, it

will never do to snip off the extra length, as some careless people do, but the longest side must be held in in sewing till the extra fullness is taken up.

In putting the collar on the jacket, care must be observed not to stretch or pull it out of shape; it should also be held full enough to turn over easily and the seam should be pressed in the manner mentioned above. If possible, a jacket that has been made by a tailor should be made the model of imitation in making one at home, and, till experience has made the details familiar, it should be referred to in putting in pockets, setting in sleeves, and at every step of the way.

Small pantaloons are readily cut from larger ones, and even when the latter are seriously impaired, it is still possible to make good *new* ones out of them. If the back is in holes, the thin parts can be replaced by long gore-shaped pieces, such as are seen in army pantaloons, and a pattern for boys, sometimes called the "cadet pants," can be procured, if such a device is needful. In cutting the fronts, try not to have the exact spot come on the knees that came there before, but have it above or below, as it will not only wear out faster, but bulge out in an unsightly fashion. If the cloth is thin and loosely woven, or has had already a great deal of wear, it will be well to line the little pantaloons throughout. The fly should be lined with strong drilling interlined with canvas to give sufficient support to the button-holes. Short knee-breeches are much easier to make than long ones, and take such a small quantity of material that two pairs can be cut from one pair of ordinary-sized men's pants; but of course, after a certain age, all the king's horses and all the king's men would be a force insufficient to compel a little boy to give up his inalienable right to have his trousers as long as his father's; and happy the mother whose young son does not insist on spring bottoms, for that is a touch very difficult of attainment to any but an expert. In ordering a pantaloon pattern, it is less important to give the age of the boy than the length of his leg (measured upon the outside seam), as height varies much in similar ages. The *Ulster* is a form to be recommended for the overcoat, where new cloth is used, because it is so long and large that the material can be made into other garments when its original form is outgrown.

In making *underwear* for the little ones, the best "nightie" is that called the *Perfect Night Dress*. It is waist and drawers cut together with feet. They are thus perfectly protected even if the covers do come off. The garments can be of flannel, canton flannel or muslin. It is a great aid to the little folks if their chemiloon's waists are made *open in front* as they can then more easily learn to dress and undress themselves. There is not any reason why this should not be done, only that opening in the back has been the way and we are rather slow in leaving the heathen past. The night-dress must open in the back to allow for the flap which buttons up in the back.

ELDERLY LADIES.

Young people sometimes feel that it makes little difference how mothers and grandmothers dress as long as they themselves can make as fair a show as the family circumstances allow—a mistake which is unjust and prejudicial to all parties. It is a disgraceful, and in a great measure, a purely American notion, happily banished now from large cities, but still hanging about the country, that a young lady, even if her parents are not rich, must be gaily, and as far as possible richly clothed, and be able to show soft jeweled hands as white as the piano keys she touches deftly or otherwise, as the case may be, while mamma spends her overworked time in the meanest of clothes, and by reason of shabbiness is seldom seen by her daughter's friends, or by any one else except at church. Too often it is conscience rather than choice that takes her there, where the comfort of the the service is swallowed in the consciousness of the utter forlorness and awkwardness of

her appearance in obselete dress and antiquated mantilla that were bought long before the daughters grew up to monopolize what little comfort and luxury life in narrow circumstances can give. The mother who allows herself to be set aside in this way, and brings up her daughters to feel that hers is the secondary place to theirs, fails dismally in her duty to them and reaps her reward in the want of respect rendered to her. But if the mother of a family is herself to blame for the want of nicety in her dress, the same can not always be said of the grandmother, whose failing strength takes her partially out of the active cares of life, and who ought to be the object of tender consideration from every one in the household; and it should be every one's care to have her comfortable and well-dressed—an object of pride, a sort of show-piece, instead of a poor, pushed-aside, forlorn object, to be kept out of sight. Some clever writer says that a highly-presentable and well-appointed grandmother in a family is a patent of respectability.

There is no arbitrary dictum requiring certain things, but custom restricts them to a narrow choice of color—brown, purple, black, and gray being the only ones allowed. Artistically considered, brown should be also excluded, on account of its unbecomingness to the dull tints of hair, eyes, and complexion. The ideal dress for an old lady—and one may as well know what the ideal is, even if there is but small hope of investing it in the real—is severely plain velvet, with soft tulle handkerchief folded across the breast, rich lace ruffles at the wrist to shade the withered hands, and a decorous cap, which makes no attempt to be a head-dress, but has protecting strings of lace of ribbon to tie loosely under the chin. We can not all dress our dear old grandmothers thus grandly and picturesquely, but we can make them comfortable, and fashion their clothes as tastefully as our means will allow, remembering that the love of pretty things to wear begins with a woman's life and generally lasts as long as she does—perhaps she is never too old to be gratified with a pretty cap or dress.

A black silk dress is not always a possible thing for an old lady, but if, by any economy the purchase can be made, it is a wise one, for it will last any length of time as a best dress, and be such a comfort to the owner as to repay any sacrifice incurred when it was bought. It should be made very plainly. If the lady is very stout, and likes the style, it can be made a close fitting Gabrielle or princesse, but the usual style is preferable. The waist should fit comfortably, and, unless the wearer has delicate lungs, may be cut with the neck open down to the waist, and filled in with a lace or lawn handkerchief. An over-skirt is not too youthful, if not long and entirely unlooped, but many old ladies prefer single-skirted dresses. In that case the breadths are but little gored; the one in front may be shaped like an apron, and the others left straight and sewed upon the waistband in large plaits, except right in the center of the back, where they may be shirred for a short distance, to the depth of an inch or two. The bottom of the dress may be left plain, or may be bound with velvet instead of the usual braid, or may be trimmed with one or more wide flat bands or folds of the silk. The sleeves may be trimmed at the hand to correspond with the finish on the skirt; and if the waist is not open as suggested, a small square collar trimmed in the same way can be added. If circumstances do not allow the silk, black cashmere is certainly the next choice, and will be very handsome made up in the same way. It can be made to look richer by edging the folds and bias pieces with milliner's folds or narrow pipings of silk. Failing the cashmere, black alpaca of the best quality that can be afforded is the best substitute. Silk pipings are not so pretty upon this material, but their place may be taken by galloon, or the skirt may be set off by two groups, three or four in each, of narrow double folds of alpaca.

A comfortable and welcome fashion for old ladies, which was perhaps suggested by the rage for fichus of all kinds, is a shoulder cape, in shape like a

Sontag, except that the fronts fasten like a dress with buttons, instead of being crossed. This is made of black silk, quilted in tiny diamonds over a single thickness of wadding, and edged with a double cord, or with a very narrow black lace plaited on. It can be worn with any dress, and is becoming so much adopted by old ladies in the East that they frequently have cloth or crocheted capes of the same made to wear in change with the more dressy one.

Circulars are frequently mentioned in fashion journals as being well adapted to old ladies, but they are really far from being the best shape for their wraps, as, having no sleeves, they drag heavily from the neck, and become very tiresome. A better style is a loose-fitting double-breasted sacque, rather long, but not enough so to be heavy and burdensome.

Caps and bonnets are delicate points, and the old lady whose means are too straightened to allow her to call professional skill to her aid (and even that is not always equal to the occasion) is fortunate if she has a friendly relative with taste and capacity enough to undertake the critical task, which, to be successful, should be really a labor of love. The cap should be pure white, and the bonnets black. A well-defined border or ruche of white is pretty and becoming, but an indefinite mingling of black and white in either cap or bonnet is unbecoming. Small bonnets are out of the question for old ladies who need a shape that will amply protect the head, and even the back of the neck, where so many nerves center that embrace the slightest opportunity of exposure to ache remorselessy. Still the bonnet must not be too large, unless to shade a large fat face; a small head and delicate features in a great coal-scuttle of a hat look like a caricature, and the beauty of a bonnet lies in its fitness.

They say there are no old women in modern times, so it would not be safe to mention an age to which the plainness of attire advocated in this article belongs. But it was designed for those who honestly feel themselves beyond the period when

"One a charm from dress can borrow."

MISCELLANEOUS.

For Ivy Poison.—Apply sweet-oil.

For Burns.—Apply the white of an egg.

Rust in Iron.—Kerosene-oil will remove it.

Lamplighters.—Make in proper lengths in pine wood.

To Scour Tins.—Use whiting moistened with kerosene.

To Remove Finger-ring.—Hold hand in very cold water.

Melted Snow—produces one-eighth of its bulk in water.

Squeaking Boots.—Drive a peg in the middle of the sole.

Worms on Currant Bushes.—Sprinkle freely with buttermilk.

When to Paint.—Oil-paint lasts longer when put on in autumn.

To Drive Nails.—Nails dipped in soap will drive easily in hard wood.

Morocco Leather—may be restored with a varnish of white of an egg.

Leaky Roofs.—A cement made of sand and white-lead paint will stop leaks.

Stove Polish.—Add little sugar or alum to the blacking and let stove be cold.

To Keep off Flies.—Paint walls or rub over picture frames with laurel-oil.

Door-latches and Locks—will work easily and quietly if oiled occasionally.

To Clean Ermine.—Rub with cornmeal, renewing the meal as it becomes soiled.

Paint.—New woodwork requires one pound of paint to the square yard, for three coats.

To Clean Steel.—Unslaked lime cleans small articles of polished steel—like buckles, etc.

To Harden Wood.—Cut the wood in the shape desired, and boil eight minutes in olive-oil.

To Clean Russia Iron, mix blacking with kerosene, and it will look nearly as well as new.

Coal Fire.—If your coal fire is low, throw on a tablespoon of salt and it will help it very much.

Silverware;—Keep in paper or canton flannel bags, with a little piece of camphor gum wrapped in a cloth and tie the top with a string, and it will keep as bright as new.

Ink Spots on Books.—A solution of oxalic acid will remove them without injuring the print.

Leaks about Chimneys—may be stopped by a cement made of coal-tar and sand, neatly applied.

Postage Stamps—will stick, and not turn up at the corners, if the face is wet after applying them.

Berry Stains.—The fumes of a brimstone match will remove berry stains from a book, paper or engraving.

Varnish for Faded Rubber Goods.—Black Japan varnish diluted with a little linseed oil.

Mice.—Pumpkin seeds are very attractive to mice, and traps baited with them will soon destroy the little pest.

Gas Lighter.—This is very convenient and something which every house, using gas, should have.

Dry Paint—Is removed by dipping a swab with a handle in a strong solution of oxalic acid. It softens it at once.

To Keep Walks Clean.—Sprinkle with weak brine through a water-sprinkler, or scatter salt along the walks.

To Clean Black Kids.—Add a few drops of ink to a table-spoon of salad-oil; rub on with a feather, and dry in the sun.

Shingles.—Dip well-seasoned shingles in lime, wash and dry before laying, and they will last longer and never take on moss.

To Clean Straw Bonnets.—First brush them with soap and water, then with a solution of oxalic acid, or rub with a cut lemon.

To Clean Wells of Foul Air.—Throw down a pack of unslaked lime. The heat procured carries out the foul air with a rush.

When a Chimney Takes Fire—throw salt on the fire, and shut off the draught as much as possible, and it will burn out slowly.

Dish-water and Soap-suds—poured about the roots of young fruit-trees, currant and raspberry bushes, etc., facilitate their growth.

Cheap Paint for Iron Fencing.—Tar mixed with yellow-ochre makes an excellent green paint for coarse woodwork or iron fencing,

Dirty Coat collars.—Apply benzine, and, after an hour or more, when the grease has become softened, rub it or remove with soap-suds.

To Renew Stained Floors—that have grown a little dull, rub thoroughly with beeswax and turpentine. Repeat this whenever they need it.

To clean kettles easily, pour a little hot water in them and put a cover on; the steam will soften the dirt so that it may be easily removed.

Onion Odors.—When cooking onions, set a tin-cup of vinegar on the stove and let it boil, and it is said you will smell no disagreeable odor.

To Soften Leather.—The best oil for making boots and harness leather soft and pliable, is castor oil. It is also excellent for greasing vehicles.

Color of Paints for Tools.—Tools exposed to the sun should be painted with light-colored paints, as they reflect instead of absorbing the heat.

Glue.—Powdered chalk added to glue strengthens it. Boil one pound glue with two quarts skimmed milk, and it will resist the action of water.

To Keep Pearls Brilliant.—Keep in common magnesia, instead of the cotton wool used in jewel cases, and they will never lose their brilliancy.

Brooms.—If worn sideways, dip in hot soapsuds till soft, straighten and lean against a flat surface to dry, then trim off the uneven edges. If they are dipped in boiling suds once a week they will last longer.

Overshoes.—Mark name of owner with pen and ink on the woven inside lining.

Cement for Cracked Stoves.—Three quarts wood ashes and one quart barrel salt, mixed in a mortar with water.

Nickel Stove Trimmings, Etc.—To keep them bright, polish with a damp cloth dipped in common dry baking soda, and rub with oil afterward. Or simply rub with a cloth dampened with ammonia.

To Clean Lamp Chimneys.—Moisten a small cloth in kerosene and rub; then wipe them clear with a clean cloth.

To Clean a Refrigerator.—Use bicarbonate of soda dry on a damp cloth. Rub the zinc well with it. It destroyes all musty smell.

Dish Cloths—Mosquito netting that has been used for a season on windows, may be washed and used for dish cloths, by folding together and stitching through it.

Sticky Fly Paper.—Thin common glue, so that it can be brushed over manilla paper, then when it is quite dry, melt together one ounce castor oil and three ounces rosin, and spread over the prepared paper.

Scrubbing Brush.—The advantage of the brush, as illustrated, is that it has a handle which is movable.

Lime in Cans. — Lime ground and pulverized for white-washing purposes is put in cans and sold by druggists. It is convenient in form and excellent.

To clean a brown porcelain kettle, boil peeled potatoes in it. The porcelain will be rendered nearly as white as when new. This will also take off lime, if formed on any kettle.

To Make Shoes Durable.—A coat of gum copal varnish applied to the soles of boots and shoes, and repeated as it dries until the pores are filled and the surface shines like polished mahogany, will make the soles water-proof, and make them last three times as long.

Ebonizing Wood.—Wash any close-grained wood with a strong boiling decoction of logwood two or three times, allowing the wood to dry between the applications. Then wash with a solution of acetate of iron (made by dissolving iron filings in strong vinegar).

To Remove Rust From a Stovepipe.—Rub with linseed oil (a little goes a great way); build a slow fire till it is dry. Oil in the spring to preveni it from rusting.

To Cure a Kicking Cow.—Take a strap an inch wide and buckle tight around each hind leg, just above the hock, tight enough to slightly compress the ham-string. Then she *can not* kick. In fly time take in the tail with the leg and you will not swear.

Handles.—Knife and fork handles that have become loosened may be fastened by taking a piece of quill, putting it into the handle, and pushing the knife or fork in firmly, after first heating it.

Branches of the elder-bush hung in the dining-room of a house, will clear the room of flies. There is an odor which the insects detest.

An Easy Way to Clean Silver Articles.—Set fire to some wheat-straw, collect the ashes, and, after powdering it, sift it through muslin. Polish the silver plate with a little of it applied to some soft leather.

To Clean Old Marble.—Take a bullock's gall, one gill soap lees, half a gill of turpentine: make into a paste with pipeclay, apply it to the marble; let it dry a day or two, then rub it off, and it will appear equal to new; if very dirty, repeat the application.

To extract Oil from Marble or Stone.—Soft soap, 1 part; fullers'-earth, 2 parts; potash, 1 part; boiling water to mix. Lay it on the spots of grease, and let it remain for a few hours.

To make Boots and Shoes Durable.—Apply to the soles four or five successive coats of gum-copal varnish; and to the uppers, a mixture of four parts of lard to one of rosin. Apply while warm.

To get Light in a Well or Cistern,—Reflect in it by a looking-glass. Any steel or metal lost in a cistern may be drawn out by lowering a strong magnet.

To make Artificial Butter.—Render beef suet at a very low temperature, churn it in fresh buttermilk and yolks of eggs, and treat like butter when removed.

Pounded Glass—mixed with dry corn-meal, and placed within the reach of rats, it is said, will banish them from the premises; or sprinkle cayenne in their holes.

Spots on Varnished Furniture are readily removed by rubbing them with essence of peppermint or spirits of camphor, and afterwards with "furniture polish" or oil.

To Keep Seeds from the depredations of mice, mix some pieces of camphor with them. Camphor placed in trunks or drawers will prevent mice from doing them injury.

Furniture Filling.—Mix two gallons plaster of paris, one pint flour, one ounce each of pulverized pumice-stone and prepared chalk; add one half gallon boiled oil and one gill Japan drying.

Corn-Bread.—In cutting do not forget to hold the knife perpendicularly, that the spongy interior of the loaf may not be crushed into heaviness.

To Blow out a Candle.—If a candle is blown out by an *upward* instead of a downward current of air, the wick will not smoulder down. Hold the candle higher than the mouth in blowing it out.

Time to Cut Timber.—Hard wood for timber or fire-wood should be cut in August, September or October. Hoop-poles should be cut before frost comes; cut at other times, there is danger of worms.

A Wet Silk Hat,—Shake off the water, rub the way the nap lies with a clean linen cloth or silk handkerchief, and hang some distance from the fire to dry; a few hours after, brush with a soft brush.

To make Old Varnish Dry.—"Sticky" varnish may be dried by applying a coat of benzine, and, after two or three days apply a coat of good varnish, and let dry thoroughly before using the furniture.

Discoloration on Custard Cups.—To take the brown discolorations off cups in which custards are baked: Rub with damp flannel dipped in best whiting. Scouring sand or sand soap will answer the purpose.

To Preserve Steel Pens.—Steel pens are destroyed by corrosion from acid in the ink. Put in the ink some nails or old steel pens, and the acid will exhaust itself on them, and the pens in use will not corrode.

To keep Russia Iron Pipe or Stoves during the summer: Give them a good coat of coal-oil all over, and put away in a dry place. In the fall give it a fresh coat of oil or benzine, and rub it all off clean and dry.

Buckeye Polish.—Take one ounce each shellac and coal-oil, half an ounce each linseed oil and turpentine, bottle and keep well corked, shake well before using and apply with a sponge. Good for marred furniture.

For Poultry.—Fish are an excellent food for poultry, largely increasing the production of eggs. Those who have tried the experiment have discarded all the patent egg-producing foods in the market, and feed fish.

Darning Woolen Socks.—Make the first layer of stout thread, and the cross threads of woolen yarn. It makes a firm, smooth darn, which wears well.

Foot Muff.—A cold night one will appreciate this and for aged people it is a great luxury.

Painted Pails.—To draw the taste of paint out of new wooden pails that are painted inside, fill the pail with buttermilk and soak from twenty-four to thirty-six hours.

Moles.—Procure a small pair of bellows and blow the fumes of burning sulphur into the holes made by moles in the garden.

Toast Rack.—Where one has not a folding toast rack, it is easy to improvise one by taking the upper grate from the oven and placing it on top of the stove or range, and toasting the bread on it.

Chicken Lice.—Whitewash the hen house and nest boxes, putting in the wash a good deal of salt or old brine. Also put half a cup of salt in the bottom of each nest, and your chickens will never be troubled with the pests.

Mustard Plasters—If molasses is used to mix the mustard with they will remain flexible and will not dry, as when mixed with water. Lay a fine cloth over the plaster; then it will heat without blistering.

Paint Buckets.—Fill half full of dry dirt and there will be no trouble about getting the paint off; or boil ashes and water in them until the paint is soft, wipe out and wash with soap-suds or clean with turpentine.

Covers for Jars.—For covers to jars that have none, in which you keep salt, etc., use a paper flour sack; cut the top off until just the length of the jar is left, then slip it over; it is so much handier than tying every time.

White Ink.—Make by stirring Flake White into clear mucilage, and reducing with water till it will flow easily.

Curling Plumes.—Sprinkle a teaspoon common salt on a hot stove, hold plume over it, and when airy enough, take a butter knife or pen knife, and curl each sprig carefully.

Furniture Polish.—Take a small bottle and fill it two-thirds full spirits turpentine; then fill the bottle up with the best linseed oil. Shake well, apply with a very thin cloth, and wipe with the same. This will make the furniture look nearly as good as new.

Varicose Veins.—Procure a rubber bandage one and one-fourth inches wide and swathe carefully the entire limb. Bathing in hot water will relieve the burning.

Candles.—Mutton tallow is perhaps better for candles than beef tallow, and is usually cheaper. Prepare the wicks for tallow candles by steeping them in coal oil. They make a bright light.

Bed-Bugs.—To banish bed-bugs after they have got into the walls and ceilings of a house, close all doors and windows and burn brimstone or sulphur, by throwing it upon red hot coals is an iron kettle set in the middle of the room. Or heat a piece of iron red hot, place in a kettle, throw in the

brimstone, and leave room closed for twenty-four hours. It is death to the vermin.

To Make Hens Lay in Winter.—Keep them warm; give wheat screenings twice a day with shelled corn at night. Feed them with meat scraps when lard or tallow has been tried, or fresh meat. Some chop green peppers finely, or mix cayenne pepper with corn meal, to feed them. Let them have a frequent taste of green food, a little gravel and lime, or clam-shells.

For Lice on Children.—Wet the head in just clear alcohol or whiskey; or even strong cider vinegar will do the work. Sometimes a second application may be necessary to destroy the eggs and all.

Moths in Furniture.—Dust in all the cracks and seams pulverized borax. Strong alum water, spirits of turpentine and salt mixed together and used to sponge with is also good.

To Make Covers for Milk Pans.—Bend thin barrel hoops, tie or tack the right size, and sew over them pieces of thin dairy cloth. Drop over the pans of milk to protect from dust and flies.

To Clean Bottles.—Cut some raw potatoes in pieces, and shake them in the bottle with cold water. Or use shot, gravel or tacks instead of potatoes, or kernels of corn and table-spoonful of ashes, shake and rinse thoroughly.

Onion Flavor.—A little washing soda dissolved in the water used for washing knives and dishes in which onions have been cooked will remove the strong odor that remains upon them.

Labels on Tin.—These may be fixed upon tin boxes, etc., exposed to damp by the following method: White of egg is diluted with one-half quart of water and applied with a brush to the surfaces to be united. A hot iron is then passed over the surface of the paper, so as to coagulate the albumen.

Hair Falling Out.—Steep a handful of sage leaves in a quart of water; strain and dissolve in the liquid one ounce borax, then add a small teaspoonful of spirits of camphor. Wash the scalp once or twice a week in this preparation.

To Clean Tin.—Use sifted coal ashes, moistened with kerosene oil; rub briskly, and wash with soap-suds. This will make all tin that is not burned as bright as new. For nickel on stoves and flat-irons it has the same effect.

Eye Wash.—Cut fine a piece of beef-steak an inch square; sprinkle on a little salt, put in a small wide-mouthed bottle, and pour over an ounce or two of vinegar. Pour a little in the hand and bathe the eyes several times a day.

Removing Tar From Black Silk.—Rub some lard on the tar, then wash the silk with castile soap and soft water, rinse well, repeating until clean; then dry by pinning to a sheet stretched tight on ironing board or carpet.

To Raise a Nap on Cloth.—Clean the article well, soak it in cold water for half an hour; put it on a board, and rub the thread-bare parts with a half-worn hatter's card filled with flocks, or with a teazel, or a prickley thistle until a nap is raised; then lay the nap the right way with a hatter's brush, and hang up to dry.

Black Varnish for Chip and Straw Hats.—Best alcohol four ounces, pulverised black sealing wax one ounce; put them in a phial, and put the phial into a warm place, stirring or shaking occasionally until the wax is dissolved. Apply it, when warm, before the fire or in the sun. This makes a beautiful gloss.

Bed-Bugs.—Use gasoline wherever they are. One can use it freely and not injure the floor or carpet, as it does not leave a grease spot like kerosere. Do not use it with a light or fire near it. Air the room well after using.

Black Ink.—To one gallon of water either hot or cold, allow two ounces logwood; stir occasionally till it is dissolved. Then add half an ounce bichromate potash, and one-fourth ounce prussiate potash; stir till this is also dissolved, and your ink is ready for use. This is very cheap costing about 15 cents.

Cabbage Worms.—Into a twelve quart pail of water stir a coffee cup of barrel salt, and throw three or four handfuls of brine on each cabbage where worms have appeared; apply about twice a week and the worms will die. Or dissolve tablespoon Persian insect powder in a gallon water to every thirty plants. Or simply use nearly boiling water.

Dish Drainer.—A home-made one is to put an old tin pan with nail holes in the bottom in a large wooden bowl. The dishes will be clean and shining and wiped with much less trouble than usual.

Sleeve Protector.—When washing dishes, having on a clean dress, draw on a pair of old clean stocking tops, hemmed at the bottom. These are easily drawn on and off, and since fashion requires that sleeves be worn too tight to roll up, one can thus avoid changing dress. These are nice in doing many kinds of work.

Wood—may be fastened to stone with a cement made of four parts of pitch, four parts of powdered brick-dust or chalk, and one part of beeswax. Warm it before using, and apply a thin coating to the surfaces to be joined.

Outside Garments.—Bonnets, cloaks, hats, shawls, scarfs, and the like, will last clean and fresh much longer if the dust is carefully removed from them by brushing and shaking after returning from a ride or walk.

New Rope—may be made pliable by boiling in water for a couple of hours. Its strength is not diminished, but its stiffness is gone. It must hang in a warm room until thoroughly dried, and must not be allowed to kink.

Razor Strops—are kept in order by applying a few drops of sweet-oil. After using a strap, the razor takes a keen edge by passing it over the palm of the warm hand; dipping it in warm water always makes it cut more keenly.

Mica Windows—in stoves (often wrongly called "isinglass"), when smoked, are readily cleaned by taking out and thoroughly washing with vinegar a little diluted. If the black does not come off at once, let it soak a little.

Snow on Roofs—may be prevented filling the gutters by placing small stools or benches along in the gutters upon which the snow will lodge, thus thus leaving a clean space below for the water to run off.

Medicine Spoon.—Have a a tea or table spoon bent in this shape, in order to stand level when medicine is to be dropped into it. It is very convenient where there is only one person caring for the sick.

Arrange Flat-irons—on the stove in two rows, "heel and toe," or so that when ready for a hot flat you can take the next one in order without loss of time in trying or "sissing" them, being sure to get the one that has been heated the longest.

Chapped Hands.—Grind one side of a pumice stone; wet, and with the smooth side, rub the hands. If badly chapped, oil them at night, and dry in

by the fire; or, at night, wet the hands, and rub a little honey over them, drying it in before the fire.

Chickadees in Winter.—A cup of pumpkin-seeds, set on the window-sill, will attract chickadees, and they will become quite tame, and are very amusing with their antics. They may be kept about the house from December to May by feeding and kind treatment.

Shellac Varnish.—Put schellac in a bottle, pour 90 per cent. alcohol to cover, cork tight and put in a warm room, shake occasionally, and if not all dissolved in three or four days, add more alcohol. This is good to varnish almost anything, and will dry in half an hour.

Friction Matches—should never be left where the mice will get them, as they carry them to their nests, and sometimes ignite them. They are poisonous to children, and are dangerous to women, who ignite them by stepping on them, endangering their clothing from fire.

Piling Wood.—Lay the sticks with bark side down and bark will come off in drying. If laid with bark up, it will remain fast to the wood.

To Prevent Pumps from Freezing.—Take out the lower valve in the fall, and drive a tack under it, projecting in such a way that it can not quite close. The water will then leak back into the well or cistern, while the working qualities of the pump will not be damaged.

Valuable Cement.—Two parts, by weight, of common pitch and one part gutta percha, melted together in an iron vessel, makes a cement that holds together, with wonderful tenacity, wood, stone, ivory, leather, porcelain, silk, woolen or cotton. It is well adapted to aquariums.

Cows and Turnips.—To prevent the odor and flavor of turnips from appearing in the milk, feed while milking, and the flavor will have dispeared before the next milking. With this precaution, feeding turnips will increase the flow without injuring the quality or flavor of milk.

To Clean Varnished Furniture, there is nothing so good as a woolen rag dampened in spirits of turpentine. This takes all the dust and cloud from carvings and panels. When they have been thoroughly cleaned with the turpentine, go over the surface again with a bit of flannel dipped in linseed oil, rubbing it well into the wood.

Dried Grated Corn.—One of the best articles for drying the grated corn for Corn Fritters or Oysters, is the Fruit Evaporator as described on page 340—There is then no danger of burning, as is often the case if dried in oven on account of the greater quantity of milk from the corn, than when simply sliced. One must be very particular to break apart the little lumps as they dry on outside, so inside may be thoroughly dried.

To Freshen Old Hickory Nuts for Cake-Baking.—Put large ones in boiling water for half an hour and small ones for a quarter hour, crack, pick out meats being careful not to mix in any pieces of shell or the film that divides the two halves, If the meats seem damp, place for a few moments in the oven to dry out. Now place in a sieve and rub gently to remove all the dark portions that adhere to the meats, and they are ready to be chopped for the cake. Chop very fine for icings, but only moderately fine for cake.

Use of Borax.—Borax will instantly remove all soils and stains from the hands, and heal all scratches and chafes. When the borax is dissolved add more to the water, until at last the water can absorb no more, and a residuum remains at the bottom of the bottle. To the water in which the hands are to be washed pour from this bottle enough to make it very soft. It is very cleansing and healthy. By its use the hands will be kept in excellent condition—soft, smooth and white.

Stove Polish.—Add to one pint benzine, one ounce pulverized resin; when dissolved, mix any good and finely ground lead, using the above as you would water for mixing stove polish. Apply with a small paint brush; and rub it smooth, as it dries rapidly; when dry, polish with a soft stove brush; very little rubbing is required. For sheet-iron use the benzine and resin alone, apply with soft rags, and rub rapidly until dry and shining.

To Keep Silk.—Silk goods should not be folded in white paper, as the chloride of lime used in bleaching the paper will impair the color of the silk. Brown or blue paper is better; yellow India paper is better still. Silk intended for dress should not be kept in the house long, as lying in folds causes it to crack or split, particularly if thickened with gum. White satin dresses should be pinned up in blue paper, with coarse brown paper on the outside sewed together on the edge.

To Keep Paint-brushes.—Turn a new brush bristles up, open, pour in a spoonful of good varnish, and keep it in that position until dry, and the bristles will never "shed" in painting. The varnish also keeps it from shrinking and falling to pieces. As soon as a job is finished, wipe brush clean, wrap in piece of paper, and hang it in a small deep vessel containing oil, letting the brush descend into the oil up to the wrapping cord. This will keep painting and varnish brushes clean and ready for use.

A Good Cement.—Persons who use brass letters on glass windows or doors, are often troubled by the dropping off, from unequal expansion, or from too violent efforts on the part of the window-cleaners. The following is said to be a sure cement. It should be mixed just before using: Litharge, two parts; white lead, one part; boiled linseed oil, three parts; gum copal, one part.

Mosquitos.—Take a piece of gum camphor about one third the size of a hen's egg, and evaporate it by placing in a tin vessel, holding it over a lamp or candle, taking care that it does not ignite. The smoke will soon fill the room and expel the insects.

Mucilage.—One ounce each gum tragacanth and gum arabic; put into wide mouthed bottle and add quart cold water. Or put into a cup ten cents worth of gum arabic, and a piece of alum the size of a hickory nut and fill with soft water; put it where it will keep just warm until all dissolved. Then add water to make half pint, and bottle for use. A few drops of extract of lavender will prevent any mucilage from molding or becoming sour.

To Keep Eggs.—Pack in either August, September or later in oats, either end down in barrels kegs or boxes. Fill the package full, head or nail the package and place in dry cellar, and turn the package over every week or ten days.

Cement for Wood, Glass, Marble and China.—Two quarts water, one and a half pounds glue, two ounces white lead, three pints whiskey; dissolve the glue on the stove in the water, take from the fire, stir in the lead, and add the whiskey; when wanted to use, warm and stir.

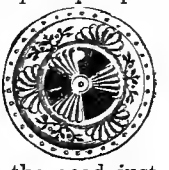
Wash for the Hair.—Use salt and water strong enough to taste quite salty as a wash for the head and to wet the hair thoroughly as often as once in two or three days; one might think it would make the hair harsh and stiff, but on the contrary it has the effect of some soft dressing. Bay rum and glycerine make a good dressing also for the hair.

Scorched Food.—As soon as you discover your food scorching, plunge the vessel into cold water; and even if your food is burned on the bottom, it is saved from any taste of scorching. Some people always have a pail of cold water standing by the stove. Try it, and you will be surprised at the effect.

Red Edges.—Mix red diamond dye to a light or dark shade with cold water, and use it to tint the plain or white edges of your books, which unless stained or gilded, soon look soiled. Apply with a brush, holding the book firmly, and when dry rub with a cloth till no more color comes off.

To Clean Wash Basins etc.—Rub with a little baking soda on a damp cloth, it is also good to clean unpainted wood work; and a tablespoonful added to a pail of mop water will clean your floor easily and make it look well. Or use a little kerosene on the basin with a cloth, rubbing dry with a larger cloth and expose to air a few moments,

A Ventilator.—There is, in these days, line upon line and precept upon precept upon the subject of ventilation. Every chimney ought to have two flues—one for smoke and the other for ventilation. The form of ventilator represented in cut is neat and inexpensive, and fits a space in a chimney large enough to take in an ordinary stove-pipe.



Cure for Sleeplessness.—Wring a towel out of cold water; fold it smooth about a quarter of a yard long and and eighth wide, bend the head forward, lay the cloth on the back of the nead just above the neck, then bind a dry towel over it around the head. It cools the brain.

Hernia.—Take a piece of adhesive plaster an eighth of a yard square, put under it a small piece of cotton batting and a piece of linen—the latter next the flesh; press the plaster on to an inch in depth all around. Do not disturb till it wears off; then put on another if necessary.

Renewing Old Rag Carpet.—Have the carpet very clean, dissolve Diamond dyes according to directions, and dilute with warm water; take a breadth at a time, and lay on the colors with a tooth brush. If it is a drying day it will soon do to walk over.

To Keep Celery.—Take a box five or six inches deep and large enough to hold the celery you wish to keep. Fill nearly full of dry sand. Set in single bunches in the sand in upright position, as deeply as possible; pressing the sand close about each bunch, not allowing the bunches to touch each other. Keep box in cellar, away from frost.

To Remove Grease from Carpets.—Dissolve an ounce of pearlash in one pint of water, and to this add a lemon cut into thin slices. Mix well, and keep the mixture for two days, then strain and bottle the clear liquid for use. A small quantity poured on stains occasioned by grease, ail, or pitch, will speedily remove them. Afterward wash in clear water.

Superfluous Hair.—One ounce fresh lime-stone, and one dram pure potassa, to be reduced to a fine powder in a mortar. Wet the hair first for ten minutes in warm water. This mixture formed into a thin paste with warm water and applied while warm will effectually destroy superfluous hair in five or six minutes. It should be removed as soon as it begins to inflame the skin, by washing with vinegar; this softens the skin, and kills the effect of the alkali.

Cement for Rubber or Leather.—Dissolve one ounce of gutta percha in one half pound chloroform. Clean the parts to be cemented; cover each with solution, and let them dry twenty or thirty minutes; warm each part in the flame of the candle, and press very firmly together till dry.

Insurance.—Suppose your barn or house should take fire to-night and be burned down, would you know, without investigating, that it was fully insured and that the policy was good and tight? Some insurance companies have a keen scent for flaws in policies and often find them. Don't let them find one in yours. Always insure in companies known to be sound.

To make Old Paint Dry.—Old paint which is "sticky" may be made hard and dry by applying a coat of benzine, then after a day or two, if the coat of paint is good, go over it with a thin coat of laquer mixed with one-third of its bulk of boiled oil. If paint is thin apply a second coat in which more laquer is used.

To Renovate Hat-bands when Stained by Sweat.—Dissolve one and a half ounces white castile soap in four ounces alcohol and one ounce each of sulphuric ether and aqua ammonia, apply with a sponge or toothbrush, rub smartly, rinse out with clear rain-water. This is equally good to renovate cloth with fast color.

To Thaw Out a Pump.—Pour hot water directly on the ice through a tin tube, lowering it as fast as the ice thaws. Ice may be thawed in this way at the rate of a foot a minute; while, by pouring hot water into the pump, the ice would hardly be affected, the hot water being lighter than the cold, and rising to the top.

Water-proof Shoes.—To make shoes water-proof and make them last a long time, dissolve beeswax and add a little sweet-oil to thin it. Before the shoes are worn, warm the soles and pour the melted wax on with a teaspoon; and then hold it close to the fire till it soaks into the leather; then add more till the leather ceases to absorb it.

Diamond Cement.—Dissolve thirteen ounces of white glue in a tin dish containing a pint and a half soft water (set in a kettle containing boiling water); when the glue is dissolved, stir in three ounces of white lead, and boil till well mixed; remove from fire, and when cool, add half pint alcohol; bottle immediately, and keep well corked.

A Good Paste.—To one pint cold water add two heaping tablespoons flour. Put the flour in a pan, add a little of the water, stirring until smooth; then add the rest of the water, stir thoroughly, place on the stove and stir constantly until it boils. After taking from the stove, add one-fourth teaspoon ground cloves to keep it sweet.

Piece-Bags.—White cotton piece-bags hung in the linen closet are a great convenience; have them made with a string to draw from both sides; mark in large letters in indelible ink, "Merino and Cloth," "Cotton and Linen Sundries," "Dress Pieces," "Old Linen," "Worsted and Yarn," "Old Silk," "Thread and Tape," "Old Gloves," etc.

To Remove White Spots on Furniture, caused by a hot iron or hot water, or to restore blistered furniture.—Rub with a No. 1 sand-paper somewhat worn, or apply pulverized pumice stone mixed with a few drops of linseed oil, then with a cotton cloth rub on some shellac varnish thinned well with turpentine. Or, rub with spirits of camphor. Or pour some oil on the spot, and rub hard with a soft cloth, pour on a little spirits of wine, and rub dry with another cloth. The marks will disappear leaving the furniture as bright as before.

Weight of Grain.—Wheat 60 pounds in all states except Connecticut, where it is 56; corn 56, except in New York, where it is 58; oats 32; barley 48; buckwheat 46 to 50, but generally 48; clover seed 60, but 64 in Ohio and New Jersey; timothy 44; flaxseed 56; potatoes 60; beans 60, but in Ohio 56, and New York 62.

Unfermented Wine for Communion.—Weigh the grapes, pick from the stems, put in a porcelain kettle, add very little water, and cook until stones and pulp separate; press and strain through a thick cloth, return juice to kettle, and add three pounds sugar to every ten pounds grapes; heat to simmering, bottle hot, and seal. This makes one gallon, and is good.

To Cure Worms in Horses.—Put a handful of sifted wood ashes in a quart bottle, and fill the bottle with cider vinegar. It will foam like soda water. It should be given to the horse the moment it foams. Two bottles will cure the worst case of worms. Forty years' experience attests the efficiency of this. Never known to fail.

Harmonious Color Contrasts.—The following list of harmonizing colors will be found very useful in selecting wall decorations or colors for any purpose: Red with green, blue with orange, yellow with violet, black with warm-brown, violet with pale-green, violet with light-rose, deep blue with golden-brown, chocolate with light blue, deep red with gray, maroon with warm-green, deep blue with pink, chocolate with pea-green, maroon with deep blue.

Method of Bleaching Straw.—Dip the straw in a solution of oxygenated muriatic acid saturated with potash. (Oxygenated muriate of lime is much cheaper.) The straw is thus rendered very white, and its flexibility is increased. Or bleach by simply exposing it in a closed chamber to the fumes of burning sulphur—an old flour barrel is the apparatus most used for the purpose by milliners, a flat stone being laid on the ground, the sulphur ignited thereon, and the barrel containing the goods to be bleached, turned over it. The goods should be previously washed in pure water.

A Match Safe.—Most people think any kind of a match safe will do, and matches are placed in all sorts of receptacles, exposed to all sorts of accidents. Occasionally a baby is poisoned by picking them from the floor and putting them in its mouth, and oftener houses are burned up by stray matches that are ignited nobody knows how. The only proper place to put matches is in a metal box with a self-closing lid. The one represented in cut is of metal, and the lid closes by its own weight.

To Bleach Linen.—Mix common bleaching powder in the proportion of one pound to a gallon of water; stir it occasionally for three days; let it settle, and pour it off clear. Then make a lye of one pound of soda to one gallon of boiling soft water, in which soak the linen for twelve hours, and boil it half an hour. Next soak it in the bleaching liquor, made as above; and, lastly, wash it in the usual manner. Discolored linen or muslin may be restored by putting a portion of bleaching liquor into the tub wherein the articles are soaking.

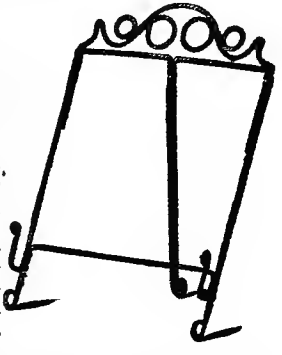
Raising Tomato Plants.—Take building paper (any thick paper will do), cut in pieces eleven inches long and three wide; lay one end over the other and fasten; and fill with dirt after setting it in a dish, (an old waiter is good). Put only one seed in a cup, and when large enough to transplant, cut the thread which holds the cup together and set the cup with the dirt and plant in the ground, leaving the cup around the plant to keep cut worms away.

To make a Long Mat.—After stringing on the twine the small pieces of cloth, muslin, etc., as described in the Scrap Mat, cut them into the lengths required, and lay them side by side. Sew the strips strongly together, and clip the scraps until the whole mat is of a uniform thickness, and no ragged pieces stand up. To make the rug handsomer let the piece of twine intended to go outside be strung with pieces of the same color and material, red, black or blue, which will make a border. The center may be of mixed colors and materials.

Worms on Gooseberry Bushes.—When the first worms appear on gooseberry or currant bushes, sprinkle thoroughly with strong alum water. Repeat, if necessary. This dries up the worms without injuring the bushes, and is better to use than hellebore.

Tying Comforters.—Take raveled yarn, wash woolen socks and mittens, when worn out, cut out the good places, and lay away; then, when comforters are to be tied, use the raveled yarn, leaving the ends a little long; they "kink" down and look nice, and the woolen yarn does not tear the calico as cotton yarn does.

Tile Easel.—A very neat contrivance for holding ornamented tile is an easel of white wire, and is represented in one of the accompaning cuts; in the other it bears the tile. Nothing neater or better suited to the purpose could be devised. The very beautiful decorated tiles now so easily obtained, may thus be made appropriate and effective ornaments for tables, mantels, etc.



Soft Eggs.—For hens that lay soft eggs, give them wheat screenings; also give every day to sixty fowls one pint of the following mixture, viz: A peck of ash of burned bones or oyster shells, finely powdered; one pound flour of sulphur, one peck of wheat bran. Mix with some scalded meal, well moistened so that the mixture will adhere to it. This supplies a lime, which the shell needs to make it hard.

Kitchen Economy.—This may be practiced every moment of the day and in not any one thing is it so necessary as in the *littles* that may be wasted. The bits of butter sticking to the plates after meals if carefully saved in a small tin can, will in a few days make a good-sized cake. In cooking mush, or mashing vegetables the spoonful or two left in saucepan or kettle to go into the dish-water each day, would soon have made a meal. Being careful to take out all of whatever article cooked, will save quite a little during the week and will make cleaner dish-water.

Care of Boots and Shoes.—When they are water soaked, fill with dry oats, and set away from the fire; the oats will absorb the water, and will swell and the leather will be prevented from shrinking.

Movable Table.—Have it three feet long, eighteen inches wide, and two feet and a half high, with stout legs and castors. A strip of molding to stand up an inch and a half above the top, placed around the edges to keep things from slipping off. During the meal it affords a convenient place for the coffee-pot out of the way of the little toddlers, also for an extra loaf of bread, extra dishes, and so forth. You can have it made at a trifling cost, and it saves the work of setting and cleaning the table one half at least.

To Cleanse a Barrel.—Put in a quart of unslacked lime, then pour in three or four gallons of hot water, bung up the barrel and roll it about, until every part of the interior is wet with the mixture, pour out the lime water and rinse with clean hot water, or dip tape or a long piece of cloth into melted sulphur, this being lighted slip one end into the bung hole and fasten the other to the edge until the sulphur is burned off.

Everlasting Paste.—Dissolve half an ounce of alum in a pint of boiling water; to this add an equal weight of flour, made smooth in a little cold

water, and a few drops of oil of cloves, letting the whole come to a boil. This paste will keep for months, and insects will not eat it. It may be kept in a glass or ordinary ointment jar, and will often come handy.

To Clean Lamp Fixtures.—Remove the wick and boil the fixture in strong lye water, or water having soft soap in it, for three hours. A smoking lamp treated in this way will be as good as new. For simply brightening the burners take common salt and strong vinegar mixed and rub them well, then rinse in soapsuds and rub dry, they will look like new ones and do not cost much.

Quick Dish-washing.—Have dish-pan nearly full hot water, with a clean cloth; spread a large, thick towel over the table at one side. Wash dishes quickly and turn up on the towel to drain: dry knives, forks and spoons, then wash and wipe pans, etc. Pour out water, spread wiping towel over the dishes and leave them. After a while set them away if you like, for if water was warm and clean, they will be dry and shining.

Rust on Plows.—The following preparation applied to the surface will prevent any rusting on plows or any other metal surfaces: Melt one ounce of resin in a gill of linseed oil, and when hot mix with two quarts kerosene oil. This can be kept on hand and applied in a moment with a brush or rag to the metal surface of any tool that is not going to be used for a few days, preventing any rust and saving much vexation when the time comes to use it again.

Stocking Knees.—Children's stocking knees can be mended by picking up a row of stitches below the hole and knitting a strip wide enough and long enough to cover the hole good. Then whip down the edges to the stocking with yarn the color you knit the strip with. If you have yarn like the stockings it can hardly be seen. New heels and toes can also be knit by cutting off the old ones, and picking up the stitches. Knit the heel and sew in.

To Pack Laces.—Fold them in blue tissue paper or soft linen, because white paper contains bleaching acids, and discolors and decays the ribbon or lace. The same is true of white shoes or gloves, and especially silver ornaments. The latter, though worn every evening, retain their purity and brilliancy for months if kept closely in blue tissue paper. Shoes and slippers should never be folded together without a cloth or paper between them, as the sole of one soils the upper of the other. Put one in the cloth, turn it over. Then add the other.

To Cleanse Wool.—Make a hot bath composed of water four parts, urine one part; enter the wool, opening it out to admit the full action of the liquid; after twenty minutes' immersion, remove from the liquid, and allow it to drain; then rinse it in clean running water, and spread out to dry. The liquid is good for subsequent operations; only keep up the proportions, and use no soap.

Fuller's Purifier for Cloths.—Dry, pulverize, and sift the following ingredients: Fuller's earth six pounds, French chalk four ounces, pipeclay one pound; make into a paste with rectified oil of turpentine one ounce, alcohol two ounces, melted oil soap one and one half pounds. Make up the mixture into cakes of any desired size, keeping them in water or small wooden boxes. A less quantity can be made by using same proportions.

Substitute for Casters.—Casters on heavy chairs, tables, bed-steads, etc., are always getting out of order, and are very destructive to carpets. A substitute, which is a vast improvement in every respect, is a polished half-globe of steel, with a screw projecting from flat side. This screw is turned into the bottom of the chair-leg, and the rounded and polished surface rests on the floor or carpet, and the chair is moved with ease and with almost no wear to carpets. When hard wood floors are used a rubber tip is better than steel.

Rat-trap.—The cunningest old rat may be caught thus: Set an ordinary steel trap on a level spot near his run or haunts and set so it will spring easy. Spread a thin piece of white muslin or piece of old bag about two feet square over the trap, and on this scatter carelessly some crumbs of cheese or cake, but not too many. This will fool him and he will be caught in the trap, which should have a good spring. If the cloth gets bloody or soiled change for a fresh one if there are more rats to catch. Or, fill a common wash boiler one-third full of water, and sprinkle over the surface a few handfuls of oats. These will float on the surface and look like a tempting feast, but the rat that ventures in is drowned. By placing a block of wood in the center large enough to float one rat, its cries will often call more in. This trap will prove effective when others fail.

Foot Stools.—Worn-out hassocks can be prettily covered, and made fit for sitting room foot stools with cuttings from carpets. Cut them into squares, bind them with common braid, such as is bought for the bottom of ladies' dresses, and then sew the pieces together; a long piece, bound top and bottom, will go round the stool to which the top is sewn, and a piece of strong glazed lining will serve for the under part. If a round shape is preferred, the pieces of carpet must be cut into triangles.

Window Hook.—It is often difficult to find or contrive a hook on which to fasten the bird-cage or a hanging-basket, which needs to be hung opposite the center of a window, without marring the casing. The cut represents a neat hook which is perfectly adapted to the purpose. The two upper arms end in rings through which screws pass into the upper edge of the window casing, while the end of the third arm simply rests against the front of the casing. It is firm enough to sustain any ordinary weight.

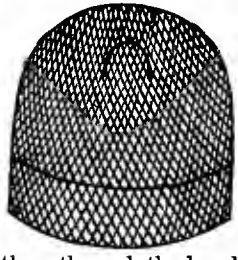
To Remove Letters from flour sacks:—First wash the sack in cold water to get the starch out; then rub soap on the paint, put it in pretty strong cold lye water, set it on the stove and let it come to a boil; then wash it in the usual way, or before the sack has been wet, grease the letters, hang up by the stove half an hour, then cover with soap, roll up tightly, and let soak a few minutes. Then wash and boil in the usual way.

In Knitting children's hose worn above the knee, it is a good idea to knit a gore for the knee by widening. Begin to make two stitches, say an inch from the top. Widen, twice every three or four rounds till the gore is an inch and a half or two inches wide, then narrow in the same order. The gore must of course be exactly opposite the seam.

An Excellent Dust-pan.—Have a tin box made with three sides, the back part six inches high, the sides sloping down towards the front, let it be level on the floor, insert a long upright wooden handle (a broom handle will do), in the center of the upper side of the back: a socket must be made for the handle. The common dust-pans that have to be held with one hand while the dirt is swept into them are very defective—with one made in this way it is not necessary to stoop at all.

Bedding.—Once a week, or as often as possible the year around, hang the bedding out on the line to air in the sun and wind. This is not only a sanitary precaution, but it is a great pleasure to have the bedding smell so sweet and fresh. If there is anything detestable and unwholesome it is a bed reeking with the accumulated odors of washing, frying and stewing which penetrates to the remotest corners of many houses. There is no need of it. Even the poorest can have fresh air, at least in the country.

A SparkGuard.—Half the pleasure of an open fire is lost if there is not some protection against sparks that are more prone to fly out on the carpet than they are to fly upward. Guards are now made to fit any shape or size of opening in the fireplace, and are a perfect protection against sparks, while not materially shutting in the heat or affecting the draft. The frame is made of woven wire, and is lined with guaze wire.



To Clean Ostrich Feathers.—Cut some white curd soap in small pieces, pour boiling water on them, and add a little pearl ash. When the soap is quite dissolved and the mixture cool enough for the hand to bear, plunge the feathers into it, and draw them through the hand till the dirt appears squeezed out of them: pass them through a clean lather with some blue in it; then rinse them in cold water with blue, to give them a good color, Beat them against the hand, to shake off the water, and dry by shaking them near a fire. When perfectly dry, coil each fiber separately with a blunt knife or ivory folder.

Screens.—Ingenious persons may make screens out of two-fold towel or clothes rack, the rack is covered with stout unbleached muslin or thin canvas, and on this is pasted Japanese wall paper that is very effective. The bars may be stained or painted according to fancy. On one of these screens may be pasted Christmas and birthday cards, arranging them very prettily. The spaces may be filled in with dead gold paper having a delicate floriated design. The effect will not be unlike the Japanese paper screens. Or cover with a soft blue paper and over this a flight of swallows cut from dull black paper may be placed.

Hangers for Plaques.—It is not easy to find a safe and convenient way of hanging up the beautifully ornamented plaques, now so much in fashion. One of the cuts given here shows an ingenious and cheap hanger, and the other the hanger in use. They explain themselves.

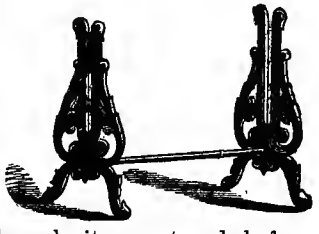
To Start Seeds.—Use good manure in the hill; cover with the soil; then set a common bowl where you wish the hill to be, and bring the soil around it; press down and level with the top; remove he bowl and plant in the bottom of the hole thus made and lay a pane of glass over it for a few days; or some take sod, cut into squares of two or three inches, soak good with liquid manure, put in a sheltered sunny place and put a couple of seeds in each square. Then later in the season the pieces of sod can be put in the garden and the plants will not be stunted by transplanting. Some covering should thrown over them if there is likely to be frost after the plants are up.

Disinfectant.—Dissolve half drachm nitrate of lead in pint boiling water also two drachms common salt in bucket of water. Pour two solutions together and allow sediment to settle. A cloth dipped in this will sweeten an impure atmosphere immediately; or the solution poured down a sink, or other pipes or over a heap of refuse, will produce like results.

To Bleach Feathers.—Place the feathers from three to four hours in a tepid dilute solution of bicarbonate of potassa, to which, cautiously, some nitric acid has been added (a small quantity only). To remove a greenish hue induced by this solution, place them in a dilute solution of sulphuric acid, in water, whereby the feathers become perfectly white and bleached.

To Oil Floors.—For light color, use boiled linseed oil clear, rubbing it in thoroughly with a piece of flannel. For dark color, add burnt umber, (a small box of it costs 25 cents), making it darker or lighter as you choose. A very pretty way is to use the clear oil for every alternate board, and for the others the umber and oil. This is especially handsome for narrow boards, (three inches wide) giving a soft pine floor the appearance of oak and walnut. It can be cleaned with clear water.

To Destroy House Insects.—To rid a house of red and black ants, cockroaches, spiders, bedbugs and all crawling pests that infest our homes, take two pounds of alum and dissolve in three or four quarts of boiling water. Let it stand on the stove until all dissolved, then apply while hot to every joint and crevice, in your closets, bedsteads, pantry shelves and the like. Brush the crevices in the floor and base boards, if you suspect they harbor any vermin. Cockroaches will flee the paint which has been washed in cool alum water. If in washing a ceiling, plenty of alum if added to the lime, it will also serve to keep insects at a distance.



A Blower Rack.—One of the most difficult things to dispose of, after it has served its purpose in kindling a fire, is the blower. It is too hot to come in contact with carpet or floor or wood work, too hot to hang up, and in fact too hot to dispose of in any way. Just here a happy thought has struck some ingenious fellow, and the rack represented here comes to the front. The difficulty is solved, and there is a place to put the blower after its work is done. Like many other good things it is so simple that everybody wonders why it was not made before.

A Home-made Lounge.—A long packing box, such as may be had for a trifle at almost any dry goods store, of the right height, lined with wall-paper, the cover put on with hinges, and if of more than one board, strengthened by cleats on the under side, and the whole neatly cushioned and covered with tastily selected calico, makes a very pretty lounge, and may be used also for a recepticle of the best dresses. When more than one dress is to be stored in it, and it is important to avoid crushing, a thin board resting on strips nailed on the ends inside half way up divides the box into two equal apartments. Place the dress least used in the bottom, drop the dividing board into place, and lay in other garments more commonly used. Nothing injures good dresses more than too close packing and much folding.

A Cheap, Durable Hearth.—Mix sifted wood ashes, salt and water, making a stiff mortar. Pour this into place for the hearth, and beat down with a maul or something of that kind; as it beats down put in more and so continue till it is full enough; then smooth off the top with a knife or anything that will make it very smooth. Make up a big fire in the grate or fireplace and let it dry before cracking. If it cracks put more mortar on, filling the cracks and smoothing. It is white and smooth as glass almost, and very hard. The proportions of salt and ashes are a tablespoon of salt to one gallon of of ashes.

To Drive Away Ants.—First of all perfect cleanliness is essential. Pulverized borax sprinkled in places where they frequent. also the free use of

green wormwood scattered among their haunts; or a sponge can be wet in sweetened water, squeezed out and laid upon shelves where they are numerous. The next morning plunge it into boiling water and the intruders will be destroyed. Repeat this a few times and they will be effectually cleaned out. Little red ants cannot travel over rag or wool carpets. Set the meat-safe on a piece of rag carpet, and cover the closet or pantry shelves with with flannel, and the ants will disappear, this is better than to have tar around your larder, for although it has a healthy pine odor, still it is too strong a scent to have near most kinds of food. And last, but not least, ants of any color or size may be driven away by using a solution of corosive sublimate in alcohol. Put this solution on the shelves and in the crevices of closets, and when dry cover them with paper. Apply with a brush.

Remedies for Roup.—This disease is common to all fowls, the result of cold. The ordinary symptoms,—swollen eyes, running at the nostrils, and the purple color of the wattles. Part birds so affected from the healthy ones, as when the disease is at its height it is as contagious as glanders among horses. Wash out the nostrils with warm water, give daily a peppercorn enclosed in dough; bathe the eyes and nostrils with warm milk and water. If the head is swollen, bathe with warm brandy and water. When the bird is getting well, put half a spoonful of sulphur in his drinking water. Some fanciers prescribe for this disease half a spoonful of table-salt, dissolve in half a gill of water in which rue has been steeped; others, pills composed of ground rice and fresh butter; but the remedy first mentioned will be found the best. As there is a doubt respecting the wholesomeness of eggs laid by roupy hens, it would be as well to throw them away. The pip is a white horny skin growing on the tip of the bird's tongue. It should be removed with the point of a penknife, and the place rubbed with salt.

A Safe and Register.—It sometimes happens that houses are so planned hat a stove-pipe passes through the floor to the room in second story before passing into the chimney, a drum being used for heating the upstairs room. The illustration represents the upper end of a safe and register through which the pipe passes. The length of the safe is equal to to the width of the joists plus the thickness of the floor and the lath and plastering. The space between the two walls (tin or Russia iron) of the safe is three inches; they are connected together below by a perforated cast-iron circle, and above by the circle shown in cut, which is fitted with a sliding circle which opens or closes the apertures. When open, the warm air from the room below rushes up to the upper room; when closed it is simply a perfect safe, the large air space between the walls being perfect protection. The slide or the register is operated from below by cords which drop to a convenient distance below the ceiling.

Dyes for Furs.—Brown—use tincture of logwood. *Red*—ground Brazil-wood half a pound, water one and a half quarts, cochineal half an ounce; boil the Brazil-wood in the water one hour; strain and add the cochineal; boil fifteen minutes. *Scarlet* color—boil half an ounce saffron in half a pint of water, and pass over the work before applying the red. *Blue*—logwood seven ounces, blue vitriol one ounce, water twenty-two ouuces; boil. *Purple*—logwood eleven ounces, alum six ounces, water twenty-nine ounces. *Green*—strong vinegar one and one half pints, best verdigris two ounces (ground fine), sap green one-quarter of an ounce; mix all together, and boil.

Colors for Artificial Flowers.—The French employ velvet, fine cambric and kid for the petals, and taffeta for the leaves. Very recently thin plates of bleached whalebone have been used for some portions of the artificial flowers. *Colors and Stains:—Blue*—Indigo, dissolved in oil of vitriol, and the acid partly neutralized with salt of tartar or whiting. *Green*—a solution of distilled verdigris. *Lilac*—liquid archil. *Red*—carmine dissolved in a solution of salt of tartar, or in spirits of hartshorn. *Violet*—liquid archil, mixed with a little salt of tartar. *Yellow*—tincture of turmerie. The colors are generally applied with the fingers.

Broom Holder.—A place for every thing and every thing in its place applies to a brush-broom as well as to other household necessities The neat wire-frame represented in cut is one good way of disposing of that article, and may serve to suggest to ingenious housewives many other ways just as good.

Broom Holder.

To Make a Handsome Scrap Mat.—This is good work for children. Take a hall of twine and a large needle, cut pieces of cloth, muslin, silk, or any thing you have, into squares about an inch each way. Thread these on the twine until you have covered about three yards. Then cut the twine and fasten it well to prevent its slipping, and roll it round and round, taking long stitches through and through to keep it steady and flat. When quite firm take a large pair of scissors, and, laying the mat flat, cut the rough edges until the mat is pared to nearly half its former thickness. It should look like a child's worsted ball, and is the same on both sides. These mats were made during the war by the Southern ladies, and if well done are warm and pretty.

School Dinners.—In preparing them, omit the pies and cakes. There is something about the business of studying and teaching that renders the system unable to cope with these delicacies; put up instead of bread, graham gems, Johnny cake, crackers, any kind of meat, canned or fresh fruit, rice puddings baked in a small basin, baked apples, celery, onions, eggs, pot cheese, cornstarch custard, pickles or cheese occasionally, radishes, once in a while a little honey, jelly or marmalade, or even sugar on the bread. I am sure that would be variety enough for one term. If your little student has not sufficient appetite to relish plain lunches without much variation, he is not in a proper condition to be studying at all. Hunger is the best sauce.

How to Detect Poison Ivy.—The poisonous ivy and the innocuous kind differ in one particular which is too easy of remembrance to be overlooked by any one who is interested enough in the brilliant-hued leaves of autumn to care for gathering them; The leaves of the former grow in clusters of threes, and those of the latter in fives. As somebody has suggested in a juvenile story book, every child should be taught to associate the five leaves in a cluster with the fingers of the human hand, and given to understand that when these numbers agree they can be brought into contact with perfect safety. It may spare our readers no little suffering to bear this point in mind during their October rambles in the fields.

Oil Stoves.—For a kitchen, help in saving work and fuel, they are certainly what a friend of ours claims for them. "Mine is a four burner. The oven is as large as in an ordinary cooking stove, baking well in any part, which cannot be said of all cooking stoves. I have the oven, steamer, boiler, and sad iron heater, the cost including these being fifteen dollars. It is no more work to keep clean than a lamp, nor is there any more danger of explosion; and it is such a saving of work and heat. It takes five gallons of oil per month, making the cost of fuel sixty-three cents in our family of three.

I do all of my work, even the washings. I do not know how servants would manage them, but to ladies who do their own work enough can not be said in their praise. The oil can I use has a pump, so it is very easy to fill the stove when necessary. Ladies have asked me if it did not smoke. It does not at all, if kept properly trimmed and if not turned up too high; judgement has to be used as with every thing else. I like mine so well, that if I could not get another, twice the cost of it could not buy it.

To Prevent and Cure Gapes.—If the chicks have been troubled with gapes in former years, set the coops away from the poultry yard this year on fresh, well drained soil. As a further preventive use the ointment we have before recommended, made as follows: One lb. lard, one oz. liquid carbolic acid, two oz. coal oil, one oz. spirits camphor. Mix by melting the lard and stirring all together. Make the application in the evening when the chicks are first put out with the hen. With the tip of the finger apply just enough to moisten the down on the head about the beak, under the throat, and at the vent. Repeat twice or three times every ten days or two weeks. If the gape worm gets in after using these precautions, drop a pinch of air-slaked lime in the mouth of the chick, or put the affected ones in a box, and a piece of open cloth on the box. Place air-slaked lime on the cloth and jar slightly. The chicks will cough and sneeze and dislodge the worms. Be careful not to give too large a dose and smother the patients.

Coal Vase.—This furnishes a neat receptacle for the coal-hod, which slides to its place inside, completely out of the way and out of sight, and for the poker, shovel and tongs, and is withal a very neat article of furniture. The box is made of heavy tin, japanned and neatly ornamented. No living room is quite complete without an open fire, and no open fire is quite complete without one of them.

Coal Vase.

A Unique Umbrella Stand.—Go to a plumbing or pottery shop and buy a common red tile, such as used for drains, about six inches across and three feet long. Paint it black, two or three coats if necessary; then get a large supply of Japanese scrap pictures. Cover the tile pretty thickly with these, and give coats of varnish until the flowers and figures have the raised appearance sometimes seen on china. Then get a large earthen pie plate or meat platter; paint it black and cover all but the middle of the dish with scrap pictures in the same manner, and varnish. When all is perfectly dry, set the tile in the dish. Then get a small bottle of liquid gilding, and with a small camel's hair brush gild the edge of the dish and the top edge of the tile The whole stand, when done, will cost about four dollars, and will be very unique and beautiful.

Care of a Carriage.—A carriage should be kept in a dry coach-house, with a moderate amount of light, otherwise the colors will be destroyed. There should be no communication between the stables and the coach-house. The manure heap or pit should also be kept as far away as possible. Ammonia cracks varnishes and fades the colors both of painting and lining. In washing a carriage, keep out of the sun and use plenty of water which apply with a large, soft sponge. This, when saturated, squeeze over the panels, and by the flow down of the water the dirt will soften and harmlessly run off, then finish with a soft chamois leather and old silk handkerchief. Never use a brush, which, in conjunction with grit from the road, acts like sand-paper on the varnish, scratching it, and of course effectually removing all gloss. Never allow water to dry itself on carriage as it invariably leaves stains.

Uses of Charcoal.—Charcoal laid flat while cold on a burn, causes the pain to abate immediately; by leaving it on for an hour the burn seems almost healed when the wound is superficial. Tainted meat surrounded with it, is sweetened. Strewn over heaps of decomposed pelts, or over dead animals, charcoal prevents any unpleasant odor. Foul water is purified by it. It is a great disinfectant, and sweetens offensive air if placed in shallow trays around apartments. It is so very porous that it absorbs and condenses gases rapidly. One cubic inch of fresh charcoal will absorb one hundred inches of gaseous ammonia. Charcoal forms an excellent poultice for malignant wounds and sores. In cases of what is called proud flesh it is invaluable, It gives no disagreeable odor, corrodes no metal, hurts no texture, injures no color, is a simple and safe sweetener and disinfectant. A teaspoonful of charcoal, in a glass of water, often relieves a sick headache. It absorbs the gases and relieves the distended stomach pressing against the nerves, which extend from the stomach to the head. It often relieves constipation, pain or heart disease.

Sun-printing on Fruit.—Monograms, initial letters, or other designs, can be printed on such fruit as apples, pears or peaches by the action of the sun, with very pretty effect of either a light or dark color. To do this, draw the monogram, letter or design on a piece of writing paper, and paste it with mucilage or glue upon the side of the fruit exposed to the sun, just before the fruit begins to color, and when the fruit is ripe, and the paper removed, the design will appear in a lighter or different color to the rest of the fruit; as, for instance, If the experiment is tried on a yellow-fleshed peach with a red cheek, the design will appear in gold surmounted with red. If the opposite effect is intended, take a small oval or circular piece of paper, and cut out or pierce the letter or design in it, and paste on the fruit, which when ripe, will have the design in high color on a yellow or on a light green ground of the shape of the paper, and this again will be surrounded by the brighter color of the fruit.

Granular Butter.—These complete directions for making butter were given by one who makes gilt-edge butter. The milk is set in a Cooley Creamer for twenty-four hours. The cream is churned every other day and is kept sweet till the night before churning, when it is set in a tub and boiling water poured around the can; it is stirred rapidly and constantly until it reaches 80 degrees, then set in a room where in cold weather it will not fall below 62 degrees. The cream is churned at from 60 to 62 degrees in summer, and 62 to 64 in winter, according to the temperature of the weather, in a Batcheller churn; churning is stopped when the butter is in granules size of mustard seed. It stands about five minutes for the butter to rise to the top, then the buttermilk is drawn off and two pails of water at about 43 degrees is poured over butter, cover is screwed on and churn revolved twice, when water is drawn off and two more pails full poured over it, and churn again revolved twice, and so continued until the water runs off perfectly clear. It is then let stand five or ten minutes to drain. when it is salted with Higgins salt, 1¼ oz. to the pound. A little salt is sifted over the top of butter, then the churn is tipped forward till the salted portion is covered by fresh granules, when a little more salt is sifted over the top of it, then the churn is tipped a little more at a time, and salt sifted over till the bottom of the churn is visible; then it is tipped backward and salt sifted over the granules as before. The cover is then screwed on and the churn revolved *very slowly* for 20 or 30 times; it is then let stand for one hour that salt may be completely dissolved. The churn is then tipped backward and forward, not revolved, till the butter is in a roll, when it is pressed into a 60 lb. ash tub. When the tub is brim full, a butter cloth is spread smoothly over it and a thin layer of salt sifted over it and the cover fastened down with staples, and sent to market as soon as possible.

Weather Strips.—It is often desirable to close the crevices of doors and windows with weather strips. There is now made, and kept for sale at all rubber stores, a strip which is well represented in the engraving, half an inch wide, ready for tacking to the edges of door or sash. It is made of a narrow rubber sheet, curved over to make a cushion, and sewed to a thin strip of tin. Through the tin strip tacks are driven two or three inches apart, fastening the strip to the edge of a door or sash, and the elastic cushion effectually shuts out the air, while not interfering with the use of either door or window. It is sold in lengths of twenty-five to fifty feet, coiled as shown in right hand cut, and is sent by mail postpaid anywhere at about five and a half cents a foot. Plenty of fresh air is necessary to health, but it is well to be able to control the currents and take them when and where they are wanted.

To Soften Sponges.—A sponge when first purchased is frequently hard, stiff and gritty. To soften it and dislodge the particles of sea-sand from its crevices, having first soaked and squeezed it through several cold waters, put the sponge into a clean tin sauce-pan, set it over the fire, and boil it a quarter of an hour. Then take it out into a bowl of cold water, and squeeze it well. Wash out the sauce-pan, and return the sponge to it, filling up with clean, cold water, and boil it another quarter of an hour. Repeat the process, giving it three boils in fresh water, or more than three if you find it still gritty. Take care not to let it boil too long, or it will become tender and drop to pieces.

Extras Thrown in.—To purify a room of unpleasant odors, burn vinegar, resin, or sugar; to make chicken gravy richer, add eggs found in chicken, or, if none, yolk of an egg; soak garden seeds in hot water a few seconds before planting; to prevent cholera in chickens, put assafœtida in water they drink, and let them pick at coal ashes; in using hard water for dish-water, add a little milk; to clean paint, add to two quarts hot water, two table-spoons turpentine and one of skimmed milk, and only soap enough to make suds, and it will clean and give luster; iron rust on marble can generally be removed with lemon-juice; a thin coat of varnish applied to straw-matting makes it more durable and adds to its beauty.

The Cistern.—An abundant supply of good water is a necessity for every house, and capacious cisterns are a necessity. The essential requisites are good hydraulic lime and clean pure sand. The hydraulic cement becomes in a few months as hard as sandstone, but the sand must never exceed two parts to one of lime. The cheapest form of cistern is simply a hole dug in the ground with sides sloping like those of a narrow bottomed tub. The water lime mortar is applied directly to these sides, the shape of the sides sustaining the mortar until it hardens. The breadth of such a cistern, if large, makes it difficult to cover, but this may be done with a plank supported by strong scantling, over which should be placed earth to the depth of the lowest frost. There must be a hole through the covering, left for cleaning, which should be curbed, and may admit the pump if the locality is right, or a pipe may go from cistern into cellar below the frost line, and thence to the kitchen. The mortar on the walls should never be less than an inch thick, and they should have at least two coats, and three are better. As the mortar begins to dry in a very short time after mixing, it is best to mix the lime and sand dry, and apply water in small quantities at a time as

needed. A more capacious cistern may be made at a greater expense by digging a hole with perpendicular walls, and laying walls of brick in form of the upper half of a barrel, on which to lay the mortar. This form has a smaller top, and is much more easily covered than the other. The wall should be laid as well as plastered with water-lime. A filtering attachment is made by building a small receiving cistern beside the larger one, with filtering apparatus between them, or a strong wall may be built through the middle of the cistern, receiving the water in one division and filtering it through into the other. To ascertain contents of cistern, the following table may be used; it gives the contents of a cistern for each foot in depth. If the diameter at top and bottom differ, strike the average and use that as the basis of the estimate:

5 feet	diameter	4.66	barrels.	8 feet	diameter	11.93	barrels,
6 "	"	6.71	"	9 "	"	15.10	"
7 "	"	9.13	"	10 "	"	18.65	"

Lime-Water and its Uses.—Place a piece of unslaked lime (size is immaterial, as the water will take up only a certain quantity) in a perfectly clean bottle, and fill with cold water; keep corked in a cellar or cool, dark place; it is ready for use in a few minutes, and the clear lime-water may be used whenever it is needed. When the water is poured off, add more; this may be done three or four times, after which some new lime must be used as at first. A tea-spoon in a cup of milk is a remedy for children's summer complaint; also for acidity of the stomach; when added to milk it has no unpleasant taste. When put into milk that would otherwise curdle when heated, it prevents its curdling, so that it can then be used for puddings and pies. A small quantity of it will prevent the "turning" of cream and milk. It also sweetens and purifies bottles which have contained milk. Some add a cupful to a sponge of bread to prevent it from souring.

The Lightning Rod.—When properly put up, the lightning rod is a perfect protection; but, when not scientifically constructed, is only a source of danger. The following are essentials: 1. It must extend several feet into the ground so as *always to be in contact with moist earth*, or *into a never-failing* supply of water; 2, It must be *sharp* at the top, and, if there are several points, all the better; 3. It must be half as high above the top of the building as the distance horizontally to the most remote part of the roof of the building; 4. It should be large enough to convey off every discharge without being melted or broken; 5. The best material is iron with copper below the surface of the ground, as iron rusts away rapidly in the moist earth. Copper is the best conductor, but costs more, and is not as stiff to withstand the wind. One-half to five-eighths of an inch in diameter is large enough. Bright points are not essential, and glass insulator are of no use whatever, as when wet they are good conductors, and, and even if they were not, a small charge even would leap across the short distance from the rod to the iron staple. The best way to fasten the joints, is to weld them, which any blacksmith can do, passing the rod through opposite doors of his shop, afterwards dragging it home. If the building is so high that it cannot be readily put up in one piece, the best joint is made by screwing the two ends firmly into one nut. The points are easily made by welding several smaller wires to the large one, and filing them sharp. A rod will protect a space the distance of which is four times the height of the rod. The cheapest and best support is wood. The only point to be considered is to secure the rod firmly. The round rods are the best. If there are iron water-pipes or steam-pipes in the building, they should all be connected with the lightning rod, or directly with the moist earth, eight or ten feet below the surface.

Canary Birds.—Do not keep in a room that is being painted or has odor of new paint. Do not hang over a stove or grate which contains fire. Do

not set the cage in a window, and shut it down upon it; the draft is injurious. Do not wash cage bottom, but scrape clean with a knife, and then put on some fresh gravel; the moisture breeds red mites, and is injurious to the bird. Do not keep the birds you intend to breed in the spring together during the winter. Do not keep single birds in a room where others are breeding, or males and females in mating season in the same room in separate cages, as it is likely to cause mating fever. Feed canary on rape seed, but no hemp. For diarrhœa put a rusty piece of iron in dish water, changing water not oftener than twice a week, and bread boiled in milk. As for asthma boil well in this case, so that when cold it will cut like cheese; give freely with plenty of vegetables. Moulting is not a disease, yet during this season all birds are more or less sick and some suffer severely. They require plenty of nourishing food. Worms, insects, and fruits to those which eat them; and to those which live upon dry seeds, bread dipped in milk, fruit and vegetables. The German metallic-enameled cages are the best—white and green (a combination of) or a light chocolate are the best colors; they are not painted as are the cages made here in America, but the color is burnt into the wires. Avoid wooden or brass cages, also conical "fountains" for food and drink; for the lattter, square or round cups of chin a or glass are the best. The perches should be plain, round, unvarnished sticks, and no two of the same size. Clean the cage thoroughly every morning. Prepare fresh, clean bathing and drinking water, and if sand is used on the bottom of cage, clean it (the sand) by boiling in water. Scrape the perches well, and twice a week plunge them in boiling water to kill any tred mites that may have lodged there. Give plenty of seed, also green parts of many plants, such as poppy, rape, hemp, etc.; also the seeds of weeds like the chickweed, plantain, etc., and the fresh tender leaves of beets, cabbage and lettuce. Avoid fruits containing a large percentage of acid, but give occasionally a hard-boiled egg. Never give them sugar, but all the red pepper they will eat. It is the best thing for them. And if your bird feels hoarse at any time, put a piece of fat salt pork in the cage and see how the little fellow will enjoy it. Give him flax-seed once in a while, and if he appears dumpy occasionally give him a diet of bread and water, with red pepper sprinkled in. For lice, cleanliness is the best preventive, but not always sure. For cure you have simply to cover your cage at night with a white cloth, rise early in the morning, remove the cloth and dip in scalding hot water, or dust them at night with insect powder.

Hydrophobia and its Symtoms.—The following valuable hints regarding the symtoms of that terrible disease, hydrophobia, are from a lecture delivered in St. Paul, by the Rev. E. C. Mitchell, of that city:

"The period of actual danger begins before it is generally suspected. Hydrophopia is contagious, but it is communicated by actual contact only. The saliva of the rabid animal must enter the absorbents of the body of the victim. Any living being which has the hydrophobia can communicate it to others. Carniverous animals are most liable to hydrophobia. Herbiverous animals, are less dangerous, because they do not generally attack with their teeth. We will consider the disease as it develops in the dog. The dog does not at once become furious. The disease is gradual. At first the dog feels uneasy and likes to be petted. It is an important point that, from the very beginning of the disease, the saliva of the animal is a deadly poison. His caresses are as dangerous as his bite. If the saliva of the animal comes in contact with any broken place on the skin, death may result to the victim. Symptoms of hydrophobia: 1. In the outward appearance: the dog becomes sad, dull and retired. He crawls into a corner, or hides. He is uneasy. He arouses with a start, changes position, and lies down, but cannot rest. He is agitated, yet sad. There is a marked change in his disposition. He is already dangerous, but he is not disposed to bite. His uneasiness in-

creases. He scratches his bed, turns it over, smells about the room, under the doors, etc., as though looking for something. He is a victim of hallucination. He snaps at imaginary things in the air. As he grows worse, he runs furiously against a wall, or fence, and howls. He is not yet quarrelsome toward the family. A familiar voice will often restore him to his senses. He is still affectionate. The more he suffers, the more he seeks relief in his master's caresses. The family, thinking the poor dog is sick, caress him. But this saliva is now fatal to human life if it enters the absorbents. Only in the last stages of the disease does the dog become furious and aggressive.

2. Symtoms affecting the digestive organs; Mad dogs do not always avoid water; many will drink water eagerly. In late stages of the disease a contraction of the throat renders them unable to drink. Even then they will often try to drink. Some rabid dogs lose their appetite, but others eat as usual or even more than usual. Many rabid dogs will tear and swallow every thing they can get into their mouths. We ought to suspect a dog that persistently bites at and swallows things unfit for food; except in case of pups, which playfully bite every thing. It is supposed that mad dogs always 'froth at the mouth.' This is a mistake. They 'froth' during the paroxysm only. But they are equally dangerous at other times. Sometimes the lower jaw is paralyzed and hangs open; the mouth becomes dry, dark red, and covered with brown spots; the eyes are dull and gloomy; the dog can not bite, but his saliva may fall upon persons. The master may think the dog has a bone in his throat and may try to extricate it. But this is highly dangerous. The dog often vomits blood from wounds in the stomach, made by swallowing various sharp articles. The master may incautiously try to help the dog, and may be bitten, or may come in contact with the dog's saliva, which may enter some cut or scratch on the hand. 3. Symtoms in voice: The bark of a mad dog is peculiar. The voice is generally weaker than usual, and hoarse and sad. The dog does not fully close his jaws after each bark. In 'dumb madness,' the dog loses his voice. 4. Symptoms as to nervous sensibility; A mad-dog is much less sensitive to pain, often even indifferent to severe burning or cutting. We ought to suspect every dog that is unnaturally insensible to pain, especially if he bites himself severely. A mad-dog, however quiet, will suddenly grow fierce when he sees another dog. The rabid animal is recklessly brave. Chain a suspected dog, and show him another dog; if he becomes furious, kill him. Mad-dogs often run away from home, at a late stage of the disease, and go to some lonely place, to die. But if chased they will return home. Then there is great danger that the unsuspecting family will, from sympathy, receive their lost dog with open arms, to learn, too late, that he is rabid. Suspect every such dog, and close the doors against him; and, if possible, shoot him. It is important to discover hydrophobia during its early stages, before it is too late. Watch the habits of animals, especially dogs, and chain them securely when showing unusual symptoms.

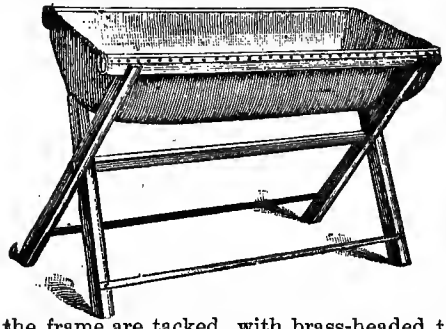
"Symptoms of confirmed rabies, or madness: The eyes have a sad, dull, yet fierce expression. Periods of excitement and of stupor alternate. Paroxysms generally follow some exciting cause. Every healthy dog has an instinctive dread of a rabid dog. Powerful and fierce dogs will flee from very small rabid dogs; they seem to instinctively know their danger. This is a good test of a dog's condition. Bring other dogs into his presence, and if they all avoid him his case is very suspicious, After the disease has become confirmed, the dog runs along at first, in a natural gait, attacking everything he meets, especially dogs. But he becomes exhausted, and runs slowly, and staggers. His head and tail hang down. This is the generally recognized condition of mad-dogs, but it is only the last stage. The dog falls, and apparently sleeps. But after rest, is aroused, he will run again, and will attack. But if not disturbed he will die from paralysis and asphyxia.

"The cat sometimes has hydrophobia; and then she is a perfect fury. Her feline nature shows itself: She is so quick she is very dangerous. Her eyes are wild; her hair stands up, and her jaws are open. In later stages she will crawl under something and die. Whenever a cat grows restless, without apparent cause, or is sad and stupid, biting at her bed, and at other things, it is time to put her out of the way.

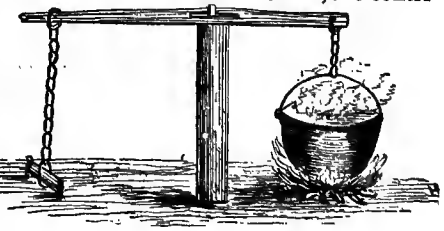
"Animals do not go mad any more in Summer than in Winter. There are as many mad animals in cold countries as in warm countries. Muzzling dogs in Summer is unnecessary; in fact it is a damage to them, by preventing free perspiration through the tongue.

"In human beings less than half of those who are bitten by mad-dogs ever have hydrophobia. But very few, if any, in whom the disease is actually developed ever recover. In most cases the disease is manifested within two months after the bite, and nearly all the cases have come within three months, but there are a few cases recorded which developed much longer after the bite. The disease, when developed, generally lasts from one to four days. Bites on the unprotected parts of the body are naturally more dangerous, as on the covered parts, the clothing may absorb the saliva of the rabid animal."

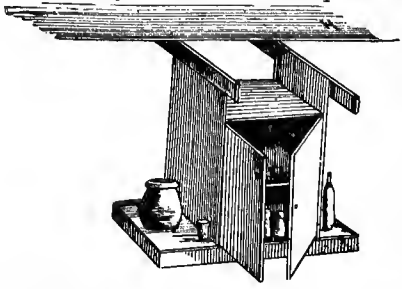
Home-Made Folding Bath-Tub.—This bath-tub is inexpensive, convenient, and comfortable for a little bather. The frame is made something like a cot-bed. The legs, one inch and a half square by thirty inches long, are crossed and pivoted in the middle on a center bar. The side-bars, one inch by two inches, and thirty-six inches long, are securely fastened to the top of the legs. Smaller bars join the legs near the bottom to stiffen the frame. A piece of heavy rubber cloth, one yard and a quarter long and thirty inches wide, has an inch-wide hem on each end for a casing, and is drawn up to eighteen or nineteen inches, with heavy braid. This makes the ends of the tub. Along the side-bars of the frame are tacked, with brass-headed tacks, the sides of the cloth, with braid being securely fastened to the ends. A small plait in the cloth at each corner, about an inch from the end, gives a fuller shape to hold the water. The tub, when not in use, can be folded and set away out of sight. A pillow put in the tub makes a comfortable and portable crib. From *Babyhood*.



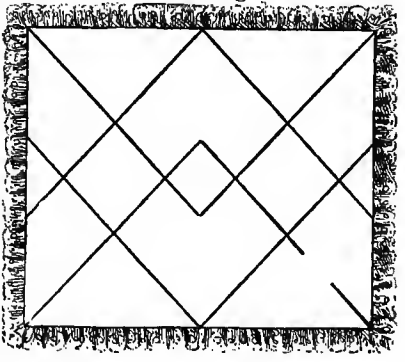
A Handy Soap-boiler.—For such farmers wives as do not have an out house containing a portable boiler or a kettle set in brick or stone, the contrivance illustrated here is a good one. The hole in the rail is just wide enough to admit the piece on the top of post, but is three or four inches long, so that when the kettle is swung off the fire there will be play enough to lower the kettle to the ground, without wrenching the post. *The Prairie Farmer* first suggested this plan.



Hanging Shelves.—The side pieces of this hanging cupboard are fastened to the joints of the cellar. The rest of the plan is fully explained by the cut. It is very convenient for many uses and is out of the way of cats, rats and mice, and if put up where passers are not likely to strike their heads against it, is a desirable addition to the cellar equipment. It may be made any size. The *American Agrieulturist* has credit for its suggestion.



Protection for the Lap.—The lap-pad described below is very little trouble, and will serve to protect one's dress from the soiling which is inevitable when holding Baby in the lap very long, especially while traveling. Take two pieces of muslin or Marseilles, each one-half yard square; put together with a layer of cotton-wadding between. Turn in the edges all around and baste between the pieces an edging of embroidery; stitch twice around on the machine. Quilt the pad in diamonds, or any fancy pattern. From *Babyhood.*



Castle Salve.—Boil ten cents worth of tobacco and pint of cider together for fifteen minutes in a new tin vessel; strain, and add to liquid fourth pound each butter, lard, beeswax and resin and wine glass whiskey. Boil slowly till liquid is all evaporated. Put away in tin box and use as a salve for all burns. It is a perfect cure for the most severe cases and gives quick relief. Has been tried often in very severe cases. Apply like any salve. Whiting mixed with water and applied to a burn is also very efficacous.

Curing Meats.—Always buy granulated salt peter for use in curing meats. It costs no more, and is dissolved more easily. After hams, shoulders, etc. are smoked, pack in barrels of common salt. This is clean and a perfect protection against insects and vermin, and does not increase the saltness of the meat as might be supposed. The salt may be used again and again for this purpose, or for making brine for meat.

INDEX TO COOKERY RECIPES.

It will help those who consult this book to remember that the recipes of each department in Cookery, as well as the departments themselves, are arranged in the simple order of the alphabet, so far as has been possible, and that the "running head" at the top of each page shows, in a general way, the subject treated. The "Table of Contents" (page 4) gives the pages of the various departments. The following is a full alphabetical index of the recipes and subjects treated. All recipes for Cookery appear in the main index; those relating to housekeeping and household matters generally will be found under the Supplementary Index:

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